

UNLEASH THE POWER
OF ALMIGHTY

Allah
WITHIN YOU

Copyright © 2010 The Institute of Contemporary Islamic Thought (ICIT)
and Ismail A. Kalla

Published for: The Institute of Contemporary Islamic Thought (ICIT)

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior permission of the publisher, except by a reviewer who may quote brief passages in a review. Any members of educational institutions wishing to photocopy part or all of the work for classroom use, or publishers who would like to obtain permission to include the work in an anthology, should send their inquiries to the Institute of Contemporary Islamic Thought PO Box 747, Gormley, ON. L0H 1G0, Canada.

ISBN 978-0-9688591-6-2 (PBk)

Canadian Cataloguing in Publication (CIP) Data

Kalla, Ismail A.,

Based on a series of talks delivered at the *Discover Yourself* seminars

Unleashing the Power of Almighty Allah Within You / Ismail A. Kalla;

Includes references to Qur'anic verses/Hadith of the noble Messenger (S)/Quotations of great Islamic scholars/Step-by-step guide to achieving contentment of the heart and peace of mind through the dhikr (remembrance) of Almighty Allah.

Printed and bound in South Africa by Gravity Print, PO Box 402, Bruma 2026

Published 2010

Third (revised) reprint 10th Zil Hajj 1432

6th November 2011

Published by The Institute of Contemporary Islamic Thought
Toronto—London—Kuala Lumpur—Karachi—Pretoria

Cover design by John Gordon

UNLEASH THE POWER
OF ALMIGHTY

Allah
WITHIN YOU

*‘He fashioned him and breathed into him of
His spirit.’ —Surah as-Sajdah [32]:9*

ISMAIL A. KALLA

Based on a series of talks delivered in the
Discover Yourself seminars held throughout South Africa

Published by
The Institute of Contemporary Islamic Thought

'He dies not who gives his life to learning.'

—The noble Messenger of Allah, Muhammad (S)

Dedication

I dedicate this book with deep respect, profound love and gratitude to Almighty Allah, the noble Messenger Muhammad (S) and his companions, my father Hajee A.M. Kalla, mother Zuleikha, brother Abdul Sattar, nephew Hafez Faizel and his mother Zuleikha who have left this ephemeral abode, for blessing the family with the gift of life and instilling the passion to live in this temporary world in the service of Allah *subhanahu wa ta'ala*.

We thank Almighty Allah for blessing my father, a role model, who spent his time and energy inspiring the family with the teachings of the Noble Qur'an and the *Sunnah* of the noble Messenger Muhammad (S). We are grateful to Almighty Allah and pray He blesses my parents and all the deceased in the family with success in the Hereafter.

Acknowledgments

All praise be to Almighty Allah, Most Gracious, Most Merciful, the Creator who has Absolute Compassion for His Creation. I thank Him for blessing me, a spiritual being, with the opportunity to experience this material dimension and for inspiring me to write this humble publication.

Words cannot express my gratitude to my lovely, ever patient wife Rabia, for always supporting me with a smile. My heartfelt appreciation to my son Iqbal and his wife Fatima for prodding me to write this book. To my daughter Fatima and son-in-law Saleem, who after reading the first draft said it was consistent with what the family had been taught. To Saleem, Sumaya, Ruqaya, Ismail, Rashaad and my brother Haroon, thank you all for your outstanding and worthy contribution.

I thank Almighty Allah for blessing me with an exceptional team of brothers, sister, nephews and nieces; every one of them added value to my outlook throughout the years.

I would like to acknowledge the intellectual giant, Dr. Fazlul Rahman Ansari, who visited the shores of South Africa in 1970 and 1972. He threw boulders into the stagnant

pool of our minds, the sound of which reverberates to this day. The impact he made on the Ummah and myself will be cherished for many many moons to come.

A special thank you to my exceptional friends and associates; together we established the Muslim Youth Movement in 1970 and the Islamic Council of South Africa in 1975. My sincere gratitude to Advocate A.B. Mohamed, who conceived the idea of establishing the Muslim Youth Movement and the Islamic Council. He played a great role in my life and shaped the destiny of the Muslim Ummah in South Africa.

I thank Almighty Allah for blessing me with extraordinary friends who made a profound impact in my life. I express my respect, love and gratitude to the late Dr Kalim Siddiqui; may Almighty Allah bless him for his intellectual depth and the insight he offered to mankind. Thank you to Zafar Bangash; Imam Muhammad H. Al Asi, Imam Abdul Alim Musa, Iqbal Siddiqui and Perwez Shafi; these friends I have known and loved. Their affection and heart-warming friendship will always be treasured.

Sincere thanks and appreciation to Zafar Bangash for his invaluable contribution and for editing the final manuscript of my book. Thank you to A.S.K. Joommal for editing the manuscripts and for inspiring me over the years. My respect and gratitude to brother Sadathullah Khan, who encouraged me to deliver talks in the *Discover Yourself* Seminar that inspired me to write this book. Thank you to Abdus Samad Abdul Kader of the Islamic Institute, Abdul Kader

Kurtha of Crescent International and Rashid Saloojee of Gravity Print. I acknowledge the role of my colleagues, the founders of the Muslim Youth Movement Ebrahim Jadwat, the late Mehmoud Moosa, Yusuf Mohamedy, Moosa Darsot, Ismail Darsot, Dr S.A. Thoken, the late Rashid Patel, Rashid Surtee, Iqbal Jassat, the late Fareed Choonara, Abdullah Osman and many other members. Almighty Allah bless them for their commitment and the sacrifices they made to serve mankind over the years. Special thanks to my co-editors Lesley Fahey, Liz Stewart, typists Carle Kruger and Ronel Jardine.

Table of Contents

Foreword.....	i
Preface	vii
Introduction	ix
Unleash the Power of Allah Within You	xiii

PART ONE: Transformation: Take Control of Yourself

1. The Power of Change	3
2. The Power of the Mind.....	9
3. The Power of the Subconscious Mind.....	17
4. The Mind is the Most Powerful Goal Striving Mechanism.....	26
5. The Power of the Word.....	38
6. The Power of Positive Thought	44
7. Control your Thoughts.....	50
8. Discipline your Thoughts	55

PART TWO: Unleash the Potential Within

9. The Power of Surah al-Fatihah.....	63
10. The Power of Salat.....	71
11. The Power of Silence	79
12. The Silent Whisperer	85
13. The Power of Sleep	95
14. The Power of the Inner Voice	105
15. The Power of Dhikr.....	115
16. Invite Almighty Allah into the Gym.....	125
17. The Power of the Awrah	130

PART THREE: Believe Your Fears Away

18. The Power of Expectation.....	141
19. Do not Regret the Past or Fear the Future	146
20. Have no Fear and you Shall not Grieve	152
21. The Negative Power of Fear	158
22. Why Worry, Almighty Allah Loves you	163

PART FOUR: Empower Yourself

23. The Power of the Heart	173
24. The Power of Vision	181
25. The Power of Destiny	189
26. Empower the Women.....	194
27. Live with an Attitude of Gratitude	203
28. Sujood al-Shukr.....	212
29. Prayer of Gratitude.....	216

Epilogue.....	xix
The <i>Discover Yourself</i> Course	xxix
The Prophets.....	xxxiii
The Noble Prophet Jesus Christ (S).....	xxxv
Bibliography	xliii
Surahs of the Noble Qur'an and their meanings	xlvi
Meaning of the Arabic Words.....	xlvi
The 99 Beautiful Names of Allah	xlxi
Adhkaar after Salaah	liii
Adhkaar for Morning and Evening	lx
Adhkaar before Sleeping and Upon Waking Up	lxxx
Reviews	lxxxix

Foreword

We live in a deeply troubled world, both at the macro and micro levels. This would be apparent even to those who are only marginally familiar with the contemporary global situation. There is far too much suffering, disease, poverty and exploitation everywhere. The gap between rich and poor is widening. Fifteen years ago, 700 million people were living below the poverty line; today this number has swelled to 1.2 billion, according to the United Nations. In June 2010, the UN released figures showing that there were 43.8 million refugees worldwide. Of these 70% are Muslims.

This is a problem at the macro level. At the micro level, despite an explosion in wealth, an ever-growing number of people are suffering from depression and other mental disorders. Most people have been led to believe that happiness comes from material possessions. While all human beings need some material possessions to lead a relatively comfortable life, there is no direct correlation between happiness and material prosperity. In fact, quite the opposite is true. Research conducted some years ago showed that the richest 400 men in the US had the same level of happiness

as the Masai herdsmen of Kenya. (*Psychological Sciences in the Public Interest, University of Pennsylvania, July 2004*). But Masai herdsmen have no running water or electricity and live in huts made of animal dung. Thus, if material prosperity could bring happiness, the people of Sweden and those of other industrially advanced societies such as the US, Canada and Denmark would not commit suicide, the ultimate form of rejection of life itself, in such large numbers.

These findings may shock some, but the fact is that money cannot buy happiness; often, it brings greater unhappiness because the level of satisfaction that is experienced with increased wealth is short-lived. Soon the new level of income becomes the norm and there is renewed yearning to acquire more. Money may buy medicine, but it cannot buy you health. Income levels have increased manifold in Denmark since World War II, but the level of happiness of people has not increased.

So what is the secret of a happy and spiritually contented life? The answer lies within each one of us. In this highly readable book, *Unleash the Power of Almighty Allah Within You*, Ismail takes us through life's journey and shows us how to live it according to the teachings of the noble Qur'an and the *Sunnah* and *Sirah* of the noble Messenger Muhammad (S) to achieve inner peace and happiness. What is remarkable about this book is that the author has no formal education in the Qur'anic sciences, which is a highly specialised field. To arrive at such a profound understanding of the Qur'an

and the *Sunnah* and then not only implement it in his own life, but share it with others to guide them through their troubled lives is a remarkable achievement. Such insights can come only to those that have pondered over the secrets of the Qur'an with a pure and sincere heart.

Most Muslims mistakenly refer to Islam as religion; it is not. Allah (*subhanahu-wa-ta'ala*) has repeatedly referred to Islam as *Deen* (way of life) in the noble Qur'an. The word 'religion' has never been used anywhere in the noble Book, the source of eternal guidance. There are many *ayats* that testify to this. For instance, in *Surah al-Imran*, Allah says: 'Do they seek [the *kuffar* and rejecters of faith] other than the *Deen* of Allah (*Deen-illah*—law, ethical code), when unto Him have submitted whatsoever is in the Heavens and the Earth, willingly and unwillingly, and unto Him they will be returned?' ([3]:83). In another *ayat*, Allah says: 'This day have I perfected your *deen* for you and completed My favour unto you and chose for you as your *deen*, Al-Islam' ([5]:03). So what is the difference between religion and *deen* and why is it important for us to be clear about this? *Deen* means a way of life, an ethical code to guide us through life. Religion conveys only a partial understanding of *deen*. If we call ourselves Muslims, and we must, then we must live according to the laws of Allah.

For most Muslims, Islam is reduced to a few rituals such as *salat*, *zakat*, Hajj etc. While these are outer forms of our creaturely attitude to our Creator, without understanding

the deeper meanings and essence of the intent of these acts of *ibadaat*, we miss the true import of these acts ordained by Allah to enable us to achieve nearness to Him. Take the case of *salat*, from the Arabic root word, *sila* which means to link (with Allah). How beautiful is the concept when viewed in this way. Allah is offering us to link with Him five times a day. Do we offer our *salat* in this spirit or we merely go through the motions as if it were a burden that we have to unload without understanding its true significance?

In his book Ismail invites us to link with Allah in a more profound way. He guides us step by step to establish a closer relationship with Allah and discover true happiness in life. The book is divided into four sections and each section has a number of chapters. Each chapter provides direction on how we can change our lives for the better. He talks about 'The Power of Change', 'The Power of the Mind', and many other aspects of power within us, including the 'Power of *Surah al-Fatihah*', 'The Power of Silence', and 'The Power of *Dhikr*'. In one of the most profound statements, he talks about not regretting the past or fearing the future. He has devoted an entire chapter to it: 'Do not Regret the Past or Fear the Future'. Many people are unable to overcome the hurt, anger or depression caused by some misfortune or heartaches they have suffered. They dwell in the past, over which they have no control and which they cannot reverse, yet they waste precious time and energy brooding over it. Such attitude engulfs people in negative thoughts, sapping their energies

and preventing them from achieving their true potential in life. In his masterpiece, *Ihya ul-Uloom*, Imam Ghazali narrates the story of Shaykh Hatim Issam. He was a great scholar of his time, but like most scholars, he was financially constrained and lived in poverty, often going without food for days. Once a person came to ask him whether he felt any jealousy regarding the lavish lifestyle the governor led and the great poverty he (the Shaykh) experienced. Shaykh Hatim replied: ‘The difference between his [the governor’s] life and mine is only one day.’ The questioner did not fully grasp the meaning of what Shaykh Hatim had said, and asked for clarification.

‘What the governor ate yesterday and what I had, is gone. Yesterday cannot come back and neither of us can recall it. As for tomorrow, neither he nor I are certain of it for it is in the hands of Allah. Thus, the only difference between our lives is today. Should I worry about the difference of one day?’

If we cannot bring back yesterday or what happened on that day, why burden our minds with such negative thoughts? Most people lead miserable lives because they are unable to overcome the burden of the past. Ismail invites us to grow out of the past and to look to the future. But he does not do so in a vacuum; he invites us to enrich our lives through the *dhikr* of Allah and living with an ‘attitude of gratitude’.

The great attraction of this book is that the reader can open any chapter and exit at any point without losing the

essence of the message that is being conveyed. Ismail does so with great ease and provides an opportunity for the seekers of truth and those seeking spiritual upliftment in a way that do not require formal studies. It is meant for everyone—the scholar as well as the layman. In it are pearls of wisdom and signposts for living a life enriched with divine guidance and Prophetic wisdom. Scattered among its pages are quotations from the Companions of the noble Messenger Muhammad (S) as well as other great scholars of Islam.

Those genuinely seeking *qurbat illa-Allah* (nearness of Allah) will find this an extremely useful book. Whether people have had troubled lives or contented and happy ones—they will find in it much to ponder over and to overcome whatever difficulties they may have faced in life. Allah's mercy encompasses everything in creation. What we need to do is to link up with Him to make ourselves worthy of His mercy. If we turn away from Allah, He will turn away from us. 'If you remember Me, I will remember you,' says Allah in the noble Qur'an ([2]:152). Ismail invites us to link up with Allah by engaging in His *dhikr*. It is a wonderful invitation that is open to everyone. There is no reason not to accept it.

Zafar Bangash

Director

Institute of Contemporary Islamic Thought

Toronto, Canada

Sha'ban 3, 1431 / 15 July 2010

Preface

Thinker, logician, philosopher, altruist, astute businessman, and now author, Ismail may truly be described, first of all, as *ilm-dost* (friend of knowledge). At the moment of writing this preface, he has certainly joined the ranks of the erudite.

I have the honour of writing this preface to his book, *Unleash the Power of Almighty Allah Within You*, which is a compilation of a series of lectures he delivered all over the country—very much in the fashion of Allamah Dr Muhammad Iqbal's *Reconstruction of Religious Thought in Islam*, which was based on a series of lectures the allamah gave in Madras, Hyderabad and Aligarh.

The author's enthusiastic approach to life, punctuated by Qur'anic ideology, is clearly and ineluctably evident on every page. Reading through the book, one reaches the inescapable conclusion that the author has certainly discovered the art of living as Allah (SWT) teaches us in the Qur'an. He has shown throughout the book how to tap into one's resources—both conscious and subconscious—and come up with an answer to life and living.

The author has taken care not to cloud the book with abstruse expositions or esoteric discourses on matters that cannot be comprehended. The author, acutely conscious of the reader's predilections, preferences and intellectual watermark, has written in a simple, direct and pellucid style which is within the reach of the mental capacity of all who read it.

One may or may not have read *How to Win Friends and Influence People* or *The Power of Positive Thinking* and books of similar nature, but this book surpasses all others in its approach and conclusions because it is based solely on the Noble Qur'an.

The theme and basis of this book is self-development. It shows you how to do it. If you succeed, your life and daily living will improve 100%. By diffusing your inner light, gained through spiritual exercise, you emit this light to the surroundings, to people and places, thus making the world a far better place to live in.

I not only recommend this book, but insist that it must be read—if you wish for self-improvement, self-discipline, and quality of life, which are always, as the Bard of Avon put it, 'devoutly to be wished for'.

A.S.K. Joommal

Author and Editor

AlBalaagh

Ramadaan 1431 August 2010,

Lenasia

Introduction

*‘He who knows himself, knows Almighty Allah.
Whoever loves to meet Allah, Allah loves
to meet him.’*

—The noble Messenger of Allah, Muhammad (S)

This book is based on a series of lectures delivered by the writer at the *Discover Yourself* seminars held in South Africa. The intention is to create awareness that the power of Almighty Allah is in all of us. We will, Insha-Allah learn to experience and unleash a spiritual awakening that exists deep within us, taught to us by the noble Messenger Muhammad (S), who is the most powerful and outstanding role model ever to appear in the world.

The Noble Qur’an, coming from a spiritual dimension, was revealed into the material world through the Angel Jibra’eel (Gabrael) to the noble Messenger Muhammad (S). The words of Allah (SWT) come from a limitless space and timeless existence and has the power to guide, direct, change our lives and unleash His power within us. In Surah Sād, Allah (SWT) says: ‘When I fashioned him (in due

proportion) and breathed into him of My Spirit' ([38]:72).

The majestic breath of Allah's power is within us. We may not know its nature, but we do know its effects; it distinguishes humankind from the rest of creation on earth. The quality of aspiring to return to Allah (SWT) spiritually fulfilled is unique to human beings and to no other creation.

Allah (SWT) breathed of His Power into humankind because it is His will to place His vicegerent in charge of this planet. The noble Messenger of Allah, Jesus, Peace be upon him (S) said: 'Greater is He that is in you, than he that is in the world.' Our responsibility is to manage the affairs of this planet within the limits set out in the Noble Qur'an and the prophetic *Sunnah*. For us to excel and rise higher than other creation, we have to be in constant touch with our source: Almighty Allah (SWT). We are small, weak creatures living among millions of other species. The earth is a small satellite of a mere star, of which there are millions in the great space whose boundaries are known only to Allah (SWT).

Success and discovery in life start from within. In Surah At-Teen, Allah (SWT) emphasizes the origin of man: 'We have created man in the best of moulds' ([95]:04). In Surah Al-Mu'min, Allah (SWT) promises the virtuous ones: 'Whoso works a righteous deed—whether male or female—and is truly committed [to Allah], such will enter the paradise of bliss' ([40]:40).

Every human being has the force, the strength and the capacity within, that if unleashed, makes us different and

extraordinary. Each one of us has special gifts and talents that set us apart. The tragedy is that we are oblivious to the fact that we are special, that we are unique. Therefore, merely living life without a goal or purpose is contrary to the *Sunnah* of the noble Messenger Muhammad (S). In Surah Iqra, Allah (SWT) says: ‘He taught man the use of the pen, taught man that which he knew not’ ([96]:04).

Let us not allow our environment to limit us by being content with the way we live. If we are content with material blessings from Allah (SWT), that is a virtue, but being content with our spiritual growth means we are wasting away our lives. We must not allow the environment to limit our thinking. To grow spiritually, we have to keep pondering and thinking constantly about the wonders of Allah’s creation.

Discover what you want; then pursue it. To unleash Allah’s power in oneself is what this book is all about. Now, fasten your seatbelts, for we are about to take off on a journey of life, nay, a journey of dreams. The philosophies and principles in this book will give your life new meaning, excitement and direction. This book will help you, *insha’Allah*, fulfil your dreams.

In Surah al-A’raaf, Allah says: ‘It is We Who have placed you with authority on earth and provided you therein with means for the fulfilment of your life’ ([7]:10).

Allah (SWT) created us out of this earth with sounding clay. In Surah al-Hijr, He says: ‘We created man from sounding clay, from mud moulded in shape’ ([15]:26).

Allah reminds us how He created humankind. He has favoured us with the material things that are necessary to sustain, beautify, cultivate and develop all the powers, faculties, talents and opportunities that are required in discovering the secrets of the higher plane that will prepare us for our spiritual destiny. We cannot ever thank Allah (SWT) adequately for His Love, Mercy and Grace, blessing us as spiritual beings with a material experience.

The noble Messenger of Allah, Muhammad (S) said: 'He who travels in search of knowledge, to him Allah shows the way to paradise.' The noble Messenger of Allah, Jesus (S) said: 'Seek God's will in all you do; and He will direct your paths.'

Imam Al-Ghazali (ra) said: 'It is nothing other than your life, and your life is the capital that you make use of to reach perpetual felicity in the proximity of Allah (SWT).'

Ismail A. Kalla

Pretoria

1 Rabi-ul-Akhir 1432

6 March 2011

Unleash the Power of Allah Within You

*‘With knowledge man rises to the heights of
goodness and to a Noble position and attains to the
perfection of happiness in the next world.’*

—The noble Messenger Muhammad (S)

We are divinely inspired beings brought into this world by Almighty Allah to fulfil His desires. We thank Him for blessing us with the opportunity as spiritual beings to have a material experience. We have been blessed with the instruments (that is, the Noble Qur’an and the *Sunnah*) to understand our spiritual self and discover the leads and the signs to unleash our higher self. Almighty Allah has blessed us with His divine power. We have come to this temporary material dimension to discover His spirit in us so that we may earn a place to live in bliss in the Hereafter.

Almighty Allah reinforces the power of the Noble Qur’an in Surah al-Anbiya. ‘Verily in this Noble Qur’an is a message for people who truly worship Allah’ ([21]:106). In Surah al-Furqan, Almighty Allah says: ‘The Qur’an was sent down by Him who knows the mystery (that is) in the

heavens and the earth: verily He is All Forgiving, Most Merciful' ([25]:6).

Almighty Allah's message over the centuries to all the prophets, Abraham, Moses and Jesus, culminates in the Noble Qur'an. The laws it reveals of nature, of the universe, and of human destiny in the present life and the life to come provide a clear message to those who are ready to receive Almighty Allah's guidance. Those who are ready to change will ponder over the Qur'an and use it in their daily lives.

Our responsibility is to develop our higher self (awareness) which will control our ego identity—the dominant force in our lives that Iblees uses to control us. We have the power of both, Almighty Allah and Iblees; through understanding ourselves we will discover Almighty Allah, and Iblees will become a nonentity, subservient to us.

Islam is a natural, complete, perfect way of life. That is why Allah repeatedly refers to it in the Noble Qur'an as *deen* (way of life). Islam is an integrated set of everlasting eternal principles and timeless values that liberate the potential of the mind, body and soul. Islam directs us to be in tune with the power of Almighty Allah. Our mission is to break the resistance and connect with Almighty Allah.

Self-mastery and consistent care of the mind, body and soul are essential to unearth our higher selves and live the lives of our dreams. If we can't care for ourselves, how can we care for others? If we don't feel good, how can we do good? We can't love one another if we don't love ourselves.

Only when we master the art of loving ourselves are we able to love others. We can touch the hearts of others only once we have opened our own hearts.

Reading this book will help you understand how to unleash and experience a spiritual awakening of the powers that Almighty Allah has placed deep within us.

When we carry unspoken resentment towards others, we project negative energy that contaminates our personalities and in time causes more pain and unhappiness. Almighty Allah has created us, as spiritual beings, to live in this material dimension, to unearth and discover His powers within us.

Almighty Allah declares His powers are in us. He urges those of humankind who want happiness and success in this world and the Hereafter to obey Him. In Surah al-Hijr, Almighty Allah says: 'When I have fashioned him (in due proportion) and breathed into him of My Spirit, fall ye down in obeisance unto Him' ([15]:29). It is this power that is the link we have with Almighty Allah to transcend beyond this material world to the spiritual realm of hearts and minds. It is this breath of Almighty Allah's power that allows human beings to go beyond time and space, achieving a proper balance between the material and spiritual gifts that guide us to spiritual perfection.

Almighty Allah's power is present in every human being; He has placed His spirit in us. Almighty Allah has blessed humankind with the faculties of knowledge and will. These powerful privileges, if used according to the Noble Qur'an

and the *Sunnah*, will unleash Almighty Allah's power within us.

With the knowledge of Almighty Allah, we will understand the meaning of surrender, when we place ourselves under the guidance of Almighty Allah (SWT). We reach a stage of limitless knowledge and thoughts, we transcend physical boundaries, and have more energy, enthusiasm and inner harmony than ever before experienced. A lasting sense of wellbeing will swiftly return to our lives.

Failure, whether professional, personal or spiritual, is essential for personal expansion; it unearths inner growth and a host of hidden psychic and mystical rewards. View short-term failures, material or spiritual, as building blocks for future success; don't use these temporary setbacks as excuses; learn from them! The trick is to move forward as we fail. Failure is sometimes the royal road, or highway, to success. A Sufi sage had said: 'A man becomes rich in experience after getting plenty of knocks and overcoming obstacles. Henna gives colour only after being ground on the stone.'

In Surah al-Baqarah, Almighty Allah promises the believers: 'O you who are committed [to Allah]! Seek help in steadfast patience and *salah* [link with Allah]; for Allah is with those who patiently persevere [in adversity]' ([2]:153). Almighty Allah rewards those who patiently persevere. Patience and persistence form the bridge between short-term failures and ultimate success. If we make mistakes in life, but repent

sincerely, Almighty Allah is Most Forgiving and Most Merciful. This divine assurance opens the door to every kind of spiritual wellbeing. Never regret the past; rather embrace it as the teacher it is.

However, like a cup, our minds are full of our own ideas and opinions; new ideas can't enter until we empty the cup. We do the same every day; we spend time with the same people with the same thoughts. To experience the true meaning of life, be adventurous, open-minded, and free of all preconceived ideas and notions and don't judge. Carefully direct attention inwardly, and think of the thoughts our minds produce: are they good, honest, truthful and just?

Everything in the world works with intention. Intention attracts attention. Intent that is good and honest is a force that works through the power of Almighty Allah. The energetic power of Almighty Allah is everywhere. 'Our actions will be judged by Allah according to our intentions,' said the noble Messenger Muhammad (S).

In Surah Yunus, Almighty Allah reminds us of His presence: 'Whatever deed ye may be doing, We are Witness thereof. Nor is hidden from thy Lord [so much as] the weight of an atom, on the earth or in heaven' ([10]:61).

Almighty Allah's power is ever-present; His power is over all; His knowledge comprehends and encompasses everything, He has count of everything and nothing can hide from Him. Almighty Allah is independent of time, place or circumstance.

Human knowledge is subject to time; Almighty Allah is not subject to time and His power is timeless. Almighty Allah's power is infinite; everything living is subject to His power and control.

To unleash the powers of Almighty Allah in us, we must remove barriers in our minds and thoughts. If we have absolute faith, believe in Almighty Allah and commit to change, He will direct our will to be creative and guide us to unleash the potential He has blessed us with.

In Surah al-Baqarah, Almighty Allah says: 'I will create a vicegerent on Earth' ([2]:30).

Almighty Allah in His wisdom has handed over the affairs of the earth and its destiny to man. He has blessed mankind with free rein to use, develop and transform the earth's energies and resources for the fulfilment of Almighty Allah's Will and purpose of creation.

The noble Messenger of Allah, Jesus (S) said: 'Whoever learns the inner meanings of these truths will live forever in the eternal sea.'

The noble Messenger of Allah, Muhammad (S) said: 'He who travels in the search of knowledge, to him Allah shows the way to paradise.'



PART ONE

TRANSFORMATION:
TAKE CONTROL OF YOURSELF

I

THE POWER OF CHANGE

‘We must learn something every day, if we don’t, we will age faster.’ —The noble Messenger Muhammad (S)

Almighty Allah wants us to strive with all our might to change, but vows that He will never change our condition without effort on our part. He promises to guide and assist those who strive to change. Allah states in Surah al-Anfal, ‘Allah will never change the favours He bestows on a people until they change what is in their own souls; verily Allah is He who heareth and knoweth all things’ ([8]:53).

In another verse of the Noble Qur’an, Surah ar-Ra’d, Almighty Allah asserts: ‘Verily never will Allah change the condition of a people until they first change what is in their hearts’ ([13]:11).

Almighty Allah created humankind pure and favoured them with wisdom and intelligence. He created angels to watch over them all the time recording any changes in their thinking and behaviour. Almighty Allah will never change the condition of a people who are not willing to change

themselves within their hearts and from the depth of their souls. Almighty Allah bestows honour and blessing on the human being who takes action to change. Transformation is initiated with a passionate intention to change, before we can take on the challenges of life. If one commences the journey to change, Almighty Allah and His angels support and sustain the believer with Blessing, Mercy and Grace.

The past is our guide to the future. If we sincerely want to enjoy more opportunities, we need to understand change. By understanding why change takes place, we will stop wasting energy, time and effort in protecting our beliefs and fighting the unavoidable.

Our need to be right is our major obstacle against change. We must understand where change is taking us; once we realise the need for change, we are better able to use those changes to our advantage. In Surah al-Baqarah, Almighty Allah promises protection and guidance to the faithful, He is the Protector of those who have faith: 'From the depths of darkness, He will lead them into light' ([2]:257).

When we welcome change, we can make a difference in our personal growth. Once we initiate the intention to change, Almighty Allah will help and nurture us in the process.

To progress in life, we must change consistently. These changes make the biggest differences in our personal, social and business lives. Change does not wait for people to adapt. To survive in the twenty-first century, change is the key. If

change in the world is greater than change in our minds, we will find ourselves seriously inadequate. Events will overtake us. Change has to begin from within.

Change means sacrificing the familiar for the unknown, even if it appears unpleasant. Change is essential; through change we learn and grow—although not always without pain. Change brings about progress in our spiritual wellbeing. If we want success, the only way we can get it is through change. Change has become aggressive. Change is fuelled by the information explosion. Change is necessary to survive. Those who refuse to change will remain stagnant and ultimately deteriorate. The water of a river is fresh because it is flowing; that of a stagnant pool is dirty, germ-ridden, and polluted.

We are entering a new era in civilization where we can shape the future. Change is another word for growth; it is synonymous with learning. We can all do it and enjoy it! Be Almighty Allah's vicegerent on earth. Be a model. Don't adapt to the environment. Rather encourage the area of influence to adapt to the values of Almighty Allah as stated in the Noble Qur'an and the *Sunnah*. 'If you keep doing what you've always done, you'll keep getting what you always got.'

The future is knowledge and creativity-intensive: knowledge and creativity rather than muscle power, and knowledge and clever machines in place of muscles.

Learning starts with believing in Almighty Allah and our own abilities. The working world has changed because the

methods of work are changing. We have entered the age of smart machines. Computers will continue to revolutionise the world.

New converging technologies, also called the digital revolution, the multimedia revolution or the information highway, are shattering political barriers. Computer and fibre optic technologies are breaking boundaries.

The world has changed irreversibly; it is becoming an unmanageable place for those who do not prepare. We need different survival skills to cope with the changes in this millennium. The tide will run strongly in favour of those who are predisposed towards looking inwards, who are ready to reform and improve their lives.

We need to reinvent ourselves. We are living in a new age and can no longer assume that what worked well in the past will work again. By first starting with ourselves, we have to plan new strategies to change the world.

Change is the word that should inspire us. With change, everything becomes possible. By transforming our thoughts, our minds, we can change anything.

We all want progress; we can have it with change. We must change and recognize that change is our greatest ally. We must always be ready to change our opinions. Yesterday's formulas for success may not be tomorrow's panaceas. Remember the road to success is always under construction. How much have we seen that has changed in the past year? The weapon of the brave resides in the heart. As the great poet of the East, Allamah Dr Iqbal, said: 'Unshakable conviction,

consistent-action, world-conquering love / In the struggle of life, these are the swords of men.'

When we change, opportunities emerge. The same thinking that has brought us to where we are today will not necessarily get us to where we want to go tomorrow, unless we realise what change is. We must not fear change, for it is an unchangeable law of progress. When patterns and traditions are broken, new ideas and unlimited possibilities come into being. All progress is because of those who were not satisfied with where they were. They weren't afraid to change. Change is our friend. A philosopher said: 'The world is in a constant state of flux. You cannot step into a river twice, because, while you step a second time, the water has passed on.' Our success in life does not involve competing, complaining, comparing ourselves with or getting ahead of others, but getting ahead of ourselves. We need to break our own records, to do our work with more force than ever before.

Our future depends on us. 'These ten little two letter words—if it is to be, it is up to me—are absolutely valid; the solution is, do it now!' What we picture in our minds, our minds will go to work to accomplish. Let us remind ourselves that Almighty Allah is with us and that nothing can defeat Him.

Almighty Allah in His infinite mercy has taken upon Himself to provide clear guidance to all believers who seek His direction and assistance. In Surah Al-Layl, Almighty Allah says: 'Verily we take upon ourselves to guide' ([92]:12).

Almighty Allah is just in His treatment and the favours He bestows upon every human being. He has blessed us with great honour. Almighty Allah has given us provision and power, free will and the capacity to think. With these blessings we are free to shape the events that take place in our environment. Almighty Allah will always grant His favours to those believers who humbly and thankfully accept His Grace, Kindness, and Mercy and show gratitude.

Almighty Allah's Will is for us to grow. Whom we become and where we go in life depend ultimately on our decisions. It is in these moments that our destiny is shaped. Our decisions, not the condition of our lives, determine our destiny. Shaykh Sa'adi said: 'Thy life is a bird and its name is breath. When the bird has flown from its cage, it cometh not back to captivity.'

In Surah Al-Nur Allah has promised, to those among you who believe and work righteous deeds, that He will of a surety, grant them land, inheritance (of power), as He granted it to those before them; that He will establish in authority their deen—the one which He has chosen for them; and that He will change (their state) after the fear in which they (lived), to one of security and peace ([24]:55).

2

THE POWER OF THE MIND

'The Noble Qur'an is a remedy for illnesses of the mind.' —**The noble Messenger Muhammad (S)**

Almighty Allah's precious gift to humankind, the mind, both conscious and subconscious, is the greatest single most powerful agency ever to appear on earth. Our minds have abilities and talents beyond imagination, beyond conception!

Almighty Allah wants us to develop both the conscious and the subconscious mind. The conscious mind is the master of our destiny. It controls all the voluntary muscles, and has the ability to evaluate the difference between right and wrong. It is the supreme commander in charge of all our thoughts and mental powers. It controls the five senses of sight, hearing, touch, taste and smell, by which we connect with the physical world. It is through these senses that we receive outside signals. It is vital that when we entertain this information we distinguish between what will add value to our lives and what is irrelevant.

In *Surah al-Baqarah*, Almighty Allah says: ‘To Allah belongs all that is in the heavens and the earth. Whatever you show what is in your mind or conceal it; Allah calls you to account for it. He forgives whom He pleases, and punishes whom He pleases. For Allah has power over all things’ ([2]:284).

Whether we show or conceal what is in our mind, Almighty Allah will call on us to account for it. Developing the conscious mind is essential to ensure that the right thoughts enter the subconscious mind. To succeed in achieving our vision and goal in life, the conscious mind has to be alert and informed. Once we acquire the ability to control our thoughts, nothing is impossible to achieve. The power of Almighty Allah of infinite possibilities is at our disposal.

It has been said that the best thinkers use only one hundredth of one per cent of mental reserves. We must understand that mental skill comes through will-power and self-discipline. We are all equal in the eyes of Almighty Allah; we are all born with the same raw material from the moment we take our first breath.

What separates happy, successful achievers from others is the manner in which they use and refine the raw materials with which Almighty Allah has blessed them. When we dedicate ourselves to transforming our inner world, our life quickly shifts from ordinary to extraordinary.

We cannot control the weather or other material phenomena; these events are Almighty Allah’s Will. We can,

however, control our attitude towards these events. Almighty Allah has blessed us with the power to control how and what we think at any time. What appears to be a tragedy to one person may reveal the seed of unlimited opportunity to another.

In the Noble Qur'an Surah Baqarah Almighty Allah promises success to those who maintain their faith commitment in times of difficulty: 'And most certainly shall We try you by means of danger, and hunger, and loss of worldly goods, of lives and of labour's fruits. But give glad tidings unto those who are patient in adversity, who when calamity befalls them, say: 'Verily, to Allah we belong and, verily, to Him shall we return. It is they upon whom their Sustainer's blessings and grace are bestowed, and it is they who are guided' ([2]:155–157).

Almighty Allah may test us with adversity; we may resent hardships or pain when they visit us. We must understand that it is these trials that serve us well; they crack up the shell that covers our hearts. We then realize who we are, why we are here, and how miraculously the creation of Almighty Allah works. We discover the lies we have been living. We must then empty our hearts and minds of information that is of no value, and replace it with all that is good, noble and true.

Hardships, trials and tribulations are Almighty Allah's way of transforming us and helping us develop spiritually, if we choose to allow them to do so. In the Noble Qur'an, Surah al-Ankabut Almighty Allah says: Do people think that when

they say, ‘We make a faith-commitment [to Allah],’ and they would not be tested with trials and tribulation? Lo! We tested those who were before you. Thus Allah distinguishes those that are sincere [in their commitment to Him] and those that merely feign and lie [about their commitment]’ ([29]:2–3).

Where we stumble, that is where our treasure lies. Almighty Allah wants us to endure the tests with fortitude, faith and strong commitment.

Qadhi Shurayh (ra) and eminent judge during the *Khilafah* of Hadrat Ali (ra) said: ‘Whenever I am struck with a worldly calamity, I thank Almighty Allah for testing me materially and not spiritually.’

Through these trials Almighty Allah leads us to discover ourselves as a way to eventually discover Him. It is our reaction and response to the challenges that visit us in the guise of difficulties that can unleash the power of Almighty Allah within us. Almighty Allah wants every human being to develop both spiritually and materially. We must recognize that the challenges in this material plane develop and strengthen our insight that leads us to discover the spiritual power within.

In Surah Yunus, Almighty Allah says: ‘We make mankind taste some mercy after adversity hath touched them’ ([10]:21). In Surah al-Hijr, Almighty Allah says: ‘We know how thy heart is distressed, but celebrate the praises of thy Lord’ ([15]:97).

By celebrating the praises of Almighty Allah, in response He will bless us with mercy, guidance and relief. In the face of inevitable misfortune in life, Almighty Allah wants us to remember Him with patience, perseverance and salah (that is, establishing a direct link with Him). This is an inexhaustible source of energy and strength.

The manner in which life is interpreted and processed separates people that are habitually positive and optimistic in life from those who are consistently miserable. Out of every adversity comes opportunity or prosperity. Every setback offers an equivalent opportunity if we take the time to search for it.

Almighty Allah has blessed us with time. Time is beyond the control of man, and cannot be saved, stopped or reversed, even for a nanosecond. Make full use of these riches while we have them. There is no second chance to say 'I wish I could do it all over again.'

We must awaken ourselves to the power of our minds, and express constant gratitude to Almighty Allah (SWT). Our absolute faith and belief will inspire us to work magic in our lives.

In Surah al-An'ām, Almighty Allah pledges success to those who have made a firm commitment to Him: 'We send not messengers but as bearers of glad tidings and as warners [of punishment in case of rejection]. Thus, whoso makes a firm commitment [to Allah] and acts righteously shall have nothing to fear, nor shall they grieve' ([6]:48).

Almighty Allah sent messengers to direct humankind to realize that they have unlimited force (will). The human mind is addressed with a powerful, classic noble book revealed by the All-Powerful, All-Knowing Almighty Allah through the noble Messenger Muhammad (S). This mighty book is miraculous in its style and method that inspires and builds the human mind and intellect. It is necessary for man to read and understand this powerful mind builder. One who studies this noble book will be blessed with divine guidance. Those who make a faith commitment to Allah shall have no fear, nor shall they grieve. Almighty Allah promises security and success in this material dimension as well as in the Hereafter.

Almighty Allah sent the Noble Qur'an to guide us, to discover ourselves, then to discover His power in us. This is stated in Surah al-A'raaf: 'Verily, We have brought unto them a Book which We expound with knowledge, a guidance and mercy to those people that make a firm commitment to Allah' ([7]:52).

When we read the Noble Qur'an, we begin to control thoughts that are floating around the garden of our minds. The mind is the servant, not the master of humankind. Read continually, and keep minds, thoughts and beliefs in Almighty Allah alive.

In Surah at-Teen, Almighty Allah asserts: 'We have indeed created man in the best of moulds' ([95]:04). Almighty Allah favoured humankind in the best of moulds, endowed them

with the purest unsurpassed nature, bestowed upon them faculties and talents greater than the angels. Even the angels were asked by Almighty Allah to bow down to humankind in recognition of the lofty status bestowed upon them by Allah.

Words are the verbal embodiment of power. If Almighty Allah inspires us because of our belief in Him, our thoughts will break the barriers, our minds will transcend limitations, our consciousness will expand in every direction, and we will find ourselves in a wonderful new world.

Our dormant forces, faculties and talents come alive when Almighty Allah empowers us. We discover a greater person than we ever dreamed we could be.

Success on the outside begins with success on the inside; by changing our thoughts, we change our minds. We must not allow our mental muscles to become lazy and flabby. The mind is like any other muscle in the body. Use it or lose it. If we want to strengthen the muscles of our arms, we must train them. To keep our bodies fit we must exercise or exert pressure on all our muscles. Reading and contemplating trains the muscles of the mind, and we experience the wonders this goal-striving mechanism can achieve. The power that Almighty Allah has blessed us with will attract all that we desire in life.

We must take care of our mind and take the time to train it to focus on the good in life. The price of success is to take responsibility for every one of our thoughts. To liberate our minds, we must first be able to harness them and direct total

focus on the current task. The moment we focus our mind on a single purpose, extraordinary gifts will appear in life. The mind has power that is sharper than a laser. When we concentrate and focus on a burning desire, we will attract that desire. When we concentrate the mind's power on definite, meaningful objectives, we will, *insha'Allah*, ignite the flames of our personal potential and produce outstanding results.

Jalaluddin Rumi (ra) said: 'Freedom depends on the purity of the mind.'

3

THE POWER OF THE SUBCONSCIOUS MIND

‘Whether you show what is in your mind or conceal it, Allah calls you to account for it.’

—(Surah al-Baqarah [2]: 284)

Almighty Allah’s power and blessings are not visible; they are connected to the subconscious mind. In Surah al-A’raaf, Almighty Allah says: ‘Surely all creation and all authority belong to Him. Blessed is Almighty Allah, the Lord of the Worlds. Call on your Lord and Sustainer with humility and in secret. Lo! He loves not the aggressors’ ([7]:54–55).

Almighty Allah controls, runs and plans everything that takes place in the universe. The entire creation and authority belong to Him. The first step to motivate the conscious mind is to surrender and commit to the Will of Almighty Allah. ‘*La-ilaaha-illal-laah*’: ‘There is no god but Allah.’ We reject all gods, the god of ego, the god of wealth, the god of power, the god of control and we surrender to the Will of the All-Hearing, All-Knowing, Almighty Allah.

Realizing the true essence of submission to the Will of Almighty Allah will have a great effect on both the conscious and the subconscious mind. Surrendering to the Will of Almighty Allah will bring us into vibrational harmony with His creative power that will enable us to be free from domination, control or servitude to any being other than Almighty Allah.

Thoughts that reach the conscious mind through any of the five senses are classified and recorded in the subconscious mind. The subconscious mind receives information files and sends impressions, regardless of their nature.

We may voluntarily plant in our subconscious mind any plan, thought or purpose which we desire to transmit, be it spiritual or material. Thoughts with emotion and passion become magnetic and attract similar thoughts. The subconscious mind acts first on the dominant desire that has emotions such as faith or belief. As we evolve to higher states of consciousness, our desire changes its quality. It evolves into a noble, selfless desire, a desire for humanity. Then we have the force of Almighty Allah behind us. Almighty Allah's angels and intelligence work for us; we become citizens of Almighty Allah.

In Surah al-Waqi'ah, Almighty Allah says: 'We are nearer to him than you, but you see not' ([56]:85).

In Surah al-Infitaar, Almighty Allah has blessed us with angels. He says: 'Verily over you are appointed guardians [angels] to protect you, kind and honourable,

writing down [your deeds], they know and understand all that you do. As for the righteous they will be in bliss' ([82]:10–13). The articles of Faith are to believe in Almighty Allah, the Most High, to believe in His angels, His books, His Prophets (AS) and the Day of Judgment.

Almighty Allah has blessed us with angels; they are around to help and protect us. Every human being is blessed with 384 angels* (there are 384 joints in the body; an angel for every joint). They are gentle spiritual beings created from *Nur* (Allah's light). They can take any form they wish. They are neither male nor female; they do not disobey, and they are absolutely subservient to Almighty Allah.

Almighty Allah has placed these spiritual forces (angels) to protect us. He has blessed us with faculties to guide us in life so that we can excel in our endeavours to rise to His presence. Now it is up to us to use these forces and blessings of Almighty Allah, the angels and powers that are within. Our subconscious mind is the creative power with which Almighty Allah has blessed humanity. This means that we have angels (the power of Almighty Allah) *Kiraaman Kaatibeen* (the Generous, Recording Angels) that know all we do and desire.

In Surah Qaaf, Allah says: 'Behold two (guardian angels) appointed to learn (his doings) learn and note them, one sitting on the right and one on the left. Not a word does he utter but there is a guard by him ready (to note it)' ([50]:17–18).

*A concise Fiqh by Hasan Arian page 10.

The kind and honourable angels of Almighty Allah are constantly with us to note our thoughts, words and actions, one on the right and one on the left. So is the devil, as close to us as the blood that runs in our veins. Iblees became subservient to our noble Messenger Muhammad (S) because of his strong will. He said: ‘My Iblees, I have converted him to a Muslim.’ The greatest challenge facing humankind is to strive with all our might, to build the powers and blessings to defeat and subjugate the Iblees within us.

Almighty Allah has given powers to Iblees; he has permission to tempt man. In Surah an-Nisa, Iblees says to Almighty Allah: ‘I will mislead them and I will create in them false desires’ ([4]:119). Whoever takes Almighty Allah as his patron will achieve success and whoever takes Iblees (Satan) for his patron will end up in ruin.

In the next ayat of Surah an-Nisa, Almighty Allah warns that: ‘Iblees makes them promises and creates in them false desires; But the promise of Iblees is nothing but deception’ ([4]:120). Had it not been for this temptation, human nature would have remained pure.

Allah (SWT) has blessed humankind with a powerful agent; the subconscious mind. This mind works day and night through a method or procedure only known to Him. The subconscious mind draws its power from the forces of Allah. It never sleeps; it serves us all the time; it is the master of our body and mind. It does all the work in our body; it knows how much water, salt and different elements

there should be in our blood; it maintains our body. The greatest physician or mathematician cannot comprehend what our subconscious mind knows. This is a power placed in us by Almighty Allah.

The subconscious mind (angel) voluntarily transmits our desires into physical equivalents, always making use of the most practical means of accomplishment. We cannot control our subconscious mind, but we can hand over to it any plan, desire or purpose that we wish to transform into reality.

There are laws of cause and effect that operate in the universe and ultimately if we want something, we must know how to give it. If we want love, we have to give love. If we want respect, we have to give respect. If we want money, we have to give money (charity). Anything that we want, we have to learn to give. The more we give, the more we attract. If we are selfish, we create a blockage. When there are no blockages, the power of Almighty Allah flows through us.

Remember the subconscious mind works of its own free will, whether we make any effort to influence it or not. The subconscious mind will not remain idle. If we fail to plant desires in our subconscious mind, it will feed on positive or negative thoughts that reach it, based on our neglect. We can either develop our subconscious mind by design or misguide and confuse it by default. This means if we do not consistently send positive thoughts by reading the Noble Qur'an, following the *Sunnah* of the noble Messenger

Muhammad (S) and performing *dhikr* daily, sending positive affirmations into our subconscious mind, we allow it to work on its own and, based on our neglect, it will pick up any number of thoughts. If we focus on what we want and feed the subconscious mind with positive thoughts, the subconscious mind will focus on positive thoughts and manifest in this material, temporary dimension.

Desire can be used or abused. Almighty Allah says in Surah al-Ahzab: 'In whose heart is a disease should be moved with desire' ([33]:32). Desire is the governor; we need desire to act, a strong desire to serve Almighty Allah in everything we do. In Surah al-Zumar, Almighty Allah commands us to say: 'It is Allah I serve with my sincere (and exclusive) devotion' ([39]:14).

Whatever happens, we must follow the command of Almighty Allah. In all our desires for success, we must do it to discover Almighty Allah; this can only be done when we discover ourselves.

Our ultimate desire in everything we do is to discover Almighty Allah. The noble Messenger Muhammad (S) is reported to have said: 'He who has recognized his self, has recognized Allah.'

We are living among all matter and thought impulses that reach our subconscious mind without our knowledge. Let us energize our subconscious mind, through creative effort and positive influences of desire. If we understand this, we will possess the key that unlocks the door to success.

Everything that man creates begins in the form of a thought. We can create nothing that we have not first conceived in our thoughts. Through the aid of imagination we generate thought impulses. These thought impulses may be assembled into a plan. Let us make our positive emotions, desires, faith, love, enthusiasm and the passion to succeed work for us.

Discover the potential of the subconscious mind, the most powerful creative force with which Almighty Allah has blessed humankind. It has infinite wisdom, power and infinite supply of all we need to develop our powers within.

The conscious mind feeds the subconscious mind with the suggestions that manifest in our lives. Whatever thoughts we send to the subconscious mind, it will work out for us at our request. Send thoughts of health and strength; it will work out to health and strength in our body. The right conscious thoughts will determine our destiny.

Thinking negative thoughts, such as suggestions of disease, fear, sickness and accidents, either through our beliefs or through the influence of our friends, is likely to see negative events manifesting in our lives. Almighty Allah does not send disease to anyone; our thoughts attract what we fear. Through the conscious mind we must feed and lodge into our subconscious mind good, creative, positive, fruitful, healthy and worthy thoughts. These forceful, confident thoughts will stimulate the subconscious mind to effect

change in our behaviour spiritually, mentally and physically. Remember we attract what we expect.

Almighty Allah protects those truly committed to Him. In Surah al-Maida, Almighty Allah says: 'O you who are firm in your commitment, guard your own souls, if you follow right guidance no hurt can come to you from those who are astray. The goal of you all is to Almighty Allah. It is He that will show the truth of all that you do' ([5]:105).

Performing *Salah* five times a day, reading and understanding the Noble Qur'an, and practising the *Sunnah* of the noble Messenger Muhammad (S) will enhance our ability to create the right conscious thoughts that will attract all that we desire: health, happiness, success and peace both in the material and the spiritual dimensions.

In Surah Yunus, Almighty Allah promises men of faith: 'Behold! Verily on the friends of Allah there is no fear, nor shall they grieve. Those who make a firm commitment and constantly guard against evil: for them are glad tidings in the life of the present and the Hereafter. No change can there be in the words of Allah, this is indeed supreme felicity' ([10]:62-64).

The believers who are close to Allah are honoured with His love, they will not experience fear or grief for He is with them at every moment.

There is only one power we must hold in our conscious and subconscious mind and that is the power of our creator Almighty Allah (SWT). The Noble Qur'an and the *Sunnah*

of the noble Messenger Muhammad (S) must be studied with an open mind and desire to understand what Almighty Allah wants for us.

The genius of the Noble Qur'an and the *Sunnah* will influence our conscious and subconscious mind which will release the hidden forces within us. Infinite wisdom, power and supply of all that we need are anxiously waiting to be unleashed from within.

Almighty Allah protects the truly committed who have absolute faith in Him. People of faith are favoured by Almighty Allah.

The noble Messenger Muhammad (S) said: 'The true believer has a penetrating insight for he sees by the light of Allah.'

4

THE MIND IS THE MOST POWERFUL GOAL-STRIVING MECHANISM

*‘Do they not ponder in their minds
[the meeting with Allah]?’ —(Surah ar-Rum, ayat 8)*

Almighty Allah has blessed every human being with a mind that is a powerful goal-striving mechanism. The future is invented in the mind of human beings by the inspiration of Almighty Allah. We have been favoured with the mind and the brain; these are powerful agencies, instruments, forces that mankind can use to return to Allah fulfilled. The brain works by means of vibrations and frequencies; it is our hardware that is used to translate and attract thoughts. The brain is the sending and receiving station of thought. The mind is all over the body; it has the ability to travel.

This powerful bio-computer called the brain that Almighty Allah has blessed us with is divided into the right and left hemispheres. The right side of the brain deals with form, shape, art, music, imagination, creativity, intuition

and vision. The left side deals with language, logic, abstract reasoning and analytical thinking. We must integrate the right and left sides of the brain to enable them to work in harmony for a balanced personality.

We must reprogramme our minds with positive thoughts and feelings. Always glorify the Names of Almighty Allah; this will, *Insha'Allah*, attract and unleash the power of Almighty Allah within us. Think success and allow the imagination, through the power of Almighty Allah, to create what we want in life. Remember, we attract into our lives whatever we think about throughout the day. Good thoughts motivate and attract its like; pessimistic thoughts are a magnet for negative energy that destroys the personality by creating fear and uncertainty.

Almighty Allah's power will respond to the thoughts in our minds. Positive, powerful thoughts that we focus on will activate the necessary vibration within us and Almighty Allah will respond.

Almighty Allah blesses us with what we think about, whether we want it or not. What we give thought to is what we invite into our lives. In the Noble Qur'an, Almighty Allah promises success to those firmly committed to Him. In Surah al-A'la, we read: 'He will prosper and achieve happiness who purifies himself, and glorifies the Name of the Lord and Sustainer, and so offers sincere salat [to Allah] by linking up with Him' ([87]:14–15).

Many people live their lives reacting to daily events rather than creating the circumstances they see in their dreams.

The billions of people living life without a goal are similar to ships without rudders. If we don't know where we are going in this temporary life that is where we will end up: nowhere.

Without a goal in life there is no difference between us and cattle. The cattle wake up in the morning, eat, drink, sleep, copulate, and are satisfied, it has no goal as it lives by instinct.

Humankind do the same, the only difference is we have the ability to think and have a choice either to live like cattle or use the powerful instruments that have been conferred upon humankind by Almighty Allah to discover Him. Have a goal in life and use the mechanism we have been blessed with by Almighty Allah.

In Surah an-Najm, Almighty Allah reminds mankind: 'That man can have nothing but what he strives for; That the fruit of his striving will come soon in sight; Then will he be rewarded with a reward complete. That to Allah is the final goal' ([53]:39–42).

Human beings will achieve only what they strive for; without struggle, labour and endeavour, human beings will gain nothing. To succeed both materially and spiritually we must follow the laws of the Noble Qur'an and the *Sunnah* of the noble Messenger Muhammad (S). The guidance with which Almighty Allah has blessed humankind will broaden our understanding of life and we will develop a clear, well-defined goal. All our expectations should be in Almighty Allah; we should fear none but Him as He is the final goal.

Be among the fortunate who know exactly what they want out of life; establish clear, well-defined goals. One of the most important steps we can take in life is to determine exactly what we want.

Set aside some time tonight to make a 'want' list; spend as much time as you need to write down what you would most like to have. Your list can have hundreds of items, some spiritual and some material; write down as many as you can think of. You may opt for enhancement of faith, development of the soul, pursuit of knowledge, understanding, love, happiness, a beautiful house or a new car. If you are married, it is a good idea to prepare your list with your spouse.

When you have completed your 'want' list, choose from it one spiritual and one material goal. Your choice should be the ones you sincerely want the most. Write each one on separate pieces of paper. The spiritual choice must be to begin reading the Noble Qur'an and the material choice may be any other desire we want that will enhance our life in this temporal dimension.

Now put your 'want' list away and focus on the one spiritual and one material choice you wish to accomplish first. That is developing the soul, mind and body. Remember, pursuing knowledge and love, and being grateful to Almighty Allah require no money; all the good things in life are free. Wealth has its uses and abuses, the noble Messenger Muhammad (S) said: 'Wealth properly employed is a blessing and a man may lawfully endeavour to increase it by honest means.'

Almighty Allah calls upon humankind to earn wealth, and be generous. Charity empowers the soul, and builds the spirit of the big-hearted selfless believer. Charity is to the soul what rain is to soil. Rain creates the condition to increase the soil's output tremendously, so too does charity attract abundance.

Almighty Allah wants us to discover Him and unleash His power within us. He says in Surah al-Baqarah of the Noble Qur'an: 'And the likeness of those who spend their substance seeking to please Allah and to strengthen their souls' ([2]:265).

Everything we do in this material world, we must ensure is done for the pleasure of Almighty Allah. We are encouraged to build a business, provide employment and generate wealth. Wealth, Almighty Allah says, is for the use of and in trust to humankind; do not hoard or misuse wealth. Human beings of true charity seek Almighty Allah's pleasure to empower their souls. They are inclined to attract the bounties of Almighty Allah that strengthen them both spiritually and materially. Charitable people circulate their blessings of abundance freely with all who are in need and that shapes their destiny.

In another verse in the Noble Qur'an Surah at-Tauba, Almighty Allah warns humankind about hoarding wealth: 'And there are those who hoard gold and silver and spend it not in the way of Allah; announce unto them a most grievous penalty' ([9]:34). Almighty Allah condemns those

who hoard their wealth and neglect spending on righteous causes.

Almighty Allah forbids gaining wealth in unlawful ways, accumulating it or hoarding it. He warns us and advises us not to spend in ways that are not beneficial to humankind and not to abuse wealth on unnecessary luxuries for personal ostentation. In the physical pleasures of life Almighty Allah condemns excess, as it borders on criminality.

In Surah at-Tatfeef (also known as al-Mutafifeen), Almighty Allah condemns fraud and waste: ‘Woe to those that deal in fraud’ ([83]:01). He talks of fraud when we are looking for short cuts in life. He declares war on the deceitful that are not honest in their methods of doing something worthwhile. The dishonest way impacts negatively on our creativity, as our mind spends energy on giving too little and asking too much. We try and exact a higher standard for ourselves and don’t add value to those we serve. When we are willing to serve, we will be rewarded accordingly. Life is about being selfless. How can we ask Almighty Allah for His Mercy and love when we are unwilling to share His Grace with each other?

Almighty Allah also warns us in Surah at-Taghabun: ‘Your riches and your children are but a trial’ ([64]:15). Material wealth and prosperity are ours only during our short life on earth. The gift He has granted to us is ours only in trust. Everything eventually returns to Almighty Allah. We may leave it for our children, but we are ultimately responsible

for how they spend it. Possessions have their advantages and disadvantages.

People who half-heartedly want to do too much at one time, ultimately run around in circles and often accomplish little or nothing at all. This is the primary cause of suffering, confusion and indecision afflicting many. A ship can only reach one port at a time. The same principle applies to human beings when it comes to achieving goals. Usually we can achieve only one goal at a time. We must always bear in mind that our thoughts are the real force; they attract what we think.

Once you have decided on the one goal you intend to reach first, write down both the spiritual and the material goals on a card and carry it with you. Think about your goal first thing in the morning and last thing at night. Think about it as often as you can. By doing this, you establish your subconscious mind, which works day and night through the power of Almighty Allah, to show you the way to success. Picture your goal in your mind's eye as if you already have it; be sure to be specific and expect success from Almighty Allah.

Lack of vision, resulting in confusion, separates those who 'have' and those who 'have not' in every sense. At the moment we are nothing more than the sum total of our thoughts. Where we will be next year or five years from now will be the result of what we think about from this point on.

In the Noble Qur'an Surah al-Anbiya, Almighty Allah promises the righteous: 'Whoever works any act of righteousness and has made a faith commitment to Allah, his endeavour will not be rejected; We shall record it in his favour' ([21]:94).

That is Almighty Allah's law of cause and effect, action and reaction. Almighty Allah rewards the believer for every act of righteousness, however small. Fused with sincere faith in the power of Almighty Allah, this is the central basis and stepping stone to the higher things in life, both in the material and the spiritual dimensions.

Establishing a goal is vital to success. By constantly thinking about what we wish to accomplish, we begin to move towards it and bring it closer to us. When we concentrate and focus on one goal at a time, our thinking acquires the power, direction, economy and speed for success.

Once we know where we are going, we know why we get out of bed in the morning. We know why we work and why it is important to put our best effort into the goal or vision. We then move away from people who are sailing through life without purpose.

During rush hour, stand on a busy street corner and watch the passing crowd; watch how they walk, and watch their faces. You will notice most don't seem interested, happy or purposed; they appear rather dull and uninterested. After a while you will notice a person with a quick and purposeful step. This person has good carriage and posture

with interesting, intelligent eyes. His walk shows he knows where he is going and he will insist on getting there. This individual, filled with confidence, goal-orientated, is going to accomplish a dream that he carries in his mind and heart.

There are billions of people who don't know what they want or where they are going and are living a life without a goal. Have a mission in life; put all the energy Almighty Allah has blessed us with, behind the goal. Nothing can beat a person who has a clear goal and purpose in life. Almighty Allah will bless us with the answers we need.

The person who acts with a purpose and has a plan attracts opportunities. Almighty Allah gives humankind anything if they know exactly what they want and focus on achieving it. Be like a laser; focus, don't allow any distractions to take us away from our goal. Make today the day to decide on a definite goal. Write it down, think, ponder and plan exactly how to succeed. Now immediately put the plan into action. Our future is what we make of it; let our decision be exactly what we want it to be.

Allow the imagination free rein, dream large dreams, and believe that nothing is impossible. Remember those who act with a purpose and a plan attract opportunities!

Faith in Almighty Allah will guide us to success. Faith is a motivating force that Almighty Allah has blessed us with; it is like a magnet that draws us towards our goal. In the Noble Qur'an Surah al-Baqarah, Almighty Allah promises guidance to all the truly committed believers that have

absolute faith in Him: ‘Allah guides whom He wills by His Grace to a path that is straight’ ([2]:213).

In Surah Muhammad, Almighty Allah gives glad tidings to His faithful servants: ‘Allah will guide them and improve their condition’ ([47]:05). This point is repeatedly emphasized in the Noble Qur’an. For instance, in Surah at-Tagh-abun, Almighty Allah assures the believers: ‘No calamity befalls except by Allah’s leave and if anyone makes a firm commitment to Allah, He guides his heart (aright); for Allah knows all things’ ([64]:11).

We must bear in mind that whatever we do in this material dimension must be to please Almighty Allah. He encourages success in all fields of human endeavour. Almighty Allah wants us to enjoy the fruits of His creation in this temporary material heaven. In which we will have to account to Almighty Allah for all our dealings. He wants us to establish a firm moral code which accords with the basic principles of the divine teachings not only in commercial dealings but every aspect of our life. Remember there is infinite intelligence within that Allah has blessed us with to assist us in fulfilling our desires. It is this power that will build our mind to achieve success and set us on to the high road to happiness, health and peace of mind.

In Surah Yasin, Almighty Allah says: ‘And we produce therein orchards with date palms and vines, and we cause springs to gush forth therein, that they may enjoy the fruits

of His (artistry)’ ([36]:34). We should forever be grateful to Almighty Allah for these and countless other blessings He has bestowed upon us.

Our stay on this temporary planet is a great blessing whether we experience happiness or adversity. Almighty Allah wants us to build our mind that will help us achieve any goal we desire. Insha-Allah, by following His guidance we will always remain in a happy state. Our thoughts will be sound, our soul will enjoy a sense of peace and security. Use the mind, the most powerful blessing ever to appear on this material plain to build the power of the soul.

Almighty Allah repeatedly speaks to us in the Noble Qur’an about vision and pondering. He says: think and ponder. The noble Messenger Muhammad (S) spent many days and nights in the Cave of Hira, high above Makkah, experiencing the power of silence, thinking, pondering and seeking guidance from Almighty Allah. The many years of such contemplation in the solitude of the cave ultimately resulted in Allah’s revelation being sent to the noble Messenger Muhammad (S) through Angel Gibraeel. This was the beginning of the revelation of the Noble Qur’an, the most positive, powerful, miraculous book on earth. Let us read it and programme our bio-computers with the software that can perform miracles.

Almighty Allah repeatedly stresses in the Noble Qur’an—as many as 90 times—that only those who make a firm

commitment to Him (often translated as ‘believers’, but that does not fully convey the meaning inherent in the word *mu’min* or its plural *mu’minoos*) will succeed, He helps those who help themselves to succeed in life. Help from Almighty Allah is necessary; His law says ‘you become what you think’.

5

THE POWER OF THE WORD

'The perfect Muslim is he (she) from whose tongue and hands mankind is safe.'

—The noble Messenger Muhammad (S)

Almighty Allah rewards us according to our words and deeds. Every word and deed is recorded so that perfect justice is done. Almighty Allah says in the Noble Qur'an Surah at-Tauba: 'O you who are securely committed to Allah! Be conscious of Allah's divine Power presence [at all times] and be with those who are true (in word and deed)' ([9]:119).

And in Surah al-Imran, Allah says: 'Those who are steadfast and show patience, and who are true (in word and deed), and those who are obedient [to Allah]' ([3]:17).

Those who are truthful in thought, word and deed will be led to righteousness, and righteousness leads to success in the material as well as the spiritual world. We should always keep the company of friends who are truthful in thought, word and deed. Words have power. The great sufi, Jalaluddin

Rumi (ra) said: ‘Words are the shadow of reality, since the shadow could draw, how much more the reality.’

Think about it. Our words can be of immense value; they can do enormous good as well as damage; and they can build or destroy the future of those near and dear to us. Do not utter words without thinking about the consequences. Words can inflict great harm, although we may have no intention of hurting others.

A gentle tongue is a tree of life. Every word we utter is recorded. Remember, it does not hurt the tongue to speak a kind word to anybody. There are three things that never return: ‘A spoken word, an arrow that is released from its bow, and a neglected opportunity.’

Almighty Allah created us and gave us limited free will. He knows our innermost thoughts, desires and motives better than we know them ourselves. Every word we utter is recorded by two angels who witness and record the deeds of humankind. One sits on the right and one on the left, ready to note whatever we utter. We need to watch our words for words are the raw material of thoughts, and thoughts have power.

In the *Sahih* (quoted in *Tafsir Ibn Kathir*) the noble Messenger Muhammad (S) said: ‘Allah the exalted has forgiven my *Ummah* for what they think to themselves about, as long as they do not utter or implement it.’ Words are loaded weapons that carry the power to cause life and

death. In our daily prayer we must ask Almighty Allah to bless us with creative words.

In Surah al-Ahzab, Almighty Allah reminds us of the words we utter: ‘O you who are securely committed to Allah, be conscious of Allah’s divine presence [and guard against His corrective measures]; and always say a word directed to the right that He may make your conduct wholesome and sound and forgive your sins. He that obeys Allah and His Messenger has already attained the highest achievement’ ([33]:70–71).

An eminent sufi, Yunus Emre, said: ‘Speak truly, Allah speaks through words truly spoken. Falsity ends in pain.’ The words we utter have consequences. Always be honest with your words; speak the truth. Focus on words that will add value, express what is right and truthful. The result of our words will appear in our actions. Think before we speak: will it add value to the discussion? Almighty Allah’s angels record every word we utter; this should make us think before we speak.

When we promise to do something, we must keep our word; do what we say we will do. Take care and monitor our words. Promise is sacred; we must never break it, even if made to a child. Almighty Allah emphasizes this in the Noble Qur’an Surah al-Baqarah by pointing out that those who fulfil their promises are the ones that are truly *muttaqeen* ([2]:177).

Words attract spiritual forces and also draw the attention of Almighty Allah. When our words are sincere and honest,

we draw Almighty Allah closer to us and He will come to our aid to facilitate our success.

Kind and pleasant words last and transmit enormous power to help, heal and encourage those we talk to, and to do good. Our choice of words can motivate us to a higher level of living. When we say something positive and encouraging to our spouse, our children, and our relatives and friends, these words last forever.

Words are an index to one's character and personality. Hazrat Ali (ra) said: 'Your tongue will speak out what it is accustomed to. Your behaviour is the index to your mind.'

The qualities of people who have powerful tongues are: 1) When they speak they are truthful in their speech; 2) They follow the *Sunnah* of the noble Messenger Muhammad (S), always uniting and speaking good of people; 3) When a person confides in them, they maintain that person's trust; 4) They bless and greet everyone they meet with Salaam (peace); 5) They are always positive in their speech, and say *Insha'Allah* (if Allah wills) when they speak of their endeavours. Almighty Allah will fulfil all the aspirations of true believers who guard their tongue.

Imam Ahmed recorded what Bilal ibn Harith al-Muzani (ra) reported that the messenger of Almighty Allah, Muhammad (S), said: 'Verily a man might utter a word that pleases Almighty Allah, unaware of how highly it will be regarded, on its account Almighty Allah the exalted, Most

Honoured, decrees His pleasure on him until the day he meets Him. A man might indeed utter a word that angers Almighty Allah, unaware of how dreadful it will be and on its account Almighty Allah decrees for him His anger until the day he meets Him.’

A *du’a* that the noble Messenger Muhammad (S) recommended is: ‘The one who says this *du’a* three times in the morning and in the evening, not even poison will harm him that night.

A’oodhu bikalimaatil-laahit-taammaati min sharri maa khalaq.’ ‘I seek refuge in Allah’s perfect words from the evil of His creation.’

The time in which you speak will deliver your enthusiasm; this will demonstrate your personality. If you possess a powerful personality within yourself, and you are a satisfied contented person with a vision in life, you may not have to speak a word and you will attract people towards you. The eyes and simple gestures express your personality.

The noble Messenger Muhammad (S) had the personality that attracted good people around him. To succeed in life we must develop ourselves internally by reading the Noble Qur’an with understanding and by following the *Sunnah* of the noble Messenger Muhammad (S).

Make a concentrated effort to read books of great scholars who can be your role models in life.

Build the power of attraction within you and *insha’Allah* you will succeed. Almighty Allah promises success and

victory to the believers who are obedient and comply with Almighty Allah's commands. He never fails in His Promise. In Surah al-Muminun, Allah says: 'Truly successful shall be those firmly committed to Allah, who show true humility in their salah, who turn away from all that is frivolous, who are active and eager in giving charity, who refrain from sex except with those joined to them in marriage. On such there is no blame except those that crave more than what Allah has prescribed as limits and deliberately transgress them. Those who are faithful to their trusts and to their pledges, and are diligent in their salah; they shall inherit [Allah's pleasure] and these are the ones who shall inherit Paradise wherein they shall reside forever' ([23]:1-11).

Almighty Allah repeatedly tells us in the Noble Qur'an to follow the most perfect human being, the noble Messenger Muhammad (S), ever to walk on the face of this earth (Surah an-Nisa [4]:59, 64). In Surah al-Ahzab, Almighty Allah says: 'You have indeed in the messenger of Allah a beautiful pattern (of conduct) for anyone whose hope is Allah and the Final Day and who engages much in the way of Allah.' ([33]:21). His character, his personality and his education were supervised personally and directed by Almighty Allah (SWT) Himself. We must study his life and emulate his character and personality.

The noble Messenger Muhammad (S) said: 'Man's salvation comes from his tongue. His transgression and debasement also come from his tongue.'

6

THE POWER OF POSITIVE THOUGHT

‘O brother, you are what your thoughts are, without this thinking power you are no more than a jumble of bones and flesh.’ —Allamah Dr. Iqbal (ra)

In the Noble Qur’an Surah al-Baqarah, Almighty Allah says: ‘And when my servants ask you (O Muhammad (S)) concerning Me, I am indeed near. I respond to the call of every supplicant when he calls on Me. So let them also, with a will, listen to My call, and commit themselves to Me; that they may be rightly guided’ ([2]:186).

In Surah Saba, Almighty Allah says: ‘We hear all things and are ever near’ ([34]:50).

Whenever we encounter difficulties, Almighty Allah reassures us that He is close to us. His words create an atmosphere of intimacy; He fills the believer’s heart with love and confidence. We can be sure that through our positive response to Almighty Allah’s Friendliness, Kindness, Compassion, Generosity and Guidance that He extends to us, He will answer our prayers and we can be successful in all

our endeavours. When we obey Almighty Allah's commands, success in the material and spiritual world is guaranteed. Almighty Allah is closer than we can comprehend. He knows our thoughts and wants humankind to enjoy this temporary journey and succeed in this world, as well as the Hereafter.

Your thoughts have the power, by the grace of Almighty Allah, to create the conditions of your life.

Think good thoughts. By thinking positive thoughts, we send positive energy into the environment. Thoughts are really powerful forces. Thoughts are like electromagnetic waves; our thoughts, intentions and actions are interconnected. Intentions are processed by our mind and materialize into action. Every thought generates energy and affects our environment. Repetition of the same thoughts creates more power and energy, which in turn produce more similar thoughts. Positive thoughts mean we must have hope, and wish for success, love, faith, belief and expectation of prosperity. These good thoughts will manifest and create our own reality in the material dimension.

In Surah al-Anbiya Almighty Allah says: 'Those who fear Almighty Allah in their most secret thoughts' ([21]:49).

Almighty Allah knows all our secret thoughts. We must at all times be conscious of Him. 'Fearing' Allah does not mean being terrified of Him as one fears a monster. Fear in this context means fearing to do the things that displease Almighty Allah, and abstaining from them, thus showing how much we *love* Almighty Allah and are prepared to

carry out His Commands without hesitation. He wants us to take active control of our thoughts. The images in our subconscious mind must be of such things as we want to see realized. We must train our minds to think healthy thoughts, happy thoughts and successful thoughts. What we give our attention to reveals itself. We must focus our attentions on positive thoughts and ideas. The Noble Qur'an is full of directions on the way we should use our minds and thoughts for success. Successful people are not lucky; it is just the way they look at things.

Mental fitness is the starting point of transformation. Outside success begins with success from inside; by changing our thoughts, we change our lives. Don't go through life without knowing what thoughts you entertain and what you reject.

We must have absolute control over our thoughts. Our minds are similar to a garden; do not allow weeds to grow in it. Reading daily will turn shrubs in our minds into flowers. Whatever we are experiencing now, its causes and roots, comes from thoughts of the past. To change our reality we must change our thoughts.

The mind is a wonderful servant, but a terrible master. If we are negative thinkers, it is because we have not cared for our minds. We must spend time thinking, pondering, performing *dhikr*, reading and training the mind. The price of greatness is taking responsibility for our thoughts. We must spend time reading the Noble Qur'an with the aim of un-

derstanding it so that we can implement its teachings in our lives, and follow the *Sunnah* of the noble Messenger Muhammad (S) to strengthen our ability to manage the mind effectively. The developed, peaceful mind has the vision of success and creates ideal health, happiness, contentment and love in life. In Surah al-Isra, Almighty Allah confirms: 'Verily this Qur'an guides to that which is right and stable' ([17]:9).

Enlightened thinkers know their thoughts. The quality of life depends on the richness of a person's thoughts. If we want to live a more peaceful, meaningful life, we must focus our minds on undisturbed, tranquil and purposeful thoughts.

All lasting inner change requires time and effort. Persistence is the mother of change. If we spend time every day focusing on developing our minds, the results will astound us. We will *insha'Allah* tap into the highest levels of our capacities, and enter the realm of miracles.

Enjoy the process of personal growth and expansion. Be patient and live with the knowledge that everything we are searching for is certain to come; if we prepare for and expect it, with the help of Almighty Allah we will get it.

In Surah Ta Ha, Almighty Allah says: 'As is sure there comes guidance from Me, whosoever follows My guidance will not lose his way, or fall into misery' ([20]:123). Allah makes the same declaration in Surah al-Baqarah, ayat 38 when He ordered Adam (as) and his wife Hawa to go down from Paradise to earth after eating the fruit of the forbidden tree

in contravention of Allah's command. They were misled by Iblees to partake of the forbidden fruit.

Almighty Allah promises believers who have faith and follows His guidance that they will not go astray or be unhappy. Successful people see opportunities, seize them and move on in life. They see only the opportunity; they visualize what they can do with it. They acknowledge that Almighty Allah led them to the opportunity and that the combined forces within and without helped them to win.

Everything we receive comes through sheer persistence and faith in Almighty Allah. The period of youth is the period of preparation. To succeed in life we must have a vision and focus on what we want in life. In Surah al-Ankabut, Almighty Allah promises: 'Those who strive in Almighty Allah's cause, He will certainly guide them to the right paths, for Allah is with those who do right' ([29]:69). Luck is nothing more than the marriage of preparation and opportunity.

Almighty Allah reminds us in Surah at-Tauba that there is an excellent reward for the believer whose thoughts are free of selfish and wordly motives and at all times focused on Him. 'Those who believe and strive with might in Allah's way with their wealth and their lives, have the highest rank in the sight of Allah. It is these that shall achieve success.' ([9]:20).

If we seek Allah's help, we must strive in His cause with our wealth, our lives, our energy, our time and dedicate ourselves

to Him without any reservation. These include obeying Allah and His Messenger, striving for His forgiveness, spending in His way, whether in times of prosperity or of adversity, controlling one's anger and forgiving others' faults and errors. Implore Almighty Allah for His forgiveness and be grateful to Him at all times.

It is such that are promised the Grace and Mercy of Allah and the reward of Paradise. This is the 'excellent reward' that Allah mentions at the end of the list of responsibilities we must fulfil. Almighty Allah wants us to strive with all our might with constancy and determination on *al-Sirat ul-Mustaqeem* (the Straight Way).

We may not get the result of our endeavours immediately; the result of success will materialize when Almighty Allah wills. He wills it only when He knows we are ready for it. The control of thought, word and deed is the blueprint for success. In return, Almighty Allah says His Light and Mercy will descend upon us. It is through our thoughts that Almighty Allah's creative energy is attracted to us.

If our mental pictures and the conditions we desire are anchored with Love and Faith in Almighty Allah, our creative thoughts will set into motion and attract the things and circumstances we desire. We will *insha'Allah* experience success in this life and the Hereafter.

7

CONTROL YOUR THOUGHTS

*'Express not in haste the thoughts of Thy mind,
for Thou can reveal them when Thou wilt.'*

—**Shaikh Sa'adi (ra)**

If we try it, we will see it is true: our minds can only hold one thought at a time. It is possible to create a positive, creative mindset in a short period. The process is straightforward; when a negative thought occupies the focal point of our minds, we must think of Almighty Allah's names and replace the undesirable thought with an uplifting one.

The mind is similar to a giant slide projector, with our every thought depicting a slide. When a negative slide comes onscreen, swiftly replace it with a positive one. We should carry a thirty-three-beaded *tasbeeh* with us wherever we go. Every time a negative thought comes to mind, use the *tasbeeh* and repeat Almighty Allah's names. The *tasbeeh* is a gentle reminder that we are travelling towards mental expertness and taking responsibility of the thoughts that fill our minds.

It is imperative that we understand why we were created and what our purpose in life is. Almighty Allah says in the Noble Qur'an Surah az-Zariyat: 'I have not created the Jinns and men except that they should serve Me. No sustenance do I require of them, nor do I require that they should feed Me' ([51]:56).

In Surah al-Anbiya, Almighty Allah reminds us: 'Not for idle sport did We create the Heavens and the Earth. ([21]:16).

Almighty Allah declares that He did not create man as a pastime or for idle sport, but to serve Him. He created this universe for a definite purpose. He conducts the affairs of the world in His infinite wisdom, and does not leave it to run aimlessly. Almighty Allah sent the noble Messenger Muhammad (S) and revealed to Him the Noble Qur'an to guide mankind. He outlines our duties and obligations on how to live successfully in this material world and return fulfilled to the spiritual dimension.

Once we have a purpose and vision for life, the passion to succeed is great. When we do right and follow Almighty Allah's laws, our attitude is pleasant and optimistic.

Reading the Noble Qur'an is the first stepping stone to self-mastery. It is easy to replace gloomy thoughts with cheerful, positive ones. The Noble Qur'an helps us concentrate on being cheerful and energetic; it teaches us to live in 'the now'. Glorify the names of Almighty Allah and experience success and happiness.

In the Noble Qur'an Surah an-Nahl, Almighty Allah tells us: 'Whosoever works righteous deeds, whether man or woman, and makes a faith-commitment [to Allah]; verily, to him We will give a new life, a life that is good and pure and we will bestow on such their reward according to the best of their actions. When thou dost read the Noble Qur'an, seek Allah's protection from Satan, the accursed one. No authority has he over those who make a firm commitment [to Allah] and put their trust in their Sustainer' ([16]:97-99).

Almighty Allah promises the righteous His Mercy and Grace. By being among the righteous, we will experience peace and contentment. Our thoughts will be controlled, we will not be assailed by Iblees (Satan) at every turn, and we will attain purity in our thoughts. By engaging the Noble Qur'an with sincerity and thoughtfulness, we will experience visible transformation in our daily lives and actions. Evil has no authority or influence on the believer who puts his trust in Almighty Allah and reads the Noble Qur'an regularly.

Almighty Allah calls on the believer to celebrate His praises all the time. In the Noble Qur'an Surah al-Ahzab, Almighty Allah says, 'And Glorify Him [Allah] morning and evening' ([33]:42). By glorifying Almighty Allah's names we attract His power more closely to us and develop a bond with Him. This affinity generates a feeling of happiness that reassures us that Almighty Allah is with us. We are not alone; we live under His protective Care and Mercy.

Almighty Allah loves His creation. Glorifying and remembering Almighty Allah keeps our hearts alive and we are careful that whatever we do, falls within the laws prescribed by Almighty Allah. The human heart is lost and confused until it establishes a link with the Creator. Remembrance and Glorifying Almighty Allah give us a sense of security and a feeling of belonging that motivates us to action.

Almighty Allah's special Mercy is for those who believe and trust in Him. His everlasting blessing is that He gives us knowledge of the spiritual world and helps us attain it.

In Surah al-Imran, we read: 'Allah will reward those who serve Him with gratitude' ([3]:144). Success and happiness are guaranteed if we do the right thing with purpose, passion, integrity and gratitude. Almighty Allah is pleased when we follow His commands and live with an attitude of gratitude. Our gratefulness draws more favours from Him.

In Surah Luqman, Almighty Allah emphasizes: 'Show thy gratitude to Allah. Any whosoever is grateful does so for the benefit of his own soul; but if any is ungrateful, verily Allah is free of all wants, worthy of all praise' ([31]:12). Gratitude opens the door for more mercy and blessings from Almighty Allah. By sincerely expressing thanks with love and passion, spiritual and material abundance will flow into our lives.

When performing *salah*, carry out the movements with devotion and joyful enthusiasm. Almighty Allah's guidance and influence will descend on us when we offer *salah*, and read the Noble Qur'an in English and Arabic every day.

We will, *insha'Allah*, notice a remarkable difference in our thinking. Almighty Allah calls on us to guard our thoughts and keep our spiritual gaze focused on Him.

Our thoughts are little bundles of vital energy. By constantly controlling our thoughts and countering every negative thought with a positive one, we allow positivity to dominate our minds. By focusing on our thoughts, we will enhance the value of our thinking, which will determine the quality of our lives.

In the noble Qur'an Almighty Allah says: 'Enjoin prayer on thy people and be constant therein.'

Thoughts, attitudes and healing intentions of one individual can influence the functioning of another. When we ask a pious person to pray for our health, his prayers and healing intentions will help heal our bodies with the approval and blessings of Almighty Allah.

Almighty Allah addresses both men and women; He has no favourites. They are both equally responsible for their actions and their commensurate reward or punishment. Sincere faith and right conduct will attract Almighty Allah's Mercy and Grace. Almighty Allah will bless the righteous believers with a life full of pleasure and contentment in this world as well as in the Hereafter.

Success and excellence in this temporary life can only be achieved if the thoughts in our mind line up with the values of Almighty Allah, as in the noble Qur'an and the *Sunnah* of our noble Messenger Muhammad (S).

8

DISCIPLINE YOUR THOUGHTS

*‘Whoever has no command over himself (thoughts)
becomes subjected to the others.’*
—**Jalaluddin Rumi (r.a.)**

The only power we have absolute control and freedom over is our thoughts. Our thoughts influence our material world. Through daily practice and focused energy, we have the ability to develop a strong, disciplined mind. With disciplined thoughts we can achieve miracles; once we have built good habits, they will work for us.

Almighty Allah says in the Noble Qur’an Surah at-Tauba: ‘Do they not realize that Almighty Allah knows both their secret thoughts (ideas) and what they talk about in private, and Almighty Allah has full knowledge of all things unseen?’ ([9]:78). Almighty Allah wants us to guard and discipline our thoughts. He knows all the thoughts in our innermost hearts, and what we say to one another in the most intimate of situations. He is absolutely aware of all our most secret thoughts and intentions.

Almighty Allah warns us about the intention in our hearts. In Surah al-Baqarah, He says: ‘Allah will not call you to account for thoughtlessness in your oaths, but for the intention in your hearts; and He is oft-forgiving, most forbearing’ ([2]:225). Almighty Allah says that He will forgive us for our wrong thoughts that we have not acted upon. Almighty Allah will reward us for our thoughts based on good intentions even if we have not acted upon them yet. This reflects Allah’s immense Mercy and Grace toward His servants.

When we have a negative thought, we must be careful not to utter these words. The quality of our life depends on the words we use. Thoughts have power; so do words; Almighty Allah will forgive our thoughts that are not voiced. The words we speak have results; they can build or destroy us.

In a *hadith* narrated by Umar Ibn Khattab, the noble Messenger Muhammad (S) said: ‘Your actions will be judged according to your intentions.’ Allah knows all of our innermost thoughts that we think about all day long.

Almighty Allah is aware of our deepest secret intentions. We cannot think without Almighty Allah knowing about it. Intention is a very powerful force; Almighty Allah explains in the Noble Qur’an that our intentions must always be to serve mankind. In Surah al-Ahzab, Almighty Allah emphasizes: ‘[What counts is] the intention of your hearts and Allah is Oft Returning, Most Merciful’ ([33]:05). Good intentions will help us develop our will power and won’t

permit anything to interfere with us. The result will be that we will be able to fulfil our desire and achieve success.

Our existence as physical beings cannot be understood separately from what we think and feel, because the cells of our flesh and blood are directly and powerfully influenced by our thoughts. Every thought creates a molecule; everything that takes place at the mental, emotional and spiritual levels of our existence manifests itself in the physical level as well. Who we are and whom we choose to become is also what we think, feel and believe.

Thought is the only power in the universe whose existence cannot be denied. When we discipline our thoughts, we place at our disposal a powerful tool from Almighty Allah. The control of this force makes us the captains of our souls and masters of our destiny.

Salah, which is our direct link with Allah, directs us to live to the fullest and helps us care for our thoughts as we would care for our most prized possessions. Salah has the power to remove our inner turbulence. It has the power to harness and channel the essential will-power required to achieve self-discipline. By disciplining our thoughts, we balance our emotions with our reasoning, giving us the ability to think before we act.

The Noble Qur'an is extremely rich in wisdom because it comes directly from Allah, the Master and Lord of all the worlds and the Most Wise. By keeping constant company with, and reading the Noble Qur'an with proper

understanding, its powers and miracles will unleash our true potential.

Over a period, only good intentions and thoughts will enter our minds.

Thoughts are like embryos; they start small but grow quickly, eventually taking on their own lives. We must make necessary adjustments in daily routines. Correct thinking gives us the life we want and deserve.

Everything is created twice, first in the mind and then in reality. Our thoughts are messengers sent out to influence our physical world. When they are emotionalized, they become magnetized and attract similar thoughts.

To make correct and sustainable improvement in our outer world, we must start within and change the calibre and nature of our thoughts. Once we get the inside right, the outside will fall into place! Primary reality is within and secondary reality is without. Direct your attention inwards and have a look inside yourself. What kinds of thoughts is the mind producing?

Sufis, and other Allah-conscious people, as a matter of self-discipline, always direct their thoughts inwards. A poet made a cogent remark when he said: ‘The picture of the Beloved is in the mirror of the heart. You see Him when you bend your head a little, towards the heart.’ In sufi terminology this is called *Muraqabah*—or meditation.

We must train our conscious minds to think thoughts of success, health, happiness and prosperity. Let us keep our

thoughts busy with expectations of the best and make sure the thoughts we habitually think are based upon what we want to see happen in our lives. Thoughts of gratitude to Almighty Allah attract His attention. ‘Watch your thoughts; they attract what you think of.’

Almighty Allah (SWT) did not send the Noble Qur’an and the noble Messenger Muhammad (S) or make Belief, *Salah*, Fasting, Zakat and Hajj compulsory without reason. He created humankind and He knows what is good for us.

The five daily prayers are the best times to experience and reconnect with the power of Almighty Allah. This is what *salah* means. It is derived from the Arabic root word *silā*, meaning link. Thus, when we offer our five times daily *salat*, we are connecting with Allah.

Almighty Allah wants nothing but success for His creation. Everything He has made compulsory will help us unleash His power from within and discover Him.



PART TWO

UNLEASH THE POTENTIAL WITHIN

9

THE POWER OF SURAH AL-FATIAH

‘[O Nabi!] We have bestowed upon thee the seven oft repeated (verses) and the Majestic Qur’an.’
—(The Noble Qur’an, Surah al-Hijr [15]:87)

All praise is due to Allah [alone], the Cherisher and Sustainer of the worlds; the Most Gracious, the Most Merciful. Master of the Day of Judgement! You alone do we conform to; and unto You alone do we turn for help. Guide us to the straight [and direct] way, the way of those on whom You have bestowed Your blessings, not of those who have been condemned [by You], nor of those who go astray (Surah al-Fatihah [1]:1–7).

In the opening chapter of the Noble Qur’an (Surah al-Fatihah), we beseech Almighty Allah to ‘Guide us to the straight [and direct] way.’

Surah al-Fatihah is a powerful surah in which we are taught how to praise Almighty Allah and seek His guidance. What an awesome gift Almighty Allah has blessed us with; who else could have taught us to praise Him but Almighty Allah

(SWT) Himself. Allah loves praise; that is why He taught us the manner of praising Him. This surah is known by many beautiful names: *Al-Hamd* (the surah of praise); *al-Shaafiyah* (the healing surah); *al-Waaqiyah* (the surah of protection from fear); *Umm-ul Qu'ran* (core of the Qur'an); *Al Kafia* (the Sufficient); *Al-Kanz* (Treasure house) and of course, *al-Fatihah* (the opening). This Surah covers the essentials of faith; it opens up the heart.

We need to bear in mind some points before discussing how this surah affects our lives. Allah Himself has taught us how to praise Him; as human beings we could not have known this on our own. This itself reflects Allah's Mercy and Grace towards us. The surah not only emphasizes that Allah is worthy of praise, but that He **alone** is worthy of praise. This immediately eliminates all worldly powers and other distractions that may intrude in our deep and direct relationship with Almighty Allah. It also demolishes our ego, which can lead to behaviour that is displeasing to Allah.

We human beings are insignificant before Allah; it is only through His Mercy and Grace that we have been endowed with numerous faculties and elevated to the status of His Khalifah (vicegerent) on earth, but this honour is conditional upon fulfilling our obligations toward Him. We are not free to act as we wish; we must implement the Laws of Allah on earth. When we do that, we make ourselves worthy of His Grace and Mercy; otherwise we will incur His wrath. And Allah is severe in His reckoning.

The surah begins by invoking two of the most beautiful names of Allah: *al-Rahman* and *al-Rahim*. *Al-Rahman* refers to Allah's universal Mercy towards all His creatures: the good, the bad, the reprobate, and even the reprehensible. *Al-Rahim* is Allah's Mercy towards His faithful servants, those that have made a firm commitment to Him, and have accepted the Covenant to implement His Laws on earth and abide by them.

Al-Rahim is derived from the Arabic root, *rahm*, which means the womb. Allah is conveying to us the close relationship that we must cultivate with Him. It reflects His profound care for our wellbeing. Just as a baby in the womb is totally dependent on the mother for nourishment, so too are we completely reliant on Allah for survival and nourishment in this world. But inherent in this relationship is also Allah's deep love and care for us, like the mother's concern for the baby in her womb. It is this close relationship that Allah offers to us, but with a condition: that we must accept His Covenant and make that firm commitment to Him. This is the group of people Allah refers to in the Noble Qur'an as *al-ladheena amanu* (those that have made a firm commitment to Allah by surrendering to His Will completely, that is, the Covenant-bearing Muslims).

In *hadith qudsi*, a divine utterance narrated by the noble Messenger Muhammad (S) that is inspired in him by Allah, it is narrated that the first thing Allah created was the womb. And He gave it a name derived from His own name, *al-*

Rahim. It is instructive for us to observe that this is also one of the titles Allah conferred on His beloved Messenger (S): *Rahmatul lil-'alameen* (mercy to all the worlds). This is Allah's special love for His beloved Messenger (S) and through him, not only communicated to us, but also shared with us. How fortunate we are to be Muslims and how much do we need to be mindful that we cannot praise Allah enough for all the Love, Mercy and Compassion He has shown towards us. Had it not been for His Mercy, we could not have succeeded in this world, much less hoped for salvation in the Hereafter. It is only through Allah's Mercy that we can look forward to His Promise of forgiveness. So, let us ask ourselves: How great an obligation do we have to praise and thank Allah?

When we recite Surah al-Fatihah, we praise and conform to Almighty Allah, change occurs within us. His presence comes to stay with us, and when that happens, we can count on change! Hearts change, lives change, minds change and attitudes change. Every time we praise Almighty Allah, something changes within us; we may not be fully aware of it, but we can trust that it is happening. It is impossible to touch the presence of Almighty Allah and not experience change. Praise changes everything; Almighty Allah listens to those who praise Him.

It is Almighty Allah Who knows the unseen, the past, the present and the future. The attributes of Almighty Allah are beyond human comprehension.

All creation enjoys the power of Almighty Allah. He is the Creator of horizons beyond human conception and imagination. Whenever we need assistance from Almighty Allah to expand our thoughts, Surah al-Fatihah is the answer, call upon His limitless and infinite powers that is at every believer's disposal. Think, ponder and contemplate on the authority of Almighty Allah; *insha'Allah*, our outer and inner insights and knowledge will increase and intensify.

Almighty Allah has given us the ability to create our own reality. Ultimately reality is what we perceive it to be and nothing else. Reality exists in our minds and nowhere else. This means we can control and create our reality, simply by controlling our minds and thoughts. Reciting Surah al-Fatihah makes a powerful impact to ones personality, establishes a desire for success, stability, harmony and strength. This powerful opening of the noble Qur'an directs us to live by design not by chance.

Almighty Allah is the Master of the Day of Judgement; death is not the end of life. It opens up a new life where we have to account for all our actions in this temporary life that will determine our reward and destiny in the Hereafter.

'You alone do we conform to and You alone do we turn to for help.' When we submit to Almighty Allah and seek His guidance, He responds to the call of the believer. The more harmonious the relationship that we develop with Allah, the more we will attract His power and grace. Surah al-Fatihah is a heart to heart talk between Allah and His creation.

'Guide us on the straight [and direct] way, the way of those on whom You have bestowed Your blessings, not of those who have been condemned [by You], nor of those who go astray.' We call upon Allah to guide us on the straight way.

Avoid keeping company with those who have earned the wrath of Allah, they have the ability to influence us to the path that undermines our relationship with Almighty Allah and take us astray. We are encouraged to perform good deeds and be conscious of all our acts. Without Allah humankind will wander aimlessly. We are appealing to Almighty Allah to guide us in the same way that He has guided those who have adhered to His commands in order to obtain success in this world and the Hereafter.

The noble Messenger Muhammad (S) is reported to have quoted Almighty Allah as saying that: "The fruits of prayer are shared equally between Me and My servant (the worshipper) and My servant will be granted what he asks for. As the worshipper recites (in prayer): *'All Praise is due to Allah,'* Allah will say: *'My servant has praised Me.'* As he recites: *'The Most Gracious, the Most Merciful,'* Allah will say: *'My servant has thanked Me.'* As he recites: *'Master of the Day of Judgement,'* Allah will say: *'My servant has glorified Me and surrendered to Me.'* As he says: *'You alone do we conform to, and to You alone do we turn for help,'* Allah will say: *'This is between Me and My servant, and My servant will receive what he asks for.'* And, as he says: *'Guide us on the straight [and direct] way, the way of those on whom You have bestowed*

Your blessings, not of those who have been condemned [by You], nor of those who go astray,' Allah will say: 'This is for My servant, and he will be granted his wish.'" Almighty Allah is close to us and we can communicate with Him and pour out our concerns to Him.

Surah al-Fatihah empowers the soul, this powerful opening chapter is recited in every Rakaat of our Salat. This Surah is the most precious gift to the Ummah; it sums up the teachings of the noble Qur'an. Surah al-Fatihah makes a powerful impact on one's personality and opens up the soul when recited with emotion. When we recite Surah al-Fatihah with feeling and passion we will experience a powerful and positive impact on the mind, body and soul. The truly committed who follow Almighty Allah's guidance will succeed in purifying their souls.

Almighty Allah has given order, proportion and, therefore, perfection to the soul. Everything follows the laws and plans of Almighty Allah. Every deed, word and thought of a human being carries consequences. Almighty Allah's grace and mercy can intervene; this is according to His law and plan.

The necessary conditions for purifying the soul are that we must read the Noble Qur'an with understanding and follow the *Sunnah* of the noble Messenger Muhammad (S).

When we study the Noble Qur'an with proper concentration and focus, the mysteries of the universe will reveal themselves to us gradually. No mortal can unveil or

solve all the mysteries of life. Humankind's greatest need is to know *why we are here, where we come from, and where we are going*. The Qur'an is Allah's revelation that was sent to the noble Messenger Muhammad (S). Whatever humankind needs to know is contained in this noble message, by Almighty Allah's leave. When we read the noble Qur'an, we are hearing the voice of Almighty Allah, He is speaking to us.

In Surah al-Fatihah we appeal to Allah for guidance, in the first verse of Surah al-Baqara He answers our prayer. *'This is the book, in it is guidance sure, without doubt, to those who are Allah conscious.'* The Noble Qur'an is our contact with Almighty Allah and our manual for life. Study it daily in order to understand its message so that it can be implemented in life. The practising believer is Almighty Allah's living, eternal representative on earth.

Entire creation has a purpose including humankind. We must work towards unleashing the power of Almighty Allah in order to discover ourselves. Then we will, *Insha-Allah*, return to Him fulfilled, that is the ultimate goal of life.

The noble Messenger Muhammad (S) said: 'Your (du'a) prayer shall be answered as long as you remain patient. Do not say 'I have made (du'a) a prayer but Allah has not answered it.'

Hadrat Ali (ra) said: 'If you persist in what you ask for, it will open the doors of divine mercy.'

10

THE POWER OF SALAT

‘Salat is the Mi‘raj of the faithful.’

—**The noble Messenger Muhammad (S)**

Almighty Allah calls on us to perform our salat; He wants us to establish a direct link with Him. This is what the word salat means, derived as it is from the Arabic root word, *sila*, meaning link. *Salat* is the Mi‘raj of the believer, according to a *hadith* of the noble Messenger Muhammad (S). In *salat* we are in direct communication with Almighty Allah. Take time; think of the real reason Almighty Allah wants us to perform the *salat*. He wants to guide us to success in the material world as well as spiritual: our eternal home.

Salat (the word ‘prayer’ does not adequately capture the essence of the word *salat*, whose implications are far more profound) has the power to develop our ability to be silent, to be still. We develop the power of thoughtless consciousness. *Salat* teaches us the technique and inspiration to keep the mind quiet, not allowing thoughts to enter. *Salat* develops in us a technique that trains the mind not to allow thoughts to distract us from focusing on Almighty Allah.

Victory, success and help from Almighty Allah are achieved through calmness and stillness of the mind. During this stillness, we are like running water, ever changing with unlimited possibilities.

Salat restores the energy levels of the body, revitalising bodies, minds and souls. *Salat* helps us to refocus and connect first with Allah in a very direct way and then with the power within us. The great Sufi Jalaluddin Rumi (ra) said: ‘Salat without intention and concentration of the heart and mind is not the real Salat.’

Almighty Allah promises success to those who follow His commands. In Surah al-Hajj He says to the believer: ‘And strive in Allah’s cause as you ought to strive with sincerity and discipline. He who has chosen the believer, and has imposed no difficulties on him, in religion. Establish regular *salat* and [give willingly] of *zakat*, and hold fast to Allah, He is your protector, the best to protect and the best to help’ ([22]:78).

Salat connects us mortals to the source of Power, holding firmly to the rope of Allah that He has extended to us; *salat* is the powerful link that cannot be severed.

The power Almighty Allah has placed in us is revealed when we commit to perform *salat* five times a day. As we busy ourselves with work and look for excuses not to perform *salat*, the big question we must ask ourselves is: ‘What is more important than our own self-development?’

Self-development enhances our ability to excel in our performance in the spiritual and material worlds. Regular concerted *salat* keeps us focused on priorities in life, and keeps us away from activities that do not add value to our lives.

The *Zuhr* and *Asr salats*, one rak'at in *Maghrib* and two rak'ats in *'Isha* are silent. The silent rak'ats are a blessing so that we feel the restful alertness that we are supposed to experience during *salat*.

To tune into and unleash the power of Almighty Allah, we have to experience inner alertness and awareness that will give us control of our body and life experiences. The dimension of silence is far deeper than the movement of thought. Silence does not have to be created; it is already there; we may not notice it, because of mental noise. In the silence we will experience not just relaxation, but alertness, sensitivity, freshness, flexibility and creativity.

Intention is an invisible energy that attracts silent knowledge and plays an active part in our lives. By making an intention and confiding in Almighty Allah of anything we want in life, opens the doors of silent knowledge that plays an active role in our lives.

In *salat* we experience renewed aliveness and boundless energy. Awareness remains pure, full of energy and clarity, and in this clarity exists the power to heal the body.

Intention precedes action and is a subtle sound in the consciousness heard by Almighty Allah and by ourselves. In Surah al-An'am, Almighty Allah teaches us how to

make the intention before starting our *salat*: ‘I have set my face firmly and truly towards Him Who has created the heavens and the earth, while I submit wholly unto Him and I am not among those who establish partners with Him’([6]:79).

‘Praise be to Allah, glory be to Allah, blessed is your Name, exalted is your Majesty; there is none worthy of worship but You.’

Almighty Allah has blessed us with a method of attracting His powerful attention. By repeating the *niyah* (intention) before *salat* we attract the attention of Almighty Allah. Over time the sound of intention will silently echo in our consciousness, producing various physiological effects. These frequencies of sound produce messages in the brain and, through the brain, in the rest of the body.

The times of prayers are frequencies, silent sounds that attract different physiological responses. Powerful emotions of love, compassion and expansion, if analysed fully may be messages from Almighty Allah.

Under normal circumstances our attention is drawn only to areas of discomfort in the body. We listen only to the parts of the body that are crying out for attention. Through *salat* and *dhikr*, Almighty Allah has given us the power to make conscious contact with inherent healing powers He has placed within us.

Salat helps us develop a high spiritual force and energy. Almighty Allah created us from the most powerful spiritual

energy and we have the capacity to unleash this energy. *Salat* is the gift from Almighty Allah to keep in contact with His powers. Avoid constant talk about bodily pains; reminders of our ills will enhance the ailments and serve as resistances to the blessed healing energy from Almighty Allah.

Almighty Allah constantly reminds us to be grateful to Him. In Surah al-Imran, Allah reminds us to praise Him: ‘Those who celebrate the praises of Allah standing, sitting and reclining on their sides, and contemplate the wonders of creation in the heavens and the earth, with the thought, O our Lord! Thou hast not created this in vain! Praise and Glory be to Thee! Save us from the penalty of Fire’ ([3]:191).

Almighty Allah wants good for us in this material world as well as in the Hereafter. Remember, Almighty Allah is with us at all times in our pursuit of worldly affairs, whether we are standing, sitting, and lying down. We must therefore be fully aware of His Divine presence everywhere and in all conditions. Be conscious that nothing has been created in vain; there is a purpose in all creation. Almighty Allah wants us to conquer the self by remembering Him and to conquer our environment in the pursuit of knowledge. In Surah al-Anbiya, Almighty Allah says: ‘The Heaven and Earth were one unit of creation before we clove them asunder’ ([21]:30).

Almighty Allah says the heaven and the earth were one unit of creation. Only He knows why He separated the two

heavens; He wants us to be aware that they were one single entity. We are told here that we must live in this world in harmony with all of His creation as this is a material heaven; the Hereafter is a spiritual heaven. How we live in this world will determine our Destiny in the Hereafter.

Almighty Allah is making us aware and wants to regulate our lives, set us on track to develop our soul, to be successful in the spiritual heaven where we will live eternally.

In Surah al-Muminun, Almighty Allah asks humankind to ponder: ‘Do they not ponder over the word of Allah?’ ([23]:68). Every day after each salat, take time to contemplate what we have done. Think deeply how we can improve the next day. The Noble Qur’an instructs us to ponder and contemplate. Daily incremental improvements produce lasting results, which in turn lead to positive change. A few minutes of focused reflection after each salat will have a deep impact on the quality of our lives. In a *hadith*, the noble Messenger Muhammad (S) says: ‘He whose two days are the same has experienced great loss.’ This *hadith* of the noble Messenger Muhammad (S) reminds us that every day we must strive to make progress and advance in life, never allowing two days to remain the same, without making progress. Here progress is referred to in the spiritual sense, to bring us closer to Almighty Allah.

Almighty Allah made *salat* compulsory and *zakat* (the purification of accumulated wealth by giving it away for the sake of Allah) an obligation in the Noble Qur’an. In Surah

al-Baqarah, Almighty Allah says: ‘And establish *salat* as your standard affiliation with Allah, and institutionalize spending of your capital [to those in need]; for whatever good deed you send ahead for your souls, you shall find it with Allah. Behold, Allah sees well all that you do’ ([2]:110). Almighty Allah’s power is infinite, He sees, hears and knows everything that we do, including our intentions.

In *salat* we develop a method and learn effortlessly to appreciate the power of Almighty Allah. We consciously focus on comfort and joy rather than discomfort and agony, both of which are always present in the body. This is the most potent way of balancing the body, mind and soul. In a healthy mind comfort reigns; in an unhealthy mind discomfort is prevalent. In *salat* we learn to tap into the body’s intelligence and create the comfort needed to live a balanced life. The Power is in our thoughts. If we change our view, we change our understanding of life, and the body will change at cellular level. The change occurs because of a new insight, which restructures our perception, which in turn restructures our experience of the body.

Intention before *salat* trains us to control our thoughts. Focused *salat* controls our emotions, feelings, desires, instincts, intentions, evaluations, analysis, judgments, ideas, notions, likes, dislikes, prejudices, demands, frustrations, anxieties, dilemmas, memories, addictions, fears, beliefs, convictions, expectations, intuitions, hopes and aspirations.

Salat is the training we need to focus on and link with Almighty Allah and develop the power of being silent in the mind. This method develops the ability to control our destiny. If we practise the technique of being silent for a month to forty days, we will notice a change in our energy levels; we will feel more energetic, enthusiastic and vibrant.

Our bodies conform to our thoughts. *Salat* and *dhikr* will transform us and help us control our thoughts and emotions. Make *salat* a regular practice in your life. Take some time after *salat* to repeat Allah's Names and Glorify Him. This will *insha'Allah* allow us to make conscious contact with Almighty Allah.

Hadrat Ali (ra) said: 'In the Darkness before dawn, seek the shining face of Allah, the Exalted.'

Almighty Allah states in a hadith qudsi: 'Out of all the ways through which My servant gets closer to Me, *Salat* is the dearest to Me.' (Bukhari)

II

THE POWER OF SILENCE

‘He who keeps silent will be safe.’

—**The noble Messenger Muhammad (S)**

Almighty Allah’s *Hikmah* (Wisdom) operates silently. Stillness is where creativity and solutions to the challenges in life are discovered, and Almighty Allah wants us to accept the moment as it is. When we are silent, we are at peace; this is the creative period. Silence has no form.

Imam Abu al-Qasim Qushayri (ra) said: ‘There are two types of silence: outer silence; and silence of the heart and mind. The heart of one who trusts completely in Allah is silent, not demanding any means for living.’

In Surah Fath, Almighty Allah says: ‘It is He who sent down tranquillity into the hearts of those who have made a firm commitment [to Allah], that they may add faith to their faith, for to Allah belong the forces of the Heavens and the Earth; and Allah is full of knowledge and wisdom’ ([48]:4).

Salat teaches us the power of silence; developing the ability to *‘just be’*. Stillness and silence develop the ability to

listen to the sounds in the mind, and to listen to the silence underneath the sounds. It is only through stillness within that we can be aware of silence. When our attention is on silence, we will be aware of not thinking.

The thinking mind is a powerful tool; but do not allow it to overtake our lives completely. The equivalent of external noise is the inner ‘noise’ of non-stop thinking. Through silence we will, *insha’Allah*, feel the energy of our inner body, where every cell is alive. In Surah as-Sajdah, Almighty Allah says: ‘He fashioned him [man] in due proportion and breathed something of His spirit’ ([32]:9). Through silence we can get in touch with the power of Almighty Allah that is within us.

Spend time with eyes closed; focus on the dark world of silence. Only the stillness inside can perceive the silence outside. Silence is present in consciousness; consciousness freed from thought is known as thoughtless consciousness and inner alertness.

In Surah an-Nur Almighty Allah tells us: Allah guides whom He wills to His light’ ([24]:35). Almighty Allah’s light spreads over the whole universe and lights up feelings and emotions filling hearts and minds. The light of Almighty Allah cannot be described or measured. The noble Messenger Muhammad (S) said: ‘There are seventy thousand veils of light.’

By practising silence we should be able to perform salat without distracting thoughts entering our mind. The mind won’t wander on to other subjects. This is the first sign that

we are controlling our mind. We develop, through the power of *salat*, the ability to focus only on what we want or what we command the mind to focus on. The mind will become a wonderful servant, able to do the extraordinary for us. Remember, the mind is the sending and receiving station of thought; it is vital that we control the thoughts in our mind or it will control us.

As we begin to master the silence, we will notice that we feel calmer and experience being in a state of ecstasy. True happiness will enter our lives as we erase the habit of worrying and develop an attitude of gratitude. We will value the many gifts that surround us.

The secret to inner intelligence lies in performing *salat*. We must perform it punctually, every day, no matter how busy we may be or how many challenges lie ahead. This breakaway time is our oasis. Let us never forget that there is power in silence and stillness. Peace and calmness can only be experienced when we are able to free our minds from other thoughts. When the mind is settled and free, it becomes a channel for peace and gives up restlessness. Silence has power of its own; it is a potent carrier of presence; listen to the silence in *salat*. Silence is the stepping-stone to connecting with the power of Almighty Allah (SWT). *Allah, Allah, Allah* is the silence that throbs through all life. Repeat the ninety-nine Names of Almighty Allah every day. These powerful attributes of Almighty Allah are triggers for transformation.

Almighty Allah says in Surah an-Nisa: ‘Secret consultation is permissible with such a person who does this [spends of his wealth for the needy and poor, enjoins righteous conduct and makes peace among people], seeking only the good pleasure of Allah, We shall bestow on him a great reward’ ([4]:114).

Salat is our silent retreat; it is a simple way to connect to the power of Almighty Allah. Open the mind to the potential for living a rich rewarding life of infinite possibilities. By developing inner stillness, we get in touch with the self, the inner space of awareness. The power of Almighty Allah is in stillness, where creativity and solutions to problems are solved. Remember, we can measure success by measuring the degree of peace that we feel.

Almighty Allah’s spiritual forces, when released, work beyond our imagination. The truly committed to Allah who have faith will experience tranquillity, calmness and courage.

In Islam, peace is fundamental: it gives peace of mind, happiness and prosperity to humankind, and it is a way of life that empowers humankind with harmonious development of the dormant forces, faculties and talents that are inherent in us by the Grace of Almighty Allah. These will come alive. Almighty Allah says in Surah Yunus: ‘Follow thou [O Messenger] the inspiration sent unto Thee, and be patient and constant [in adversity] until Allah’s Judgement comes to pass’ ([10]:109).

We must not spend our lives within the confines of our own thoughts, which can create conflict and confusion. Through the practice of silence we will develop the power of silence and be inspired by Almighty Allah and, *insha'Allah*, discover His power within us. Almighty Allah wants us to be patient; He wants us to persevere, never give up, and to remain focused. By being persistent and steadfast we will develop the power of silence and, *insha'Allah*, discover the power of Almighty Allah within.

In Surah al-Maida, Almighty Allah reminds humankind: 'There hath come to you from Allah a light and a noble Book, wherewith Allah guides all who seek His pleasure to ways of peace and safety, and leads them out of the depths of darkness into the light of His Grace and guides them to the path that is straight' ([5]:16–17).

The Noble Qur'an was revealed by Almighty Allah to the noble Messenger Muhammad (S). He was a model for mankind because he was the embodiment of the teachings of the Qur'an. The Noble Qur'an and the *Sunnah* are, therefore, lights that guide us to peace and prosperity in this life and the Hereafter.

What we need is Almighty Allah. Invite Him to enter our souls through silence, He will, *insha'Allah*, direct us to discover Him. Almighty Allah enters the heart when we have developed the ability to be silent.

The great Shaykh Abd al Qadir Al Jilani (ra) says: 'Anyone wishing for success must practise inner and outer silence. Be

in harmony with destiny or it will destroy you. Walk with it along its chosen course, or it will slaughter you. Kneel before it until it takes pity on you and lets you ride behind it. You must die before you die, and then you will live in Almighty Allah.'

Salat develops patience, inner silence, and inner quietness and builds inner power. Patience is fundamental to establishing inner power with which we will find it easy to relax.

The man who can maintain peace in the mind, who allows all the disturbing factors of life to be evaluated in a spirit of detachment will be a tower of strength.

Through the power of inward stillness we will *insha'Allah* develop the ability to discover the power of Almighty Allah *within*. The noble Messenger Muhammad (S) said: 'Much silence and good disposition, there are no two words better than these.'

12

THE SILENT WHISPERER

*If a suggestion from Iblees assail thy mind,
seek refuge with Allah;
for He beareth and knoweth all things.'*
—(The Noble Qur'an, Surah al-A raaf [7]:200)

There is a voice inside our minds; we call it the chatterbox or the silent whisperer. This voice tries to confuse us, creates conflict, and often succeeds in driving us crazy. This voice does not allow our mind to be silent; it creates the mental noise that we may not be aware of. It provokes us to think of the past, and encourages us to regret, remember and brood over our mistakes, and fear the future. Most of us are not aware of the voice that holds the key to all our fears and failures in life.

The voice heralds doom and gloom, fear and loss, doubt and indecision. We are so accustomed to its presence that we are unaware that it is talking to us, trying to create uncertainty, vacillation and confusion. We may not be aware of the whisperer that chatters all the time, engages

our mind, creating friction, hostility, hatred and animosity. Almighty Allah refers to this voice in the Noble Qur'an in Surah an-Naas [114] (mankind) as the whisperer of evil, who whispers within. In Surah al-Falaq [113] (The Dawn) the external evil whisperer is said to cast evil suggestions. He is the enemy of our soul and will do all he can to get inside our mind with his deceit. He will endeavour at all times to plant a thought of fear, suspicion, doubt, worry, evil ideas and try to torment us. He wants to wear us down. Especially when we have made a mistake and fear the future; the evil whisperer attacks us when we are at our weakest moments.

Surah al-Falaq (The Dawn) and Surah an-Naas (Mankind) are known as Al-Mu'awwithatain) or 'The Two Protectors'. These two Surah's Almighty Allah has blessed humankind with so that we can live a life free from fear, with the secure knowledge that Almighty Allah (SWT) is with us. We can only conquer fear when we do everything in the name of Almighty Allah. Fear is the Iblees that confuses and controls the believer. If we sincerely understand these surahs, never again will we have to surrender to fear.

Faith in Almighty Allah is the highest form of refuge, security and protection. These surahs strengthen our faith in our abilities when reciting and repeating them; we heal and empower our spiritual and our physical life. Love has its foundation in faith; out of faith we develop the power to love our Creator, all those near and dear to us and humankind. The Noble Qur'an helps us to acquire spiritual skills to

develop and live an effectively satisfactory life of joy and satisfaction.

Almighty Allah blesses us with a method and special prayers to overcome the whisperer or the chatterbox. Reciting Surah al-Ikhlaas, Surah al-Falaq and Surah an-Naas every day protects us from the evil whisperer, who creates all the mental noise within of doubt, suspicion, superstition and fear.

Habitual routine recitation of these powerful surahs immobilizes the influence of Iblees. They instil in our thoughts the power to live free from fear with the secure knowledge that Almighty Allah (SWT) is with us and protects us. Reciting these three surahs repeatedly after every *salat* with passion, we create positive emotions that transform our fears into faith. We strengthen our willpower into positive, powerful and productive life energy.

Surah al-Ikhlaas is the declaration of Almighty Allah's perfection, unity and purity of faith; Surah al-Falaq protects us from the whisperer without. This surah is a countermeasure, cure or neutralizer of superstition and fear. Surah an-Naas protects us from the evil whisperer from within; recital of these surahs is essential to seek refuge in Almighty Allah.

Surah al-Ikhlaas is really the concluding chapter of the Noble Qur'an; it is the declaration of Almighty Allah's perfection, unity and purity of Faith. The noble Messenger Muhammad (S) described Surah al-Ikhlaas as equivalent

to one third of the Qur'an. It is therefore said that if you recite Surah al-Ikhlaas three times, the reward is equivalent to reading the entire Qur'an.

Surah al-Ikhlaas summarizes the essence of the teachings of the Noble Qur'an, which is the declaration of the unity and Oneness of Almighty Allah. In four short sentences it points out the fundamental errors that man can fall prey to without realizing that 'Allah is One' (God is One). Anything that preoccupies our mind can be a god; our faith in Almighty Allah must be pure, unadulterated.

During one of the battles, the enemies of Islam were superior to and overpowering against Hazrat Ali (ra). Despite the odds against the Muslims the battle was won. Those who fought alongside Hazrat Ali were asked what had happened. They all replied that he recited *Qul hu wal la hu Ahad* (Say He is Allah, the One and Only). Surah al-Ikhlaas protects us from the evil force in human beings.

In Surah al-Falaq Almighty Allah blesses us with a prayer that dispels the evil whisperer from without; this powerful surah is a blessing to humankind. Impassioned, intense faith in Almighty Allah empowers us and paralyzes the ability of Iblees to influence us with suspicion, fear and superstition.

Almighty Allah commands us to recite: Say I seek refuge with the Lord of the dawn, from the mischief of created things; from the mischief of the darkness as it overspreads; from the mischief of those who practise secret arts; and from

the mischief of the envious one as he practises envy. (The Noble Qur'an Surah [113]).

Almighty Allah (SWT) refers to Himself in this surah by His attributes *The Lord of Daybreak* and *The Lord of Dawn*. This refers to everything appearing, emerging and beginning, everything breaking into life.

Al-Falaq also means to split, tear apart and dispel the shadows of the night. Al-Falaq dispels our ignorance; enlightens us of daybreak and dawn. *A'oozu* means '*I take refuge*'; we take refuge in Almighty Allah from our ignorance, the darkness of our *nafs* and from our doubts.

In daily recital of Surah al-Falaq we seek refuge in Almighty Allah (SWT) from unseen and unknown evil forces and hidden mysteries: the evil ones who create animosity by gossip and instil fear that can cause misery. This surah protects the receiver from gossip from our friends and relatives.

In Surah an-Naas Almighty Allah blesses us with another prayer to dispel the evil whisperer (Iblees) who creates havoc and confusion from within. This evil whisperer encourages regret, chatter and fear, and dissuades us from having faith in Almighty Allah. He whispers in our hearts and makes us worry about what may or may not happen in the future. When we have fear, we are inclined to live in the future or the past, or both.

Iblees does not want us to be present to live in the now. Iblees knows that the power of Almighty Allah is in the now; there is power in focusing in the now. That is where

everything happens. Eliminate fear of failure and mistakes by having absolute faith in Almighty Allah and seek refuge in Him; this develops the ability to focus on the here and now. Almighty Allah's power is in the now; stop dwelling in the past, and fearing the future. Live in the now, it is the *Sunnah* of the noble Messenger Muhammad (S).

In Surah an-Naas, Almighty Allah calls upon us to recite: Say I seek refuge with the Lord and Cherisher of mankind. The King/Ruler of mankind. The God/Judge of mankind. From the mischief of the whisperer (of evil) who withdraws after his whisper. The same who whispers into the hearts of mankind; Among the jinn and among men (The Noble Qur'an Surah [114]).

In Surah an-Naas Almighty Allah reveals the procedure required to seek refuge in Him. He explains the various types of mischief that may hinder us in our pursuit to discover Him and the truth. Almighty Allah (SWT) reveals the method to discover and experience His power. Surah an-Naas provides us with emotional protection; it is a window into the hidden world. Reciting this surah several times a day is the first step towards overcoming emotional insecurity.

The closing chapter of the Noble Qur'an is Surah an-Naas—(mankind or men). Surah an-Naas testifies that the Noble Qur'an is a guide to making humankind perfect.

Man is weak and Almighty Allah (SWT) offers guidance, protection and support to enhance, build and establish a powerful will. Character-building is the grand design of the

Noble Qur'an. Almighty Allah wants us to have a forceful, compelling will. The person who follows the laws and depends on Almighty Allah will develop an unshakable, fearless and secure will—a will that will conquer and overcome the Ibleesi forces in us. This evil power or force is dominant throughout the world today.

Prayer, meditation and seeking refuge in Almighty Allah are the most effective weapons to destroy Iblees and the evil whisperers. Humankind has no one to blame except itself for neglecting the means of security and defence that Almighty Allah has provided us.

Ibn Abbas (ra) related that the noble Messenger of Allah Muhammad (S) said: 'Satan encircles the individual's heart; he subsides whenever one conscientiously remembers Allah, but insinuates his evil whenever one is unmindful of Him' (Allah).

We must always be in *dhikr*; this will enhance our ability to be vigilant of the evil whisperer from within and without. Surah an-Naas protects us from the whisperer who creates fearful chatter in our minds.

In Surah al-'Araaf, Almighty Allah warns of the cunning devious method of Iblees: 'If a suggestion from Satan assails thy (mind), seek refuge with Allah for He heareth and knoweth (all things)' ([7]:200).

In Surah al-'Araaf, Almighty Allah reminds us that His names empower those who remember Him: 'Those who fear Allah when a thought of evil from Satan assaults them,

bring Allah to remembrance when Lo! They clearly perceive the right way' ([7]:201).

Iblees cannot force us to do anything without our participation. Almighty Allah warns that when Iblees assails the mind, immediately seek refuge in Him. Almighty Allah protects the men of faith and promises to direct the believer to the path of victory. Iblees wants us to be insecure; when we are insecure, we hesitate; doubt creeps in and we become derailed, ultimately lacking focus on the here and now.

Once we establish security and protection in Almighty Allah from the evil forces, we empower ourselves to take up the challenge to strive in the cause of Almighty Allah.

Almighty Allah promises the believers that have Iman (Faith) and demonstrate it practically that they will be protected by the Power of Almighty Allah. The believers do not fear the threats of Satan. No harm will ever touch those who earn the pleasure of Almighty Allah. Almighty Allah is the absolute Lord of all bounties.

There are three voices in the mind: one is from Almighty Allah, which we hear only when we are silent; the second comes from us; and the third is the voice of Iblees (the chatterbox), which continually tries to concoct and devise chatter to create chaos, confusion, conflict and leaves us in a state of indecision.

Reading Surah al-Ikhlaas, Surah al-Falaq and Surah an-Naas regularly in positive affirmation demonstrates our

faith, develops confidence in the future, and earns us the assurance that Almighty Allah is with the believer.

By having absolute faith in Almighty Allah we have the confidence that whatever Almighty Allah wills for us will come to us. Almighty Allah wills for us what we want. Remember 'Allah wills for you what you will for yourself.' Almighty Allah only wills well for His creation; if we expect good from Almighty Allah, that's what we will attract. We will develop the will and desire to attract a positive approach to life.

Surah al-Ikhlaas, Surah al-Falaq and Surah an-Naas restore proper energy balances; good thoughts can cure illness in the body and bad thoughts can kill us. Words and thoughts have power, these surahs establish positive thoughts. It is certain that only those who spiritually pay serious attention and practise the content of these surahs will receive reward. There is power in repeating the words in these surahs, composed by none other than Almighty Allah (SWT) Himself.

There is power in silence; control the chatterbox (Iblees). Peace and calmness can only be experienced when we are able to free our minds. When the mind is settled and free, it becomes a channel for peace and gives up restlessness. Silence has a power of its own; it is a potent carrier of presence. Listen to the silence in *salat*.

The noble Messenger Muhammad (S) loved these surahs deeply; he said: 'Recite Surah al-Ikhlaas, Surah al-Falaq, and Surah an-Naas as often as you can, for you shall never recite anything equivalent to them.'

Recite the names of Almighty Allah with whose names nothing on earth or heaven harms. He is the all-Hearing and all-Knowing.

‘Bismillahir-lahdi laa yaduru ma’asmihi shay’un fil ardi wa laa fissamaa’, wa huwasamee‘ ul-‘aleem’

‘In the name of Allah, with whose name nothing on earth or in the heavens harms, and He is All-Hearing, All-Knowing.’

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: ‘The servant who says [this] in the morning of every day and in the evening of every day... three times, nothing will cause him any harm.’

Fear has its origin in Satan. We must refuse to give place to fear. When fearful thoughts grip our mind we must immediately employ our spiritual weapon, recite Surah al-Ikhlaas, Surah al-Falaq and Surah an-Naas and recite the powerful names of Almighty Allah. Remember there is power in words, when we recite these surahs we are reciting the right words that trigger positivity and destroy Satan’s ability to create conflict within.

13

THE POWER OF SLEEP

‘People are asleep; when they die, they wake up.’

—**The noble Messenger Muhammad (S)**

Almighty Allah discusses the mystery of sleep, life and death in several verses of the Noble Qur’an. Sleep is a mysterious universal phenomenon that has different effects on people.

In Surah ar-Rum, Almighty Allah says: ‘Among His signs is sleep that you take by night and by day the quest of His bounty. In this there are clear signs for those who take heed’ ([30]: 23).

Almighty Allah made sleep for rest; He willed that sleep would overpower human beings and make them lose consciousness. Sleep is essential for life; there is no living creature that can stay without sleep. Sleep ensures rest and refreshes the tired organs of the body and allows millions of cells in the body to renew, recover and heal. Sleep revives and strengthens the mind, body and soul. Humankind wakes up renewed, fresh and ready to face the challenges of the

day. Sleep is a blessing to humankind from the All-Powerful, Almighty Allah.

When we sleep, we dream, but only when we awaken, do we realize that we have been dreaming. Similarly, when we die we will realize that this world was an illusion, in fact a different dream, a material experience for a spiritual being.

It would not be out of place here to record what the great world-renowned writer, Muslim scholar Imam Muhammad ibn Seerin says in his book on dreams: ‘Fear Almighty Allah when you are awake and do not worry about what you see in a dream.’

Almighty Allah says in the Noble Qur’an in Surah az-Zumar: That it is Allah who takes the soul at death; and those that die not [yet], He takes during their sleep: those on whom He passed the decree of death, He keeps back (from returning to life), but the rest He sends (to their bodies) for a term appointed. Verily in this are signs for those who reflect’ ([39]:42).

Believers must reflect, think and ponder on the hidden secret of life, death, sleep and dreams that are a mystery beyond comprehension of humankind, only known to Almighty Allah.

In Surah ar-Rum, Almighty Allah says: ‘Do they not reflect in their own minds? Not but for just ends and for a term appointed, did Allah create the heavens and the earth, and all between them; yet are there, truly among men who

deny the truth, the meeting with Allah (at the Resurrection)' ([30]: 8).

Almighty Allah created this miracle called Earth based on truth with laws that are consistent. The entire universe operates on a powerful system put into place by Almighty Allah. This creation of Almighty Allah is limited and subject to change. Everything takes place at its appointed time, without a moment's delay.

Think and reflect: this life is temporary; every night our soul is in a plane related to death. We are under the control of Almighty Allah. If Almighty Allah wills, our soul returns to our body and we resume our daily life, not realizing the wonder of the power of sleep.

Sleep is the sister of death says Jalal'uddin Rumi (ra). Sleep is partial death and death is deep sleep. Every night when we sleep we experience death, our soul is in the care of Almighty Allah. It is in a plane of spiritual existence related to death; we are under the total control of Almighty Allah, He can keep the soul or return it to the body if He pleases.

Allama Yusuf Ali explains: 'Death and his twin brother sleep are in the hands of Almighty Allah. To Him is our Goal, He will judge in the end. His will is all-in-all.'

Almighty Allah assembles the souls of those who die; and the souls of those who are asleep are also in His care. If our time is over, we die peacefully in our sleep; our soul does not return to the physical body. The soul, kept by Almighty Allah, is His record of all we have done in our waking moments.

We remember only confused dream-like glimpses. In the morning we wake up and continue our daily activities until we complete the term set out for us by Almighty Allah.

Almighty Allah says in Surah al-Furqan: 'And He [Allah] it is who makes the night as a robe for you, and sleep as repose, and makes the day (as it were) a resurrection' ([25]:47). Almighty Allah has blessed humankind with the night as a covering to give the body spiritual rest, stillness and tranquillity.

Imagine a good dream, a dream of having a righteous family with faith in Almighty Allah, a pious wife, children, the best car, home, successful business and all that make our life pleasant. We believe in Almighty Allah, perform our *salat*, do *dhikr*, fast in the month of Ramadan, are charitable, do all the good things, and enjoy our life. Then suddenly we wake up from the dream; we become emotionally attached to our family and our possessions in the dream. Now we desperately want what we had in the dream. Then we realize that it was just a dream; we cannot have it, for it was merely a thought.

Jalal'uddin Rumi (ra) said: 'Worldly thoughts are like dreams in the sleep.'

Almighty Allah reminds us that this world is an illusion. In Surah at-Takwir, Almighty Allah says: 'When the mountains vanish like a mirage' ([81]:3).

Life is the same; when we die, we realize that this temporary world which we thought was real was just an

illusion. Right now, we are dreaming; in this world of illusion, let us have great dreams and build our souls. We are the only creation that has to return to Almighty Allah fulfilled. Everything in this material dimension is an illusion and will perish.

Almighty Allah reminds us of the true reality in Surah al-Hajj: 'Allah is the reality: it is He who gives life to the dead, and it is He who has power over all things' ([22]:6). The life of this world is a dream, the difference between this life and a dream is that we live for ninety or a hundred years in this temporary phase, and we return to the spiritual dimension for eternity.

Sleep is temporary death; our senses are sealed in sleep; and the day is like the renewal of life. It is not possible for us to conceive how the state of sleep takes over. When we are awake we cannot comprehend our condition while we are asleep.

When we are asleep we are unable to witness, fathom or interpret our condition or how sleep affects us. Sleep is one of the secrets of Almighty Allah (SWT). He is the only one who knows the secret of sleep. He has made sleep essential for life.

We come from Almighty Allah, a powerful force that has brought us here for a reason. The most powerful force is Almighty Allah (SWT). This force placed in us by Almighty Allah is for us to stay connected to Him. To live in this world and succeed, we must live in harmony with

Almighty Allah and surrender our nafs (ego) to this inner power that can manifest itself within us.

In life we go through stages: the first stage is conception; the second is birth; and the third is when we die in this material world and return to our origin, the spiritual dimension.

When we are asleep, we are in the hands of Almighty Allah, drawing from Him vital energy that sustains us. When we awaken, our soul returns to its body, nourished with mercy and love from Almighty Allah.

After a good and tranquil sleep, we can study well; our mental and physical endeavours are easily achievable. It has been proven that humankind lose their health if they lack sleep. On the other hand if they oversleep, that too can cause various sicknesses. A balanced sleep is essential. The hours of sleep vary and depend on the individual's needs. Sleep is a miracle that contains many mysteries and is a divine blessing. Sleep is a form of hibernation, which recreates our vitality by allowing our physical being to realign and balance the body after a hard day's work.

One third of a human being's lifetime is occupied by sleep, and we have always questioned the mystery of sleep and the wonders of dreams. At a certain time the body becomes fatigued, the mind fails to work, the eyelids droop, and all the limbs come to a peaceful state. Sleep is a blessing bestowed by Almighty Allah on humankind; it heals the body and restores one's health. Sleep helps us to forget our aches and pains. If we don't sleep enough, we become pale, nervous and dull.

When we sleep well and wake up for Fajr, which is the natural waking time, we will experience pleasure and vitality. *Fajr Salat* in the early hours of the morning develops in us the power of conscious silence; in sleep we experience the power of silence. Sleep is unconscious silence; *Fajr Salat* develops the ability to be consciously silent.

The *Zuhr*, *Asr*, one rak'at in *Maghrib*, and two rak'ats in *Isha Salat* are meant for us to develop conscious silence. Silence is our essential nature; it is inner alertness through which we can connect to Almighty Allah. His intelligence and power operate silently. Silence is where creativity and solutions to the challenges of life are discovered. Contemplation and meditation are done in silence. 'An hour's contemplation (ie silence) is better than a year's adoration (prayer)' said the noble Messenger Muhammad (S).

Fajr Salat is the key to discovering and developing the power of silence. When we say, 'let me sleep on it', we are allowing silence, the power of Almighty Allah within to help us be creative. Silence is the creative power with which Almighty Allah blessed mankind. There is power in silence; there is power in *Fajr Salat*, the beginning of success in this world and the Hereafter.

Each night before going to sleep we must make *wudu*; ask Almighty Allah for forgiveness for our conscious or unconscious sins. Our soul is in the care of Almighty Allah Who will give it His loving mercy.

Only Almighty Allah knows when He will accept our prayer but we must continuously ask for forgiveness. Recite the following *du'a* before retiring to bed for sleep:

*Bismika Rabbee wada'tu jambee wabika arfa'uh,
fa'in amsakta nafsee farhamhaa,
wa'in arsaltahaa fahfadhhaa bimaa tahfadhu bihee
'ibaadakas-saaliheen.*

In your name O Allah, I lay my side and in your name I raise it. If you keep my soul, give it (your loving) mercy, and if you release it, care for it as You care for Your righteous servants.

*Allaahumma aslamtu nafsee ilayk,
wawajjahtu wajhee ilayk,
wafawwadtu amree ilayk,
wa'alja'tu dhahree ilayk,
raghbatan wa rahbatan ilayk,
laa malja'a walaa manjaa minka illaa ilayk,
aamantu bikitaabikal-ladhee anzalt,
wabinabiyyikal-ladhee arsalt.*

O Allah, I have surrendered myself to You, and I have oriented my face (heart) to You, and I have submitted (all matter of my life for decision) to You, and I have turned my back for refuge, in desire and in fear, towards You. There is no refuge and no escape from You except to You.

I have believed in Your book which You have revealed, and in the noble Messenger Muhammad (S) whom You have sent.

When we awaken, we must thank Almighty Allah for returning our soul, giving us wellness in our body and allowing us to be in *dhikr* (remembrance) of Him. To be in *dhikr* of Almighty Allah, we need His permission and help to thank Him in the best of manners. If we are not performing *dhikr* daily, we must call on Almighty Allah to help us fulfil this duty of protection.

*Allaahumma a'innee 'ala dhikrika washukrika wa
husni 'ib-aadatik.*

‘O Allah, help me to remember You, to thank You and to worship You in the best of manners.’

When waking up pray:

*Alhamdu lil-laa-hil ladhee abhyaanaa ba'da maa amaatanaa
wa'ilayhin-nushoor.*

‘All praise is due to Allah Who has given life after causing us to die, and to Him is (our) resurrection.’

*Alhamdu lil-lah-il ladhee radda 'alayya roohee, wa
'aafaanee fee jasadee, wa'adhina lee bidhikrih.*

‘All praise is due to Allah Who has returned upon me my soul, has given me wellness in my body and has permitted me to be in dhikr of Him.’

As much as we need food to nourish our body, we also require Almighty Allah’s mercy and care to nourish our soul. While our soul is in Almighty Allah’s care our bodily roles are still working. To enjoy eternal life beyond, we must spend energy discovering the power of Almighty Allah within us.

Praying and performing our duties consistently will develop the soul. Whether our physical body is young or old, weak or strong, the soul is timeless. Almighty Allah promises the righteous soul to enter Paradise where love, peace, happiness, contentment and harmony are dominant.

The righteous soul is free from sorrow, pain, doubt, fear or worry. It achieves the highest position called *mutmainna*. This is the state of complete satisfaction and rest. Almighty Allah welcomes this soul to Heaven.

He says to the righteous soul in Surah al-Fajr: O thou contented soul [in a state of complete rest and satisfaction!], Return thou to thy Lord—well pleased (with thyself) and well pleasing unto Him! Enter then among my Devotees! Yea enter thou My Paradise!’ ([89]:27).

I4

THE POWER OF THE INNER VOICE

*If anyone withdraws himself from remembrance
of Allah Most Gracious,
We appoint for him an evil one to be an
intimate companion.'*

—(The Noble Qur'an, Surah az-Zukhruf [43]: 36)

The powerful voice of Almighty Allah dwells within us, reminding us of our purpose and reason for being in this temporary world that is essentially a world of illusion. Despite this, Almighty Allah has honoured humankind by creating them in the best of moulds, with higher faculties than all His other creation and has breathed into them (humankind) of His own spirit.

In Surah al-Mujadalah, Almighty Allah says: 'To those who have made a firm commitment to Allah and are conscious of the Last Day [when they will meet their Lord and Sustainer], For such He has written faith in their hearts, and strengthened them with a spirit from Himself' ([58]:22).

The faithful ones who commit themselves to Almighty Allah and the Hereafter with conviction from the heart will experience the power of Almighty Allah radiating from their spirits. This will strengthen, protect and fortify them from the evil inner voice that attacks humankind from within.

We come from Almighty Allah, a powerful force that has brought us here for a reason. He has placed His power in us and has blessed us with the capacity of hearing, seeing and feeling. His power in us gives us inner vision and ability to transcend the material dimension. The most powerful force is Almighty Allah (SWT). This miraculous power, placed in us by Almighty Allah, is to give us the ability to stay connected to Him. To live in this world and succeed we must live in harmony with Almighty Allah and surrender our *nafs* to this inner force that has the power to manifest itself within us.

Iblees continuously incites chatter, doubt, confusion, conflict and fear; this evil force endeavours to create instability in the mind. The result is confused behaviour. We need to control the voice of Iblees. We may not be aware of this voice but, rest assured, it is the evil whisper from within that Almighty Allah warns us about.

Almighty Allah has chosen mankind to be recipients of His powerful inspiration. In Surah al-Mumin, Almighty Allah says: 'By His command doth He send the spirit (of inspiration) to any of His servants He pleases' ([40]:15).

We must develop the power within to communicate with the inspiration of Almighty Allah, the voice that inspires and guides us to successful living on this temporary planet earth. If we ignore it and do not develop our contact with Almighty Allah, we will suffer stress and uneasiness.

Being able to listen means understanding inspiration from the voice of Almighty Allah as He directs us when we are unsure of our goals or achievements. We must be brave, have faith in Almighty Allah, and venture into the unknown.

Almighty Allah is the Creator of the heavens, earth and all the planets beyond our comprehension. In Surah Qaf of the Noble Qur'an, Almighty Allah says: 'It was We Who created man, and We know what dark suggestions his soul makes to him: for We are nearer to him than his jugular vein' ([50]:16).

Almighty Allah created humankind with limited free will. Two angels register every word we utter and every action we take; the angel on the right records the virtues; and the angel on the left notes our vices.

Almighty Allah is aware of all our thoughts, words and actions; it is up to us to unleash His power within us. Almighty Allah knows our innermost desires and motives more than we know them ourselves.

In Surah at-Tauba, Almighty Allah says: 'It is not Allah who wrongs them, but they wrong their own souls' ([9]:70).

Our dishonest thoughts are not recorded; Almighty Allah gives us the opportunity to repent. The noble Messenger

Muhammad (S) has said in a *hadith* that Allah does not punish us if evil thoughts cross our mind; the punishment comes only when we put them into action. But if any good thought crosses our mind, Almighty Allah immediately rewards us for it. Thus, we must make every effort to ensure that evil thoughts do not enter our minds, much less act on them. Evil thoughts can be controlled only if we seek refuge in Almighty Allah. Those who open their hearts and minds, contemplate daily, and act on what Allah wants will be fortified with a will that empowers them to make the right choices in life. We are responsible for weakening and damaging our souls, through our own neglect and misbehaviour.

Almighty Allah is closer to us than our jugular vein. When we surrender and submit our *nafs* (ego) to Almighty Allah, His power manifests in us and begins to take over. Almighty Allah becomes our sight, tongue, ears, hands, feet and heart.

Almighty Allah's power is running through us. When we read the Noble Qur'an and follow His guidance we are inviting Him to participate in our daily life. But this comes with certain conditions: Almighty Allah will only participate and guide us if we control our *nafs* (ego) and commit ourselves to His Will.

In a *hadith*, the noble Messenger Muhammad (S) has said: 'Submission to the divine Will is my pride.' He did not say that to be chosen the Messenger of Allah is his pride; it is indeed a great honour for every Prophet and Messenger of

Allah to be chosen. Nor did he say that being chosen as the Messenger for all mankind (Surah al-A 'raaf [7]:158), not just a particular community or locality, is his pride. No other Prophet was given this honour except the noble Messenger Muhammad (S). Similarly, he did not say that being honoured with the gift of *Mi'raj*, is my pride and honour. He specifically stated that 'submitting to the divine Will is my pride'. This should make us think and reflect. It is only by submitting to the Will of Allah that we can hope for forgiveness and salvation in the Hereafter.

Allah has clearly stated the purpose for which we were created: 'I did not create the Jinn and humankind except to live in total conformity with my Will and Command' ([51]:56). We must, therefore, trust completely that Almighty Allah will guide us; only absolute faith and belief in Almighty Allah will allow His power to manifest itself within us.

The voice of Almighty Allah will guide us; the only reason for failure is when we do not allow our *nafs* to surrender to the will of Almighty Allah. When the *nafs* gets in the way, Almighty Allah's inspiration or voice is withdrawn and it recedes to the background.

Once we connect to the power of Almighty Allah, we will hear His call and be able to distinguish between Almighty Allah and our ego (the Ibleesi force) that separates us from Him. As we follow the laws of Almighty Allah, our ego is brought under control and over time, we develop an affinity with Allah, our Cherisher and Sustainer.

The force that diverts us away from Almighty Allah is our *nafs*. When we bring our *nafs* under control, we willingly surrender to the ever-present power of Almighty Allah. To embark on the path of success we must have the burning desire to meet Almighty Allah; we must control the *nafs* by curtailing our desire for the luxuries of life and commit our hearts to the quest for Almighty Allah.

In the Noble Qur'an, Almighty Allah teaches us to adopt a positive attitude and outlook. He promises us in *Surah az-Zumr*: 'Allah will deliver the righteous to their place of safety: No evil shall touch them, nor shall they grieve.' ([39]:61). We also learn this from the *Sunnah* of the noble Messenger Muhammad (S). Even in the most difficult circumstances, he always had a very positive outlook. Two examples will illustrate this point. At the time of the Second Pact of Aqaba (just before migration from Makkah to Madinah) that was drawn up in utmost secrecy for fear of arousing the suspicion and therefore revengeful wrath of the Quraish, we see such optimism and positive outlook manifesting itself.

When the Ansar delegation from Madinah asked what was in it for them, the noble Messenger Muhammad (S) had no hesitation in saying 'Paradise'. The Ansar replied with equal enthusiasm: 'That is a most fair bargain. Extend your hand, O Messenger of Allah, so that we may make our ba'ya (pledge of allegiance) to you.'

Imagine the situation: the noble Messenger Muhammad (S) is seeking the help and protection of the Ansar and

planning his escape from Makkah because his own people have rejected his message and abandoned him, yet he displays such self-confidence and optimism.

The same optimistic outlook was evident when the noble Messenger Muhammad (S) and his close friend and companion, Abu Bakr Siddiq (ra), were hiding in the Cave of Thawr at the time of migration from Makkah. When a group of Quraish came near to the entrance of the cave, Abu Bakr Siddiq (ra) became apprehensive because he feared they would be caught and great harm would come to them, especially to the noble Messenger Muhammad since the Quraish had plotted to kill him.

The noble Messenger Muhammad (S) comforted his companion by assuring him that Allah was with them. It was at this time that Almighty Allah sent His tranquillity upon their hearts (Surah at-Tauba [9]:40). Such peace and tranquillity manifest themselves only when we have totally surrendered to the Will of Almighty Allah.

To make a firm commitment to and believe in Almighty Allah is a positive affirmation; we must remove the resistance within us and then we will witness that powerful force of Almighty Allah will take over.

To align with the Will of Almighty Allah we must have a powerful, sincere belief. Faith in Him, performing our *salat* on time, doing regular *dhikr*, fasting in the month of Ramadan and giving willingly in charity are the institutions He has blessed us with to discover and uncover His power within us.

Dhikr and *salat* change the dialogue in our body. A constant dialogue is going on in our body at cellular level. Our thoughts influence our body, health and beliefs. Sincere belief, *salat*, *dhikr*, fasting and charity discipline our actions and thoughts; these are acts that ensure that our inner dialogue at cellular level remains positive.

Reflection, contemplation and silence help control our thoughts and develop thoughtless consciousness, the state of developing our ability to hear the inner voice and direction of Almighty Allah. In *salat* we develop the ability to listen to the inner voice; but this takes time. Our *salat* must be focused with emotion, passion and a burning desire to communicate with Almighty Allah in sincerity; this strengthens our intentions and He begins to guide us.

Since Allah has given us the choice, we are masters of our own destiny. Our choices, however, carry consequences. We must establish a clear goal and a vision in life, and then surrender the results of our endeavours to Almighty Allah and allow Him to direct us. We must pray and have faith that Almighty Allah will guide us in our final destiny in this life and in the Hereafter. Dr Muhammad Iqbal, the great poet-philosopher of the East, said: Elevate your self respect and dignity to such an extent that before writing destiny, Allah Himself will ask His servant 'Indicate (to Me) what is your desire?'

He calls this '*Khudi*', meaning self-respect and dignity. It is this level of self-respect that must manifest in our lives so

that Almighty Allah Himself will ask His servant to state his desire. To connect to the power of Almighty Allah we must perform our duties and expect the power of Almighty Allah to guide our every intention. Repeat *insha'Allah* (if Almighty Allah wills) after every intention.

The power of Almighty Allah is accessible to all human beings. To experience His power, we must develop thoughts of love, not be consumed by hate or jealousy. By sacrificing and giving to others we come closer to Almighty Allah's power, which is the source He wants us to connect with.

It is like the electrical grid: when our batteries are down, we can access the source of power by plugging into the grid. Allah's power grid is more powerful than anything we can imagine in this world. When we connect into His power grid, we are assured of His Help and comfort. We must be aware of the silent conversations we have with ourselves; we must have these conversations with Almighty Allah. Replace doubt, worry and fear with love, conviction and faith in Almighty Allah.

In Surah al-Maida Almighty Allah promises guidance to the believers: 'Allah guideth all who seek His good pleasure, to ways of peace and safety. And leadeth them out of darkness, by His Will unto the light—guideth them to the path that is straight' ([5]:18). Almighty Allah guides and leads all who seek His pleasure. We must remember, Allah has no favourites; His love, mercy, compassion and guidance are available to all the true seekers.

The noble Messenger Muhammad (S), said in a *hadith qudsi*: ‘My believing servant continues to draw near to Me, through the performance of additional devotion and prayers, acts of worship until I love him. I become his hearing and his sight, and his tongue and his hand, and his foot and his heart; so through Me he hears, through Me he sees, through Me he speaks, through Me he understands and through Me he strikes.’

When we are in harmony with the power of Almighty Allah, we live with an Attitude of Gratitude; we experience heightened feelings of contentment, joy and peace. We are guaranteed success in this world and in the Hereafter by none other than Almighty Allah (SWT).

‘Allah’s Generosity is connected to gratitude, and gratitude is linked to increase in His generosity. The Generosity of Allah will not stop increasing unless the gratitude of the servant ceases’ - Hadrat Ali (ra)

15

THE POWER OF DHIKR

‘People will not sit remembering Allah without the angels surrounding them, mercy covering them, peace descending on them.’

—**The noble Messenger Muhammad (S)**

All Surahs of the Noble Qur’an, except for Surah at-Tauba, commence by invoking the three most beautiful names of the Creator and Sustainer of all the worlds: Allah, *ar-Rahman*, and *ar-Rahim*. ‘In the name of *Allah*, The Compassionate, The Merciful.’ The entire Qur’an is contained in His Name, ‘*Allah*’, like a whole tree contained in the seed. The value of performing *salat* (prayer) and *dhikr* of Allah (remembrance) of all the names of Almighty Allah will be realized after death.

Almighty Allah is the light of the Heavens and the Earth. In Surah Fat-h, Almighty Allah proclaims: ‘To Allah belong the forces of the Heavens and the Earth: and Allah is exalted in Might, full of Wisdom’ ([48]:7). Almighty Allah controls the visible and the invisible forces that are at work. These are

angels that execute Almighty Allah's decrees. Almighty Allah controls the tiniest cell and the entire galaxies; we are part of the tiniest cells. When we focus on the power within, we unearth the capacity with which Almighty Allah has blessed us.

Humankind is repeatedly commanded in the Noble Qur'an to remember Almighty Allah and His many favours. *Salat* and *dhikr* discipline, train and supply insights and energy to the mind, body and soul.

In Surah ar-R'ad, Almighty Allah guides us to discover Him: 'For without doubt in the remembrance of Allah do hearts find satisfaction' ([13]:28).

Almighty Allah says only those who believe will find satisfaction in remembering Him. It is only through belief that *salat* and *dhikr* will make an impact on our life and personality. Remembrance and repeating the names of Almighty Allah—whether we are at work, driving a car or are silent in the early hours of the morning—develop in us the inherent ability to tap into Almighty Allah's information bank that is deep within us, placed there by none other than the Lord and Creator of all the worlds.

In Surah al-Anfal, Almighty Allah says: 'If Allah findeth any good in your hearts, He will give you something better' ([8]:70).

To discover Almighty Allah, we have to begin from within: we must cleanse ourselves of all the influences that keep us away from Almighty Allah. If there is a good intention in our heart, Almighty Allah takes us under His loving care. His

gift and blessing will be in both the spiritual and material worlds. Our essence comes from Almighty Allah, not from this world. We live in the physical body for a temporary period. Passionate love of the material things of this world without fear of the consequences is the root of all sin.

Imam Ghazali says: 'This world is a training ground for the human heart to be purified. The human body is a tool for it. This world has a positive meaning in relation to his Goal. He who knows the heart, knows himself. He who knows himself, knows Allah.'

Almighty Allah has shown us the way out of sin through sincere repentance that consists of intense, serious realization of one's sins, and not of focusing only on the material things of this world. Allah says in Surah at-Takathur: 'The mutual rivalry for piling up the good things of this world distracts you from the serious matters [of life] until you reach [the time of burial in] your graves'([102]:1). Ubayy ibn Ka'b (ra) narrates that once we were with the noble Messenger Muhammad (S) and he said: 'If the son of Adam had two valleys full of gold and other goods, he would still seek a third. Nothing but mud [earth of the grave] can fill his stomach.' (Sahih Bukhari). This is a reflection of human greed that has no limit.

The disease of the heart is the love of this world; we must love the Hereafter more than this world if we are truly desirous of seeking the pleasure of Allah. The meeting with Almighty Allah in the Hereafter should be our goal.

We must die before we die. When, through the power of Almighty Allah, one dies daily by turning away from the heedless pursuit of worldly goods, one becomes fearless in one's spiritual and material journey. Hadrat Ali (r.a.) said: 'Work in this world as if you will live in it forever, but live in this world as if you will die tomorrow.' This advice of Hadrat Ali (r.a.), has shown us how to work and live in this world, this should make us think, reflect and enable us to adjust our lives accordingly. Almighty Allah wants us to put our best effort into this material world. We are commanded to make it a better place for posterity, always keeping in mind that we have to return to Him.

Every morning when we wake up, each one of us must thank Almighty Allah for blessing us with another beautiful day, and an opportunity to contribute to the wellbeing of mankind. We must always live as if this is our last day. Spend this day to make a difference in the life of everyone we meet. Think how we should spend this last day of our lives. This is an excellent and sincere way to ensure our day is productive.

We are Almighty Allah's vicegerents; we are on this material plane to forge a connection with Him in such intimacy that we are in *dhikr* of Him all the time. *Salat* and *dhikr* develop in us the power to control our inner nature; we then solve the imbalances that Iblees endeavours to inflict on us.

Almighty Allah has blessed humankind with the tools — *Iman* (faith), *salat*, *fasting* and *zakat*—to develop self-awareness that will enable us to unleash Almighty Allah's power from within.

Inner awareness is the source of all healing; only a man in unity and balance, experiences the power of Almighty Allah.

By understanding the power of unity within, we will then appreciate the power of unity in the world and the universe at large. The galaxies and the planets and in fact the entire creation of Almighty Allah operate in unison and are in perfect balance. The level of undreamed reality and consciousness develops with *salat* and *dhikr* and this causes the shift in our awareness that is needed to give us freedom and fulfilment.

Almighty Allah has placed a powerful world within every one of us. He has blessed humankind with the highest level of intelligence, unequalled by any of His creation. Our role in this world is to be the representative of Almighty Allah, living according to His Laws and Commands. All fears are unnatural; it is the Ibleesi forces that have conditioned us by fear.

In life there are no accidents; everything we experience in one way or another is a necessary part for perfecting life. Through the process of struggle we experience pain and we ask 'Why me?' We spend time contemplating why such a misfortune could have befallen us. A great sufi said: 'Unless thou burneth, thou canst not give off the smell of incense.' Consistent prayer and *dhikr* of Allah will help us recover. Then we will be in a position to look back and realize why we had to go through these difficulties. During this period we must contemplate and ask ourselves: What is in this

experience? What does Almighty Allah want me to learn out of it? Almighty Allah has positive reasons for everything we experience in life.

Be careful not to fall into the trap of Iblees and become negative. This evil force wants us to dwell on the past and remember the negative reasons that create resistance within. When we focus on the positive reasons, Iblees is neutralized, then adversity turns into prosperity.

Goal-oriented people look for an outcome from every struggle or adversity. They spend their lives seeing every obstacle as an opportunity.

Life is a challenge. We can never get exhausted from doing right; finding an easy way to success is rare. Success is progressive. The sun will set on all of us. Don't wait to say that I hope I can do it all again. In life there is no second chance to live it again. Appreciate the gift of life that we are blessed with. Almighty Allah does not want us to cling to security. *He* wants us to do our best and be *His* agent so we can fulfil *His* desires. Pray to Almighty Allah to allow His desires to be ours.

Salat and *Dhikrullah* (repeating the powerful names of Almighty Allah) will free us from self-imposed restrictions; we then endeavour to expand the mind beyond its limits. We free ourselves from fulfilling personal desires and strive towards fulfilling Almighty Allah's desires. When we do that, our life changes profoundly.

When we are aligned and in tune with Almighty Allah's desires we can succeed in life easily. Almighty Allah then

becomes our ally. His power works with us. No human being is unworthy or unlucky. Almighty Allah wants humankind to enjoy His blessings (the good in life) that will come to us when our desires are aligned with Almighty Allah's.

In *hadith qudsi*, Almighty Allah says: 'You have your desire and I have My desire. My desire shall reign. But if you surrender yourself into My desire, I shall bestow you also your desire. And if you oppose My desire then I shall tire you of fulfilling your desire and ultimately what is to happen will be of My desire.'

In *Surah al-Anfal*, Almighty Allah reveals the secret to a prosperous successful life: 'And call Allah in remembrance much (and often) that you may prosper' ([8]:45).

Remembrance of Almighty Allah is the first and only path in our journey to grow, learn and be successful in life. Constant remembrance of Almighty Allah maintains our relationship with Him that helps us to control our inner being. When we remember Almighty Allah, we remain conscious that He watches every thought, every move and every action we take. This awareness helps us to do the right thing. Iblees tries to create conflict while *salat* and *dhikr* ensure that we unleash the Power of Almighty Allah from within and remain on the righteous path.

In *Surah al-Isra* Almighty Allah says: 'We send down (stage by stage) in the Qur'an that which is a healing and a mercy to those who believe' ([17]:82).

Salat and *dhikr* strengthen and fortify our intuition and knowledge and metabolize our experience, which influences

the healing power of the body. *Salat* and *dhikrullah* release the healing powers within our body, placed in every human being by Almighty Allah (SWT). Our body contains all the chemicals needed to heal and purify itself, the mind and soul. Remembrance of Almighty Allah develops our immune system; awareness of the powers of Almighty Allah is the key to successful living.

Reading the Noble Qur'an in both English and Arabic, pondering over its message, contemplating and then performing regular *salat* and *dhikrullah* will change our consciousness. We have within us the ability to change our environment, as well as the world.

Imam Ghazali advised the novice to 'learn by heart all important prayers and use them at every moment of daily life'.

The best way to continuously remember Almighty Allah is to organize, regulate and plan our daily lives, ensuring that we perform our *salat* and *dhikr* on time. Almighty Allah is able to provide us with abundance. All we have to do is tune into His frequency; *salat*, *dhikr* and *Iman* (belief) go hand in hand.

Imam Mansur al-Hallaj said: 'The first step is to cease isolating oneself from Almighty Allah.'

By repeating any one of Almighty Allah's ninety nine names that He has blessed humankind with, we change and attract His power within. Study the names of Almighty Allah, each one will empower us. In seeking guidance repeat

the name *Ya Hadi* (The Guide) and *Ya Rasheed* (one who guides to righteous path). In seeking power of thought, repeat *Ya Allah, Ya Basit* (The Expander)—to expand, to unfold. Almighty Allah is a source of ease, flow, growth and expansion.

In Surah ar-Ra'd Almighty Allah explains the power of one of His names, *Muta 'ali*: 'He knows all that lies beyond the reach of human perception, the unseen and the seen. He is the Great, the Most High' ([13]:9). Our most hidden thoughts and motives are known to him at all times. He is beyond all limitations, yet He says: 'He is closer to us than our jugular vein.' The ninety-nine names of Almighty Allah will transform us; we will *Insha'Allah* transcend the mind and its limitations. That is the power of His attributes.

These verses, as explained repeatedly in the Noble Qur'an, celebrate the praises of Almighty Allah and glorify Him. The entire universe, the birds, bees, ants, animals, mountains, animate and inanimate objects all glorify and praise Almighty Allah. Human beings and jinn are the only creation that are given freedom of choice. Almighty Allah has blessed humanity with the power of thought. It distinguishes us from animals and all other creation of Almighty Allah.

The sound of Allah's powerful names generates creative energy. *Allah Allah! Allah Allah! Allah Allah! Ya Rahman, Ya Rahim, Ya Malik, Ya Qudus, Ya Salaam.* Almighty Allah's ninety-nine powerful names are triggers for transformation. All the prophets, saints, religious leaders, companions and

scholars have reached a higher state repeating Almighty Allah's beautiful names.

Consistent *dhikr*, over time, gives life to the heart and ultimately impacts the entire body. Every particle of the body utters *Allah Allah! Allah Allah! Allah Allah!*

Almighty Allah repeatedly reminds us in the Noble Qur'an the importance of, *dhikr*, *salat* and *zakat*. The habit of praising Allah, performing *salat* and being charitable are imperative for our spiritual wellbeing and development. Glorifying Almighty Allah in our *salat* brings us closer to 'He who has promised that the righteous shall inherit the earth' (Surah al-Nur [24]:55). Without doubt, those who follow Almighty Allah's guidance will be successful in this world and in the Hereafter.

16

INVITE ALMIGHTY ALLAH INTO THE GYM

*'Health is the greatest of all possessions.
Youth and health are not appreciated until lost'*
—**Hadrat Ali (ra)**

Invoke Almighty Allah's power to participate with you in the gym. The power of Almighty Allah is everywhere; it is in heaven and on earth, and in every single creation of His. His power encompasses all that exists; nothing escapes His knowledge or is beyond His power. Humankind can only prosper if they develop the ability and skill to unleash Almighty Allah's power placed in them by Him. The only way to success is to study the Noble Qur'an and the *Sunnah* of the noble Messenger Muhammad (S) with a sincere desire to implement these teachings in life.

In Surah Muhammad, Almighty Allah reminds us: 'Allah knows how you move about. For Allah is with you and will never put you in loss for your good deeds.' ([47]:35). In Surah Fath He emphasizes: 'To Allah belong the forces of

the Heavens and the Earth; and Allah is exalted in Might, full of Wisdom' ([48]:7).

There are spiritual forces under the command of Almighty Allah that are everywhere. He has placed 384 angels in our body. By performing *dhikr* while exercising in the gym or swimming, we activate these powerful forces that nourish, heal and sustain the body.

The body is a trust (*amanah*) for the soul; taking care of it is our responsibility. While on planet earth, Almighty Allah has blessed humankind with a body so that our soul can have a material experience to discover and unleash His power both physically and spiritually. Everything that is material will disappear and the developed soul will live for eternity. The challenge is to develop our soul; we have to maintain a balance between our body, mind and soul. This is a command of Almighty Allah (SWT). 'A healthy mind is a healthy body'.

Iman (belief), *Salat*, *Dhikr* (remembrance of Allah), *Fasting*, *Zakat* (charity) and *Hajj* are the institutions with which Almighty Allah has blessed humankind to develop the discipline that is required to discover His power.

Visiting the gym regularly builds the body's immune system, both material and spiritual. While we are exercising or swimming, the sounds of silently repeating the powerful names of Almighty Allah in the stillness of our minds reverberate in the body and synchronize its metabolism. The method of supplication and attracting the power of

Almighty Allah is to repeat His mighty, potent and powerful attributes.

Repeating the powerful Names of Almighty Allah continuously at the gym during workout, while walking, driving, at home or at work, liberates the dormant powers that are placed within us by Almighty Allah. Some of His most powerful names can be recited while in the gym. *Allah, Allah / As-Salatu 'alan-Nabi / Laa ilaaha illal Laah / Bismillah Hir-Rahman Nir Rahim / Ya Wadudu, Ya Wadud.*

The power of *dhikr* while exercising is phenomenal; this silent mental sound develops a rapport between Almighty Allah, the body, the mind and the soul. Our emotional state transforms into a positive one. The energy trapped by our thoughts is released.

The majestic name of Almighty Allah naturally resonates in the body; repeating His attributes creates a chemical reaction that regenerates the body's immune system. While being active, *dhikr* controls the free radicals that originate from the oxygen we breathe. These free radicals are the prime enemy and the root cause of all diseases. They penetrate the depths of each cell, and create chemical changes that attack the DNA. *Dhikr* produces natural anti-oxidants that vaporize the free radicals. The noble Messenger Muhammad (S) said: 'One of the most valuable Dhikr is one done by me and all the Prophets before me, *'Laa ilaaha illal Laah'*.

The body is a trust to humankind; if we nourish it with the right diet and treat it correctly, we will have an optimally

functioning body, mind and soul. There are remarkable forces in our body that are constantly at work building us up and tearing us down; it all has to do with how we live and take care of the greatest gift that Almighty Allah has blessed us with: 'The Body'. 'If we do not look after our body while we are young, someone else will look after it when we are old.'

Dhikr, performed silently or loudly, instinctively releases serotonin, a neurotransmitter that influences practically every aspect of the brain, helping to shape our moods, energy levels, memory and outlook on life. There is no need to take anti-depressants as *dhikr* naturally stimulates the serotonin levels.

Dhikr, coupled with *haya* (modesty), will generate the power to ascend to unimaginable heights. In Surah an-Nur of the Noble Qur'an, Almighty Allah emphasizes the need for modesty (*haya*): 'Say to the believing men that they should lower their gaze and guard their modesty (*haya*); this is purer for them' ([24]:30).

In the following *ayat*, the same command is repeated for the believing women with the additional instructions that 'they should not display their beauty [to strangers]' ([24]:31).

Haya is emphasized in the Noble Qur'an for both men and women; the *awrah* is sacred. We are instructed not to violate the sanctity of the *awrah* by exposing it. It is forbidden to walk naked in showers or the dressing rooms, revealing or

displaying the *awrah*. The male *awrah* is from the navel to the knee, the female from the breasts to the knee. The exposure of the sacred *Awrah* to any man or woman is forbidden. These parts of the body are sacred, must be covered at all times and can only be revealed to the wife or husband.

The noble Messenger Muhammad (S) has forbidden the exposure of both the male and female *awrah*. In a hadith, it is narrated: ‘No man should look at the *awrah* of another man and no woman should look at the *awrah* of another woman’ (Sahih Muslim).

17

THE POWER OF THE AWRAH

*‘Modesty and Imaan are joined together.
If one is gone the other will also disappear.’*
—**The noble Messenger Muhammad (S)**

The language of the Noble Qur’an abounds in spiritual and material insights that express the deepest meaning in the most potent, profound and beautiful way. Almighty Allah wants humankind to establish a morally sound society. He commands the men to lower their gaze. This will strengthen their willpower to realize that life is not only about physical sensual pleasures; there is more to life for spiritual beings in this material dimension. Our goal should be to discover and unleash Almighty Allah’s power that is within us and return to Him fulfilled.

In Surah al-Imran, Almighty Allah says: ‘In the nearness to Allah is the best of the goals (to return to)’ ([3]:14). In Surah al-Waqi‘ah, Almighty Allah says: ‘And those foremost in faith will be foremost in the Hereafter. These will be nearest to Allah in the Hereafter’ ([56]:10–11).

Almighty Allah motivates the committed Muslim/Muslimah to prevail by studying the most powerful soul and mind builder—the Noble Qur'an—through which He assures sincere, faithful and pious believers that they will acquire life skills to live a successful happy life in this world as well as in the Hereafter. They will be in the company of Almighty Allah, His noble Messenger Muhammad (S), and the chosen ones.

Almighty Allah is mindful of His servants; He knows our nature. In Surah al-An'am, Almighty Allah says: 'For the Mercy of Allah is always near to those who do good' ([7]:56). In Surah Hud, Almighty Allah promises forgiveness: 'Ask forgiveness of Allah, and turn to Him in repentance, for Allah is (always) near, ready to answer' ([11]:61).

Almighty Allah's mercy and power are always near to those who perform righteous deeds. He forgives those who seek His mercy by repenting. We are directed by Almighty Allah to call on Him with humility to build our hearts that will deliver us to His presence.

Remembering death stimulates us to live a better quality of life. It detaches us from the elements that create a veil between us and Almighty Allah, and bring us closer to Him.

In Surah an-Nur, Almighty Allah calls on the believing men to lower their gaze and guard their modesty (*haya*): 'Say to the believing men that they should lower their gaze and guard their modesty; that will make for greater purity

for them; and Allah is well acquainted with all that they do.’ ([24]:30).

Almighty Allah then calls on the believing women as well not to be influenced by Iblees. In *Surah an-Nur*, He says: ‘Say to the believing women that they should lower their gaze and guard their modesty (*haya*); that they should not display their beauty and be mindful of their chastity, except what (must ordinarily) appear thereof, that they should draw their veils over their bosoms and not display their beauty except to their husbands’ ([24]:31).

The Noble Qur’an lays down laws for women; they should not display their beauty in a way that draws the attention of men. Almighty Allah does not restrict women within their home in the company of their husbands, fathers, brothers or sons. He wants to protect the spirit and soul of women by not making them an object of lustful gaze by strangers.

This noble *ayat* (verse) of modesty (*haya*) came down to command believing women to cover themselves with their garments so that no provocative parts of the body would be exposed. The appearance of a woman wearing the hijab will not incite wicked men’s evil eyes or passion. In the spiritual realm, the hideous stare of men is committing adultery of the eyes, for which both men and women are accountable to Almighty Allah. The woman is guilty because she did not dress appropriately.

A woman who obscenely exposes her neck, chest and parts of her breasts, stimulating the attention of men, violates and

denigrates the privacy and sanctity of her *awrah*. The noble Messenger Muhammad (S) describes such women as ‘being clothed yet naked, since their clothing does not conceal the body but is rather intended to reveal it.’

Through their behaviour, both men and women can either build the relationship with Almighty Allah by following His divine decree, maintaining modesty as instructed in the Noble Qur’an, or lose contact and rapport with Almighty Allah’s power. In Surah an-Nahl, Almighty Allah promises the faithful: ‘To the righteous (when) it is said, what is it that Allah has revealed? They say all that is good, to those who do good, is good in this world, and the home of the Hereafter is even better, and excellent indeed is the home of the righteous’ ([16]:30).

In a hadith narrated in Tirmidhi, the noble Messenger Muhammad (S) said ‘All of a woman is *awrah*. When she leaves her home, Iblees looks at her.’ Ibn Taymiyyah reported that the noble Messenger Muhammad (S) said: ‘Modesty is a branch of faith.’ ‘The clothes of women in their homes at the time of the noble Messenger Muhammad (S) covered what is between ankle and palm; when they would leave for the market.’

Bibi Ayesha (ra) said: ‘If modesty (haya) were to assume a human form, it would be a virtuous person. If immodesty were to take a human form, it would be an evil person.’

In Surah al-Hujurat, Almighty Allah says: ‘The most honoured of you in the sight of Allah is the best in conduct

and Allah is well acquainted with all things' ([49]:13).

Haya is modesty; a woman's modesty comes from her respect of Almighty Allah. *Haya* is an attribute that educates the believer to avoid anything that displeases Almighty Allah. *Haya* is an important part of our belief and faith. If we do not have any form of *haya* within us, then this is a sign that we will lose our way towards righteousness, piety and the discovery of the power of Almighty Allah within us.

Abu Huraira (ra) narrated that the noble Messenger Muhammad (S) said: Faith (belief) consists of more than sixty branches; *haya* is part of faith. As Muslims we must develop our character (*haya*) that will lead us to consciously submit to the will of Almighty Allah. *Haya* for both male and female is a sign of a dignified upright personality who is conscious of his actions and his responsibilities (Sahih Bukhari).

Modest (*haya*) dressing indicates the degree of one's *Iman* (Faith). The noble Messenger Muhammad (S) said: 'Every religion has its character; modesty (*haya*) is Islam's character (narrated Imam Malik).'

The noble Messenger Muhammad (S) said: 'Modesty (*haya*) and *Iman* are joined together. If one is gone, the other disappears.' *Iman* brings about the purification of the soul; this is only possible when our conduct is in harmony with the laws of Almighty Allah, as explained in the Noble Qur'an and exemplified by the *Sunnah* of the noble Messenger Muhammad (S). When *haya* disappears we begin to stray from the path and the *Ummah* starts on the path to decline.

When one deprives oneself of modesty (*haya*) one limits the power and growth of the soul. Modesty (*haya*) is the foundation of goodness. The noble Messenger Muhammad (S) said: ‘Whatever consists of obscenity will be destroyed and whatever constitutes modesty (*haya*) will flourish’ (Tirmidhi).

Men: this is a wakeup call for you to ensure our wives, mothers, sisters, nieces and daughters dress modestly. We should not be indifferent or encourage our women to wear tight and revealing clothes that expose them to unwanted gaze.

The noble Messenger Muhammad (S) said: ‘The first look which is generally involuntary is pardonable, but not the second look.’ Remember we are always in the presence of Almighty Allah. We must be modest if we want to walk with Almighty Allah and be in His company. *Haya* is modesty, self-respect, honour and humility. Modesty is the virtue of a believer who avoids anything that displeases Almighty Allah. The sign of a person with weak *Iman* is one that is not modest in his/her dress.

In Surah an-Nahl, Almighty Allah warns humankind: ‘One day every soul will come up struggling for itself and every soul will be recompensed (fully) for all its actions, and none will be unjustly dealt with’ ([10]:111).

Almighty Allah says that every soul will be engrossed with its own affairs. The soul won’t have time for anyone else. When Almighty Allah says ‘every soul will come pleading

for itself', this tells us how serious the Hereafter will be for the disobedient soul.

Think and ponder: how old are you? Look back, not long ago, you were a little girl or boy; now you are an adult, parent or even a grandparent.

We realize that this cosmos is just a dream; it will be over in a flash. Almighty Allah explains, the believer who is in harmony with His wish will experience good in this world and in the Hereafter. Remember we will be in the afterlife eternally, infinitely and forever. There is no coming back; no second chance.

In Surah al-Anfal, Almighty Allah calls on us: 'Fear Allah and keep straight the relations between yourselves; obey Allah and His messenger if you do believe' ([8]:1).

Almighty Allah calls on us to be in harmony with His will. When we maintain *haya*, Almighty Allah and His angels are pleased. We will be blessed with everything we desire in this world and the next. Remember, we are always in the presence of *Almighty Allah*.

If there is no *haya* there is no *Iman*, if there is no *Iman*, there is no life. With *haya*, we excel spiritually. *Haya* is inseparable from the identity of Islam.

A civilization is indeed utterly destroyed when the women who are the torch-bearers of society deviate from the path of modesty. Remember dying is the ultimate end of humankind. Remembrance of death cleanses and heals the heart from our *nafs* (ego).

Almighty Allah has *Haya*; He does not expose the secrets of His creation. When we go astray, the first thing that disappears is *haya* (modesty). Almighty Allah insists that the Muslim woman covers herself for her spiritual development, enlightenment and advancement. Almighty Allah has a right over His creation; we must appreciate Him and His laws; they are created for our safe return to Him.

There is a difference between *awrah* and aura. *Awrah* refers to the most intimate parts of the body.

The human aura is a subtle emanation of a luminous cloud, a bright light that surrounds the body. Spiritually enlightened people are able to see the aura of another person. The colour expresses the emotion, spiritual and physical character of an individual.

This powerful light varies from person to person in colour and shape, expressing the health, emotional and spiritual virtues, features and qualities of the personality. By not honouring Almighty Allah's divine decree of modesty we violate the sacred quality of our aura.

A tradition of Abu Dawood says: 'When a woman reaches the age of puberty, no parts of her body should be exposed except the face and hands extending to the joints of her wrists.' In the first half of the last century women in western society used to cover themselves; they had *haya*.

Our noble Messenger Eesa (Jesus) (S) said: 'That anyone who looks at a woman lustfully has already committed adultery with her in his heart.'

The noble Messenger Muhammad (S) said: ‘Whosoever is desirous of the home of the Hereafter, he should keep away from the Zina of the Dunya’, which refers to the passionate desire for material things at any cost and to the detriment of everything else.

Let’s prepare ourselves for eternity. We have no knowledge of when our time will come; it could be the very next moment. Almighty Allah’s knowledge and power are infinite, endless, have no beginning and no end; they are independent of time.



PART THREE

BELIEVE YOUR FEARS AWAY

18

THE POWER OF EXPECTATION

*I treat my servant according to his expectation of Me
and I am with him when he remembers Me.'*

—**Hadith Qudsi**

It is through our thoughts that the creative power of Almighty Allah is unleashed within us. If our mental pictures are of conditions and things we desire, and the desire is anchored in joy and faith in Almighty Allah, our inner power will attract the surroundings and conditions into our life.

Absolute faith in Almighty Allah (SWT) has the power to attract and accomplish any desire or dream we have. Be patient and live with the knowledge that everything we are searching for is a certainty if we prepare and expect it. Faith and Belief together create our reality.

Every dream begins with hope. Abu Hurairah (ra) narrated that Rasoolullah (S) said Almighty Allah says: 'I treat my servant according to his expectations of Me, and I am with him when he remembers Me.' In Surah al-Baqarah, Almighty

Allah promises hope to the believers: ‘Those who make a firm commitment, and strive and struggle in the path of Allah, they have hope and the Mercy of Allah; Allah is Oft-Forgiving, Most Merciful’ ([2]:218).

The truly committed who trust in Almighty Allah’s Mercy and Compassion will never be disappointed. Those that strive hard in Almighty Allah’s cause in everything they do, Almighty Allah will bless with what they expect of Him.

The great sufi Jalaluddin Rumi (ra) said: ‘Almighty Allah guides one who directs himself toward Him.’

Expectation and hope are motivating forces; they attract what we think and expect. Our mind is like a magnet; it draws us towards our goal. Expectation and hope cause us to say *insha’Allah* ‘I can do it, I will succeed.’ Motivated with expectation and hope, we drive and push ahead in life. Almighty Allah will allow whatever we want in life to happen. He gives us what we expect when we say *insha’Allah*—we accept ‘If Allah wills’.

The noble Messenger Muhammad (S) informs us that Almighty Allah said: ‘I am as my servant thinks of Me, and I am with him whenever he invokes Me.’

In Surah Jinn, we read: ‘Say, I invoke [call upon] Allah alone, I associate no partners with Him’ ([72]:20).

Almighty Allah commands us to call on Him with expectation in our hearts. The mercy of Allah is always near to those who are righteous. Almighty Allah assures us that

those who pray with humility and expectation of success will be rewarded with his expectation of Him. We are blessed with what we expect; if we expect success and work towards a goal, Almighty Allah will bless us with success in our endeavours. Almighty Allah promises the believers who strive to meet Him.

In Surah al-Kahf, He says: ‘Whoever expects to meet Allah, let him work righteousness’ ([18]:110).

In Surah at-Talaq, Almighty Allah guarantees: ‘To him who believes in Allah and the last day. And for those who fear Allah, He even prepares a way out. And He provides from (sources) he never could imagine. If anyone puts his trust in Allah, sufficient is Allah for him. For Allah will surely accomplish His purpose’ ([65]:2–3).

Allah is the Creator and Knower of everything. He has complete knowledge of all the thoughts that we harbour in our mind. Almighty Allah promises those who make the effort will experience prosperity in the most unexpected ways and from quarters beyond all expectations.

Almighty Allah wants for us, what we want for ourselves. When feeling confused, pray to Almighty Allah for guidance. If we have faith, make a decision to the best of our ability, and leave the result in Almighty Allah’s hands; He will bless us for having absolute faith in Him. Blessed with power, we can accomplish the extraordinary. We must have vision, passion and a desire to succeed and, *insha’Allah*, by the Grace of Almighty Allah what we want, we shall receive.

Indecision is harmful to the soul. Indecision breeds more doubt and ultimately decisions are made for us. We must understand that not deciding is also a decision. We are always deciding in life; it is better to make a conscious decision, rightly or wrongly. When we ask Almighty Allah to help us decide, He responds to our call. Almighty Allah will bless us with what we want, as long as we follow His commands; the right decision, *insha'Allah*, will always be taken. Success then is guaranteed.

Almighty Allah deals with humankind according to their expectations of Him. We should always be hopeful for the mercy and benevolence of Almighty Allah and always be happy with His blessings. By devoting ourselves to Almighty Allah, having total faith in Him, and being grateful to Him, we will enjoy more kindness and favours from Him. When we appreciate Almighty Allah's blessings, they grow in abundance.

An excellent way of transforming our life is to communicate with Almighty Allah and that is to worship and praise Him. Worship and praise are the purest forms of prayer because they focus our mind and soul entirely away from ourselves to Almighty Allah. *Salat*, *dhikr*, and remembrance are the most effective ways of attracting the power of Almighty Allah. Memorizing Almighty Allah's powerful names, the *Kalima Shahaadah*, and as many surahs as possible, implanting them deeply in our hearts, will fortify our beliefs and attract and unleash the power of Almighty Allah.

Our destiny depends on us. Have a Vision and a Dream and work relentlessly towards both. Focus all the faith, action, sincerity and skills we can muster and then expect Almighty Allah's blessing. He will not disappoint us. In Surah al-Mumin, Almighty Allah promises victory to the believer: 'Patiently, then persevere; for the promise of Allah is true; and ask forgiveness for thy fault, and celebrate the praises of Allah in the evening and the morning (at all times)' ([40]:55).

Almighty Allah asks us to remain patient in times of difficulties. Our duty is to pray and praise Almighty Allah, seeking His forgiveness, for His promise is true to those who continue their struggle with expectation and hope in Almighty Allah. That victory and success will *insha'Allah* be realized.

Almighty Allah promises those who strive in His cause and expect success that they will not be forsaken. Surah at-Tauba states: 'Do you think you will be abandoned? Allah takes cognizance of those who strive hard for His cause and establish close association with none other than Allah, His Messenger and the believers; Allah is well aware of what you do' ([9]:16).

19

DO NOT REGRET THE PAST OR FEAR THE FUTURE

*‘Do not keep company with anyone whose state
does not inspire you and whose speech does not
lead you to Allah.’*

—**Ibn Ata’illah (ra)**

The past is gone. Do not spend time and energy brooding or worrying about it or fearing the future. Live in the present moment; this is where everything happens. There is no way of rewinding the clock to give ourselves the chance to do it all over again. Now is the only time we have to do what we want to do. ‘Yesterday’ is dead and buried. ‘Tomorrow’ is unborn. TODAY is what we should live for and care about, because today is HERE and NOW and that is all that matters. Tomorrow will be taken care of, if we live TODAY as it should be lived.

Regretting or being sad over the past will not change our present circumstances. Mourning the past will only erase depression, not alter it. The past does not exist; lingering

on the past drains our energy, which affects our power of thought about the present and the future.

In Surah al-Hadid, Almighty Allah explains about His Mercy, and forgives the past: ‘O ye that have made a firm commitment to Allah, have Taqwa of Allah and believe in His messenger (noble Messenger Muhammad (S)) and He will bestow on you a double portion of His Mercy. He will provide for you a light by which you shall walk (straight in your path), and Allah will forgive you (your past sins), for Allah is Oft-Forgiving, Most Merciful.’ ([57]:28).

In Surah al-Anfal we read: ‘Say to the rejecters [of Allah’s Power, Presence and Authority], if they desist [from persecuting the committed Muslims], all that is past shall be forgiven’ ([8]:38).

Almighty Allah speaks about the past and future; He gives us the opportunity to repent while we are alive so we can attract the light of Almighty Allah before death overtakes us. Almighty Allah forgives us for the mistakes we made in the past. He is Most Gracious, Most Merciful, Most Loving, and Most Forgiving. If Almighty Allah can forgive us, He expects us to forgive all those who wronged us. One of His powerful attributes is *al-Ghaffaar*—Exceedingly Forgiving. Almighty Allah is most Forgiving; we have to adopt His potent qualities. Forgive anyone who harms us, forgive and forget the past.

The action we take in the present will determine our future. Nothing ever happens in the past; it all happens in the now.

What we do in the now is crucial to our destiny. When the future comes, it comes as the now. Spend time praying; ask Almighty Allah for forgiveness, He will *insha'Allah* empower us.

In Surah al-Ahzab, Almighty Allah encourages the believers: 'O you who believe, celebrate the praises of Allah, and do this often, Glorify Him morning and evening. He it is who sends blessings on you, as do His angels, that He may bring you out from the depths of darkness into light; and He is full of mercy to the believers.' ([33]:41).

And in Surah ad-Duha, Almighty Allah says: 'The bounty of thy Lord rehearse and proclaim' ([93]:11).

Repeating any number of the ninety-nine names of Almighty Allah transforms us. All the Prophets, saints, religious leaders, companions and scholars have reached the highest stages through repeating the beautiful names of Almighty Allah and thanking Him all the time for all His Blessings.

Dhikrullah builds the personality and empowers the soul. Seek forgiveness from Almighty Allah, live the now. Almighty Allah wants us to remember death, so socially we may live a life of harmony with our fellow human beings. Spend all our energy serving Almighty Allah and make this a better world for our fellow human beings and the next generation. By constantly remembering death, we ensure that we do not harm or hurt a soul (any human being).

Hadrath Ali (ra) said: 'Treat people in such a way and live amongst them in such a manner that if you die, they

weep over you and if you are alive, they crave for your company.’

Omar Khayyaam, the inimitable philosopher, poet and astronomer, said in one of his *Rubayaats*: ‘Do you remember the time when you were born? Everyone around you was laughing (with joy) and you were crying. So live such a (meritorious, pious) life, that when the time comes for you to go from this world; everyone around you will be crying, and you will (be going away) laughing.’

By rehearsing and glorifying Almighty Allah’s names during remembrance we will receive His Grace and Guidance.

In Surah al-Baqarah Almighty Allah warns us about Iblees: ‘The evil one threatens you with poverty and seduces you to conduct shameless or indecent acts. Whereas Allah promises you His forgiveness and bounty, Allah is Infinite, All-knowing’ ([2]:268).

Iblees, the evil force, will encourage us to regret the past and fear the future; he will never allow us to live in the now. This is how the evil force tries to control us.

Almighty Allah reminds us to be careful when we have doubt or fear the future; we are being influenced by Iblees. If we grieve for the past or fear the future, we must take refuge in Almighty Allah. The influence of Iblees is stifled when the name of Almighty Allah is recited. Almighty Allah promises success and satisfaction to those who have absolute faith in Him. Almighty Allah knows all our thoughts, because everything is in His power.

Break the bonds of the past to enjoy the gifts of Almighty Allah (SWT). Almighty Allah asks us to forget the past; Iblees wants us to preserve our past. Remembering the past retards our progress to move forward in life. Iblees discourages us from focusing on the now. Almighty Allah's power is in the now.

Remember, Iblees wants us to live in the past and fear the future; he encourages fear when we want to give charity or perform an act of kindness, doubts and fear of impoverishment attack us. Iblees wants us to be selfish, greedy and extravagant. Iblees encourages us to do things for show or to boost our ego (*nafs*).

Almighty Allah's power is in the now, the present. When we focus our energy and live in the now, the influence of Iblees is neutralized and becomes ineffectual. Almighty Allah promises those who follow His guidance that they will be blessed with success. Almighty Allah will free the righteous from fear of the present or the future and any sorrow in the past.

Recalling the past takes up a lot of our time and attention, affects our thoughts, and creates guilt, pride, resentment, anger, regret and self-pity. Don't dwell on the past or the future; regretting or grieving the past misleads and derails us from the path of Almighty Allah. To succeed in changing our lives, we must start with ourselves. Until we say goodbye to the old me, we won't be able to discard the harmful influence of Iblees.

The present is not the past and it is not the future, the present is right now. This is where we can plan and focus on a brighter future with Almighty Allah's assistance. The past no longer exists, so focus on the now, live as if today is our last day. When we focus on the now, we build the prosperous future that we aspire to. The devotee's soul will be free and attract the power of Almighty Allah. Do not spend energy lingering on the past. *Dhikr*, the remembrance of Almighty Allah, is the refuge in Him that we need to forget the past.

The Power of Almighty Allah is in the now, in the present. Be Grateful to Almighty Allah, live with an Attitude of Gratitude.

20

HAVE NO FEAR AND YOU SHALL NOT GRIEVE

‘Whoever fears Allah ... is feared by everything.’

—**Hadrat Ali (ra)**

Fear is similar to having cancer; it hides inside us, sapping our strength and energy. Fear or worry drains our minds of power and over time it injures our soul. To fear is one thing, but to allow fear to control our destiny is a different matter. We must not allow this to happen. Faith in Almighty Allah, reading the Noble Qur'an with understanding and following the *Sunnah* of our noble Messenger Muhammad (S), will empower us to build our resistance against the challenges in life. Almighty Allah (SWT) says in the Noble Qur'an in Surah al-Baqarah: 'Those who believe, and do deeds of righteousness, establish regular *salat* and give regular charity will have their reward with Allah: on them shall be no fear, nor shall they grieve' ([2]:277).

Fear is a dominant emotion in the world today. The fear of loss, of tomorrow, of failing in life, of hurt or harm are

phobias created by evil forces to divert humankind from faith in Almighty Allah. In Surah al-Imran, Almighty Allah warns humankind: 'It is Iblees who prompts people to fear his allies: have no fear of them, but fear Me if you are truly committed [to Me]' ([3]:175).

Almighty Allah tells us that He is the only power to be feared. Faith in Almighty Allah makes Iblees and his allies impotent. Almighty Allah's power is the only power that the evil forces fear. Almighty Allah promises the truly committed who follow His law in every thought and action, perform the salat, give charity, act righteously and seek the pleasure of Almighty Allah, that they will have no fear, nor shall they grieve. In every thought and action, we must seek the pleasure of Almighty Allah.

The antidote to fear is faith in Almighty Allah. Start now; read the Noble Qur'an regularly and with understanding; action is a builder of confidence. Action closes the door to fear. We are trapped in fear and worry, which can lead to a host of diseases. Life is filled with uncertainty; ninety per cent of our confrontations in life are with imaginary predators we are trying to fight. Faith in Almighty Allah is the saviour. Do we associate with people who are fearful, fault-finding and negative? Be cautious of negative associates who always complain about life.

Hadrat Ali (ra) says: 'Keep company of the people of good and you will be one of them, and keep away from people of evil and you will be separated from them.'

The number of people from all walks of life oppressed by fear is disturbing. Fear of poverty, ill-health or old age are signs of evil! Fear is a negative force that drains our energy. The noble Messenger Muhammad (S) encouraged this *dhikr* to overcome fear and worries: ‘The servant who makes this *dhikr* in the morning and evening, every day three times, nothing will cause him harm.’

‘Bismillaahil-ladhi laa yaduru ma’asmihi shay’un fil ardi wa laa fissa maa; wa hu wa samee’ul ‘aleem.’ ‘In the name of Allah, with whose name nothing on earth nor in the heavens harms, and He is All-hearing, All-knowing.’

In this *du’a* Almighty Allah undertakes that by having faith in Him, nothing on this earth can harm His faithful servants. Fear is the greatest spiritual hindrance that keeps people from committing themselves to Almighty Allah and enjoying an abundant, successful, fulfilling life. Almighty Allah is the Cherisher and Sustainer of the worlds. What calamity can cause us grief if we have Almighty Allah on our side?

The Noble Qur’an is overflowing with verses that promise good and success to those who ‘follow the guidance of Allah’. In Surah al-Baqarah, Almighty Allah reminds the believer: ‘Whosoever follows My guidance, on them shall be no fear, nor shall they grieve’ ([2]:38).

By reading the Noble Qur’an we establish our faith in Almighty Allah and remove negative emotions. These

negative emotions—fear, jealousy, hatred, envy, revenge, greed, superstition and anger—are replaced with emotions of desire, faith, love, enthusiasm and hope. We must resist fear by controlling our thoughts and expecting good in life. We must never carry grudges, rather think pleasant thoughts and swiftly or immediately forget unpleasant incidents or encounters.

To learn how to conquer fear, read the Noble Qur'an daily. Lack of belief in Almighty Allah produces a spirit of timidity, reluctance and hesitation. Absence of faith and courage causes thousands to live weak, apologetic lives. We must be free of fear and live with the guaranteed knowledge that Almighty Allah, our Creator who brought us into this world, is with us at all times.

In Surah al-Baqarah Almighty Allah says: 'Nay, whoever submits his whole self to Allah and is doer of good, he will have his reward with Allah; on such shall be no fear, nor shall they grieve' ([2]:112).

Fear that disciplines us is good. We cannot be good unless we respectfully fear the displeasures of Almighty Allah. Fear of Almighty Allah makes us follow His laws, and develop love for Him. Almighty Allah says in the Noble Qur'an, Surah al-Imran: 'O ye, who believe, fear Allah as He should be feared' ([3]:102).

Prophet Sulaiman (Solomon) (as) said: 'The beginning of wisdom is the fear of Allah.' Fear of Almighty Allah is one of the qualities of the soul. Restoring order to the soul begins with instilling fear of earthly desires. This fear is akin to love;

it is the fear of losing the pleasure of Almighty Allah. We must strive for His mercy and love by following His commands as explained in the Noble Qur'an and as exemplified by the *Sunnah* of the noble Messenger Muhammad (S).

The fear of expectation is a fear that causes us to expect the worst: 'We get what we expect' and 'we attract what we fear'. A person motivated by this fear will think more about what can go wrong than what can go right. When we concentrate on what we fear or want to avoid, we increase the likelihood of its happening. We must always replace negative suggestions with positive ones.

Always expect good; expecting good will bring comfort and strength. Remember we get what we expect! The Noble Qur'an is prolific with verses that promise good for humankind who follow Almighty Allah's guidance: 'On the faithful shall be no fear, nor shall they grieve.' If we follow Almighty Allah's laws and have faith in Him, no fear can befall us in any way. What calamity can there be to cause grief? Almighty Allah promises success to those who believe and fulfil His commands.

We must always focus our attention on success. We must not compromise when confronted with difficulties. These come to everyone, but the successful and fearless person acknowledges the difficulties as stepping-stones to advancement. The best way to adapt to change and lead a successful life is to view difficulties or crises as opportunities. Almighty Allah works in wonderful ways, especially if we

have absolute faith in Him, He will bless us with success because He knows what we need. The only prerequisite is to have faith in Almighty Allah, only when we have faith will He respond. When Almighty Allah helps us succeed, He wants us to understand that difficulties in life are His challenges that take us to the next level on our road to success.

We must always pray to Almighty Allah and have faith in Him. We live only one short life that will soon pass. Only the deeds we do for Almighty Allah in His Name will last. Almighty Allah has promised if we believe in Him, life will be a pleasure, free from fear. Those who trust in Almighty Allah will be free of fear, grief and will be safe. There is safety and deliverance in Almighty Allah; serve Him without fear.

The love of Almighty Allah and our fellow human beings will cast out fear. When love controls, we defeat and conquer fear because of our concern for the needs of others. Almighty Allah blessed us with Love and Guidance to overcome and conquer fear. The *Sunnah* of the noble Messenger Muhammad (S) teaches us the same things.

Almighty Allah addresses the noble Messenger Muhammad (S) to enjoy this life by choosing only what is wholesome, that elevates human beings and makes them grow and enjoy this life in purity and enables us to establish a bond with Him. Almighty Allah encourages us to live successfully and enjoy life. In Surah al-Muminoon He says: ‘O ye Apostles; enjoy (all) things good and pure’ ([23]:51).

21

THE NEGATIVE POWER OF FEAR

*If you are mindful of Allah,
He will be mindful of you,
and if you are mindful of Allah,
you will find Him before you.'*

—**The noble Messenger Muhammad (S)**

The mind is extremely powerful; however, negative thoughts can drain the mind of its positive power and cause personalities to become weak. Fear is like a recorder inside us, continually replaying what we fear. Fear is a powerful negative force that restricts our talents and skills, which lead to panic reaction. Fear is like a noose that slowly tightens around our neck. A person motivated by fear or worry thinks about what can go wrong, rather than what can go right. This behaviour causes a person to live in defensive mode, expecting things to go wrong. To live life to the fullest, it is important to guard our thoughts and allow only positive information to enter our mind. Always avoid negative thoughts of fear and worry.

In Surah al-Maida, Almighty Allah guarantees success to those who follow His divine decrees: ‘There hath come to you from Allah a (new light) and a clear book. Wherewith Allah guideth all who seek His pleasure to ways of peace and safety, and leadeth them out of darkness, by His will unto light—guideth them to a path that is straight’ ([5]:17–18).

Further, in the same Surah (al-Maida) Almighty Allah reminds the believer: ‘Those who believe in the Qur’an, those who follow the Jewish scriptures, and the Sabians and the Christians, any who believe in Allah and the last day and work righteous deeds, on them shall be no fear and nor shall they grieve’ ([5]:72).

Human beings go through challenges in life; Almighty Allah assures sincere believers guidance that will make them free from fear and grief. Knowledge of Almighty Allah will save humankind from being fearful and negative.

The most successful people in the world are no different from us. These joyful, dynamic people have a positive paradigm about the world and their surroundings. Although we come from the same source, these successful people do more than merely exist; they fan the flames of their human potential and do things in a different way.

Sixty thousand thoughts pass through our minds every day. Amazingly 95% of these thoughts are the same thoughts entertained the day before.

Sadly our thoughts are impoverished; if we think the same thoughts every day, most of them negative, we find ourselves

in a rut of bad habits! To emerge from this rut, we must read the Noble Qur'an and the *Sunnah* of our role model, the noble Messenger Muhammad (S). A continuous diet of *ilm* (knowledge) will empower us.

We are consumed by needless and endless fear or worry that is a negative force. Fear drains our energy and natural vitality, causing our precious potential and mental energy to leak. The mind works like air leaking out of a car tyre; eventually after constant negative thoughts, our creative energy is drained, leaving us consumed with fear and worry.

We notice on tense days we can't perform at our peak level; we are in chaos, having to be everywhere at the same time, and not able to please anyone. Although by the end of the day we have performed little physical labour, our worries leave us feeling deflated.

In Surah al-A'raaf, Almighty Allah promises success 'to those who mend their lives, and guard against evil; they shall have no fear nor shall they grieve' ([7]:35). In another verse in Surah al-Ahqaf, Almighty Allah says: 'Those who say our Lord is Allah and remain firm (on the path), on them shall be no fear nor shall they grieve' ([46]:13).

Almighty Allah promises believers who follow His law, perform *salat*, give charity and act righteously that they will have no fear.

Here is a simple programme for everyone to follow. On the first day, write down the six most important things you

want to do in life. Reading the Noble Qur'an and *Hadith* literature to understand the *Sunnah* of the noble Messenger Muhammad (S) should be one of them. The following day, start working on one of the things on your list, only one at a time, making sure you start with the most important. Stick to the task you start with until it is complete. If you choose to read the Noble Qur'an, within weeks it will change your life.

Some of us worry about failed relationships, financial problems or an imperfect childhood. Don't be caught up in the past, regretting what should have been done. Allowing the mind to brood over past regrets will influence our life-force. Focus your energy on actions to take that will make a difference in your life in the future. Concentrate on all the good with which Almighty Allah has blessed us; use the energy to think of ways to make things better. Always pray with gratitude to Almighty Allah.

Remember Almighty Allah cares about our feelings and emotions. He wants us to discover Him through His inspiration.

In the noble Qur'an Surah Yunus Almighty Allah emphasizes: 'O mankind there hath come to you a direction from Allah. A healing for the diseases in your hearts and for those who believe, a guidance and a mercy.' ([10]:57).

Fear is a disease that causes spiritual death. The noble Qur'an builds the soul; it is a healing and a mercy.

If we follow Almighty Allah's laws in the Noble Qur'an, our conduct will show that we are firm on the path of truth.

Almighty Allah says no fear can possibly come on the faithful believer and no calamity can cause grief. Almighty Allah is our Cherisher, Sustainer, Defender, Guardian, Confidant, Protector and Helper, our Hope and our Comfort, Who will never fail us.

Almighty Allah will open the enormous potential of our minds; set the sixth sense to work wonders and deliver everything we want in life, emotionally, physically and spiritually.

Almighty Allah wants us to manage our minds and thoughts. 'The best antidote to fear is knowledge.' Read the Noble Qur'an and the *Sunnah*; within weeks you will, *insha'Allah*, notice a change in your behaviour. The way we think is habit, so by simply changing habits we will change our lives and finally change our destiny in this world and the Hereafter.

In Surah Fatir, Almighty Allah says: 'And establish regular salat and whoever purifies himself does so for the benefit of his own soul; and the destination of all is to Allah' ([35]:18). Jalaluddin Rumi (ra) said: 'Sometimes peace is hidden in fear [of Allah] and benefits are hidden in difficulties.'

22

WHY WORRY—ALMIGHTY ALLAH LOVES YOU

*‘When Love of Allah takes possession of the
innermost being of Allah’s bondsman,
it empties him of every fire-occupation
except remembrance of Allah.’*

—**Imam Jafar as-Sadiq (ra)**

We spend the best years of our lives worrying about things that either happened or will happen in the future. Worry is a bad habit; we must be aware that most of the things we worry about never happen. Worry exhausts the mind of its power, burns the soul, and reduces the quality of life. When we are worried, our energy gets consumed and drained.

Do not allow worry and fear to stifle and control your destiny. The habit of worry encourages us to focus on how difficult life has become and we anticipate problems; our mind wanders, instead of focusing on our work and taking the right action. Uncompleted tasks are the most exhausting;

they wear us out. The longer we let things slide, the harder they become.

The antidote to worry is faith in Almighty Allah. Life is filled with uncertainty, we are without doubt certain that we have an appointment with Almighty Allah, only He knows the time.

In life we must be able to live with uncertainty; even enjoy it, when our faith in Almighty Allah is absolute and we become comfortable with uncertainty by the Grace and Mercy of Almighty Allah infinite possibilities and opportunities open up into our lives. That means fear is no longer a dominant factor in what we do and no longer prevents us from taking action to initiate change.

Action is the builder of confidence and closes the door on worry and fear. Do not wait until everything is perfect, act and expect success, rely on Almighty Allah. It is better to be 80% sure and make things happen, than it is to wait until you are 100% sure, because by then, the opportunity will have already passed. In life, look before you leap, but do not look too long, for you may never leap. A Chinese proverb says: 'He who deliberates fully before taking a step will spend his entire life on one leg.' The tragedy for many people isn't that life ends too soon, it is they wait too long to begin living life the way Allah wants.

It is said 'Tomorrow is the only day in a year that appeals to a lazy man.' The only time we have absolute control of is the present.

Almighty Allah reminds us in Surah al-Shura: ‘We have made the noble Qur’an a light, wherewith we guide such of our servants as we will’ ([42]:52). Almighty Allah will guide the believer that follows what pleases Him. The noble Qur’an is a light that imparts happiness to those hearts that are inclined towards the word of Allah.

Almighty Allah delivers His believing servants from darkness of disbelief, worry, fear, doubt and hesitation, to the light of truth and peace.

Worry or fear is from Iblees, who beautifies the path of ignorance that has caused humankind to deviate from the path of Almighty Allah.

Challenges are part of living; no one goes through life without challenges. The time people waste arguing and debating unnecessary problems in comparison to legitimate problems is estimated as follows: things that never happen—40%; things from the past that can’t be changed by worry—30%; needless worries about health—12%; petty miscellaneous worries—10%; real legitimate challenges in life—8%.

In short, 92% of the average person’s worries take up valuable time, cause painful stress, mental anguish and are completely unnecessary. Legitimate challenges in life consist of two types: problems we can solve; and those beyond our ability to solve. These are in the hands of Almighty Allah.

Millions of people are running around with problems, not realizing they are challenges that they are able to solve if

they learn how. Research suggests that successful people had the same difficult challenges, but the difference is they had staying power and patience to solve them.

We will reach our goals if we have staying power. Successful people are those with a definite purpose and plan for reaching their goals.

The Noble Qur'an tells us Almighty Allah is with those who patiently persevere. He guarantees success as mentioned in Surah Yusuf: 'He that is righteous and patient—never will Allah suffer the reward to be lost of those who do right' ([12]:90).

In Surah al-Baqarah, Almighty Allah tells us: 'Seek Allah's help with patient perseverance and in salat' ([2]:45). In Surah al-Imran Almighty Allah says: 'O you firmly committed [to Allah], persevere in patience and constancy, strive in perseverance; strengthen each other; and fear Allah that ye may prosper' ([3]:200).

To be successful we must be patient during times of difficulty. When facing challenges in life, Almighty Allah promises relief and success to those who pray to seek His help, remember and rely on Him at all times. The power of patience is active; it is concentrated strength.

Almighty Allah is willing to assist and protect us to succeed in all our endeavours. In *Surah al-Imran* we read: 'Allah is the Protector of those who believe and have faith [in Him]' ([3]:68). Worry is infectious; like physical illness it produces an unhealthy environment for our near and dear ones; for

those we love. Worry and fear are contagious; they spread a negative feeling of fear in the entire family. This is in conflict with the power of Almighty Allah (SWT) that is subject to sound human nature.

The best way to overcome the habit of worry is to spend some time in *salat* (prayer), and during *sajdah* (prostration) have a heart-to-heart talk with Almighty Allah. After that, surrender to the Will of Almighty Allah; leave your problems to Him; and have the expectation that He, without doubt, will inspire you with a method to overcome your difficulties and challenges. Thereafter continue your work, leaving the problem in Almighty Allah's care.

Do this every day. Insha-Allah, a solution will dawn on you or Almighty Allah will send someone who will inspire you or an opportunity will come your way. That will be Almighty Allah's answer to the believer. In Surah Talaq Allah says: 'Allah will grant a way out to the faithful from sources he least expects.' ([65]:2-3)

Every time you think of something that disturbs you, talk to Almighty Allah in your *salat*. This simple procedure will help you overcome the habit of fear and worry. Almighty Allah's help and protection will never fail the believer who has absolute faith and trust in Him. Almighty Allah promises in Surah al-Baqarah: 'Whoever rejects evil (worry and fears) and believes in Allah hath grasped the most trustworthy hand-hold that never breaks, Allah heareth and knoweth all things' ([2]:256).

Faith in Almighty Allah is a blessing for the believers. It provides one with peace of mind and heart, assurance and support that Almighty Allah will hold the hand of those believers who rely on Him. Absolute faith and reliance on Almighty Allah is the answer to all challenges in life.

Physicians of the body know that in terms of the mind, worry is the major contributing factor to ill health. Human beings have destroyed their health physically, mentally and spiritually, because they worry about things they have no control over. People go to various doctors for help, to seek cures for their illnesses. No outward treatment can cure an inward condition. It is like spraying rose water over cancer.

The answer to all the problems of people is to put an end to fear and worry, which is the main cause of the outward physical manifestation. It is the cure of the inward condition that can save people going from doctor to doctor. The body has a built-in pharmacy. Spend the money you use to pay for doctors' consultation by buying the right kind of books.

The first must be to read the Noble Qur'an and the life of the noble Messenger Muhammad (S), a definite spiritual method to heal the body, mind and soul. In essence, the Noble Qur'an and the *Sunnah* contain the formulae for living a life of peace, good health, free of worry and fear.

Fear and worry can be banished from the mind. One has to practise a new attitude to life. To change one's belief and habits requires long and persistent cultivation. Spend more

time dwelling upon our blessings instead of our troubles. Be grateful to Allah; live with an attitude of gratitude.

Hope and faith in Almighty Allah is the antidote to fear and worry. Almighty Allah promises relief to those who struggle and experience difficulty. We may be on the threshold of success, but our creative gifts and plans can be sabotaged by fear and worry. The more we confront our fears, the more we will grow and be empowered.

There is no need to worry about the decisions that have been taken in the past. All you have to do is put them out of your mind by remembering Almighty Allah. Experience is part of life; it is a great teacher. When you have taken a decision that is successful, praise and thank Almighty Allah. This will close the gate to thoughts that have been worrying you. You will pass through this phase and experience peace of mind and succeed in all your endeavours, *insha'Allah*.

In Surah an-Nur, Almighty Allah reminds us: 'To Allah belongs the dominion of the Heavens and the Earth; and to Allah is the final goal of all' ([24]:42). We come from Almighty Allah, to Him we belong and to Him we will return. In Surah Al-Ahzab, Almighty Allah says: 'It is Allah who sends blessings on you with His angels; He takes you out of the depths of darkness into the light and He is full of Mercy to the Believers' ([33]:43).

In Surah az-Zumur, Almighty Allah says to the noble Messenger Muhammad (S): 'Say to my servants who have transgressed against their souls! Despair not of the Mercy of

Allah; for Allah Forgives all sins; He is Oft-Forgiving, Most Merciful' ([39]:53).

Almighty Allah loves His creation; His mercy descends on all who remember Him. Remembrance of Almighty Allah keeps our hearts alive. In Surah al-Imran, Almighty Allah promises the faithful believer: 'When thou hast taken a decision put thy trust in Allah. For Allah loves those who put their trust in Him. If Allah helps you none can overcome you' ([3]:159/160).

We should seek refuge in Almighty Allah, Who is our final destiny. When we turn to Almighty Allah for guidance, He will show Mercy and Forgiveness to those who appeal to Him in times of difficulty.

Almighty Allah wishes well for His entire creation, His angels carry out His tasks. When we seek His mercy in times of fear and worry, He responds and inspires us with His Mercy and Guidance. He infuses us with knowledge to comprehend both the material and spiritual worlds, and showers us with His mercy and blessings.



PART FOUR

EMPOWER YOURSELF

23

THE POWER OF THE HEART

Almighty Allah says: 'Heaven and earth do not contain me, but the heart of the believer contains me.'

—**The noble Messenger Muhammad (S)**

The heart of a human being is a secret; it is the most important part of humanity. Even if we are wrong, but our hearts are sincere and truthful, Almighty Allah will guide us because of our honesty.

In Surah al-Anfaal, Almighty Allah says: 'O you who have made a firm commitment [to Allah], respond to Allah and His messenger when He calls you to that which gives you life and know that Allah comes in between a man and his heart, and to Him you will be gathered' ([8]:24).

Almighty Allah gives life to the faithful submissive believer who express their faith from the heart. In the above verse, Almighty Allah says that He is between a human being and his heart. His power is in us; to unleash the power we have to express our faith from the heart. The heart of human

beings, their every thought and intention are secret to all except Almighty Allah.

In Surah al-Imran Almighty Allah says: ‘Allah knoweth well all the secrets of the heart’ ([3]:119). In Surah al-Baqarah Allah reminds us: ‘Know that Allah knoweth what is in your hearts, and take heed of Him, and know that Allah is Oft-Forgiving, Most Forbearing’ ([2]:235).

The noble Messenger Muhammad (S) made his will completely subservient to the Will of Almighty Allah. When we devote our heart to the Will of Almighty Allah, inspiration will come to us from Him. The heart is the cradle where we source our innermost feelings and desires to succeed in life. Almighty Allah has absolute knowledge of our thoughts in our hearts. He is Most Forgiving, Most Merciful. The noble Messenger Muhammad (S) said: ‘*Qalbul Mu’min Arshullah*—the heart of the Believer is the throne of Allah.’

When a person makes a *niyah* (intention) to change habits and live a healthy, happy and balanced life, the intention must come from the heart that is the source of humankind. The power of Almighty Allah emerges as He assists and guides us to success. When we make a sincere focused *niyah*, dormant forces, faculties and talents that Almighty Allah has placed in us come alive as His power works through us.

We must obey the order of Almighty Allah and live the *Sunnah* of our noble Messenger Muhammad (S), who was the living embodiment of the Noble Qur’an. Almighty Allah

orders believers to heed the call of our Nabi Muhammad (S). If we don't procrastinate in complying with Almighty Allah's Will, He will guide and bless us with peace and honour in this world and eternal bliss in the Hereafter.

We must start immediately and make our *niyah*; a sincere intention attracts His attention and Almighty Allah's help follows. Ask Almighty Allah for what we want, comply with the teachings of the Noble Qur'an and the *Sunnah* of the noble Messenger Muhammad (S), and Almighty Allah's power will step in. The heart is not in the control of humankind; Almighty Allah's power controls it. Almighty Allah can change the heart whenever He Wills. That is why He is called '*Muqallibul Quloob*', that is 'Changer of Hearts'.

Men and women who are not actively pursuing self-development and taking the path of least resistance are allowing evil forces to influence and confuse them. We are responsible for obstructing Almighty Allah's power to manifest; we unwittingly seal our hearts from the influence of Almighty Allah (SWT).

In Surah Qaf Almighty Allah says: 'It was We who created man, and We know what dark suggestions his soul makes to him: for We are nearer to him than (his) jugular vein' ([50]:16).

Almighty Allah is closer to us than our jugular vein. We must obey Almighty Allah with a sincere heart filled with desire and passion. We will all eventually appear before Almighty Allah and all our hidden thoughts will be exposed.

We will have absolutely no control over our words, thoughts and deeds; they will be revealed when we die.

Almighty Allah and the noble Messenger Muhammad (S) do not benefit in any way by inviting us to follow the guidance of Almighty Allah. All the divine injunctions have been presented for our benefit. Almighty Allah is guiding us to discover Him and live a happy, successful life.

Iman (faith) gives life to the believer; the unbeliever is dead. The Noble Qur'an and the *Sunnah* of our noble Messenger Muhammad (S) contain the truth of life and success in both worlds: *Dunya* (this World) and *Aakhirah* (the Hereafter). Following the truth and having faith are essential preconditions to put life into the heart. Have faith, read the Noble Qur'an and the *Sunnah*. The life of the heart is the power of Almighty Allah; it is unleashed through our sincerity, honesty, integrity and belief in the All-Powerful Almighty Allah and His noble Messenger Muhammad (S).

For the light of Almighty Allah to manifest itself, such blockages as hate, greed, jealousy, envy, selfishness and being ungrateful to Almighty Allah must be removed. These are poisons and obstructions of the heart. Hate is like drinking poison and expecting the other person to die. They impede our progress to live happy, healthy and successful lives.

When blessed with the opportunity to do something good and contribute our energy for Almighty Allah, we must not hesitate; we must go ahead and do it immediately. Don't delay or waver to do good, we don't know when Almighty Allah will bless us with another opportunity.

Note the beggar that calls on us, the person raising funds for a mosque, the student needing a scholarship or bursary or a project to serve Almighty Allah. In Surah al-Ma'arij Almighty Allah reminds us not to forget: 'The needy who is prevented for some reason from asking' ([70]:25). Never put off what can be done today, for who knows what will happen tomorrow.

When we follow Almighty Allah's call and the *Sunnah* of our noble Messenger Muhammad (S), the heart of man comes at the disposal of Almighty Allah (SWT). When Almighty Allah Wills to keep His servant protected from evil, He puts a barrier between that person's heart and sins. Our good deeds become a barrier when misfortune is about to happen; Almighty Allah allows this barrier to prevent calamity from taking place. The noble Messenger Muhammad (S) frequently made this *du'a*: 'O reverser of hearts! Keep my heart firm on the faith chosen by You (Allah).'

We must not delay in enhancing our ability to understand what Almighty Allah wants. We must be obedient to the injunctions of Almighty Allah and His *Rasool* (S). Spend time reading the Noble Qur'an and follow the *Sunnah* of the noble Messenger Muhammad (S). Our time on this planet is temporary; we should not miss this God-given opportunity to discover ourselves. Let us live in this brief passing phase as an infinite spiritual being, having a material experience.

In Surah al-Mu'min, Almighty Allah quotes the man who had made a faith-commitment to Him: 'O my people follow

me; I will lead you to the path of right. O my people! This life of the present is nothing but temporary convenience; it is the Hereafter that is the home that will last' ([40]:38–39).

The believer says without doubt that eventually we will return home to Almighty Allah; that is where we come from. The present life is temporary; the life to come is eternal.

In the final analysis this world is an illusion. When we sleep, we don't know we are dreaming. We only realize we were dreaming when we awaken. In the same way, while living on this planet called earth, we are in an illusion, a dream, we realize this only when we die. When we die, our dream or the opportunity that Almighty Allah has given to us to discover Him, to live a life of bliss is lost. We cannot ask Almighty Allah for another chance; there is no return to amend the mistakes.

Make your *niyah* now; intention is a power Almighty Allah has blessed us with; it is a powerful energetic force. Almighty Allah will allow the intention to manifest if we have a sincere desire to repent. Almighty Allah will only forgive us while we are still alive and breathing. The moment we die it is all over; we return to our home. Satisfied or in a state of confusion, this depends on us; how we empower ourselves, utilizing and applying Almighty Allah's blessing in this material plane.

In Surah an-Nahl Almighty Allah and His angels welcome the pious soul with greeting of reassurance and make it easy

for him to die and return to his natural habitat: ‘Those whose lives the angels take in a state of purity, saying (to them) Peace be on you, enter ye the garden, because of the good which ye did in the world’ ([16]:32).

In Surah al-An‘am Almighty Allah promise the righteous: ‘For them will be a home of peace in the presence of their Lord; He will be their friend because they practised (righteousness)’ ([6]:127).

If our intention is from the heart, Almighty Allah has the power to influence our consciousness during our brief stay on earth. We will *insha’Allah* become Allah-conscious, which will direct our lives. We won’t be misled by wrong or evil desires similar to the ‘deaf, dumb and blind’.

In Almighty Allah’s eyes the worst beings are those who do not understand: the ‘deaf, dumb and blind’, as referred to in the Noble Qur’an. Almighty Allah has given us the tongue to speak with, ears to hear with, and a heart and mind to understand. These are talents we have been blessed with and must always speak the truth even if it goes against us. Hear the truth and avoid vain talk; our ears also influence our thoughts by what we hear. Our thoughts influence our feelings, which in turn influence our mind and therefore, behaviour. These talents that Almighty Allah has bestowed on us, if followed and applied faithfully will *insha’Allah* unleash the power of Almighty Allah placed in our hearts.

The lines of communication with the silent voice of Almighty Allah are inspirational. This is a secret only

Almighty Allah knows. Spiritual knowledge that comes to us is a favour and mercy of Almighty Allah. It belongs to the realm that lies beyond human perception. Humankind, created to achieve the highest status, has been entrusted with powers superior to entire creation. The sun, moon, stars and all other creations, including the universe, have been placed at the service of humanity. These great, powerful blessings are embedded in us. To use our energies and efforts to control our *nafs* we must be disciplined and strong-willed.

In the Noble Qur'an (Surah al-An'am), Almighty Allah says: It is Allah Who hath made you (His) agent inheritors of the earth. He raised you in ranks, some above others: that He may try you in the gifts He hath given you: For thy Lord is quick in punishment: yet He is indeed Oft-Forgiving, Most Merciful ([6]:165).

We have the power because Almighty Allah has, by His Will, created us superior to the entire creation. When we strive, exert energy and embark on the path of obedience to Almighty Allah, we rise higher than angels. With righteousness in the heart, there will be beauty in the character. If there is beauty in the character there will be harmony in the family (home). If there is harmony in the home, there will be order in society. When there is order in the *Ummah* (society), there will be peace in the world.

24

THE POWER OF VISION

‘The most truthful of you in their speech are those of you who see truest visions.’
—**The noble Messenger Muhammad (S)**

‘**V**ision’ is the most significant word required to change our circumstances and ensure success. The power of vision is phenomenal. It enables us to see beyond our present reality, to create and invent the non-existent. Vision directs and enables us to perform beyond our known abilities and resources. Vision connects us to the power of Almighty Allah, the greatest source of all power.

Every honest leader, genius or business person turns to the power of Almighty Allah. Faith and belief in oneself attracts the power of Almighty Allah; the power of infinite intelligence is at the disposal of the true believer.

Our noble Messenger Muhammad (S) always had vision and expected success. In the battle of the Trench, the noble Messenger Muhammad (S) went to help a *Sahabi* break a big boulder that they had difficulty dislodging. When he struck

the rock, he saw a spark and in the spark he saw a vision. His vision was the collapse of the Persian and Byzantine Empires and by the Grace of Almighty Allah (SWT) became a reality. Almighty Allah speaks of vision in Surah an-Nur (Light): 'It is Allah who alternates the night and day; verily in these things is an instructive example for those who have vision' ([24]:44).

Almighty Allah is calling upon us to reflect on the powers of His creation, the alternation of the night and day. His creation is perfect and never fails. The Noble Qur'an awakens our hearts and mind to be vigilant of Almighty Allah's creation. Almighty Allah's power is limitless; He wants to bless us with His favours. It is entirely up to us to have vision, ponder, meditate and appreciate His kindness, Grace and Mercy.

Vision gives purpose and meaning to life and fuels our hopes. Our vision becomes clear when we look into our hearts. During misfortune, the power of vision offers an equivalent opportunity to overcome this trial. Learn to live out of the glory of the imagination, not memory.

Vision frees the potential of our mind, body and soul. First, expand the imagination. Everything is created twice, first in the workshop of the mind, and then in reality. Everything we invent in the outer world began as an idea in our inner world, the powerful screen of our mind.

We can call it blueprinting: anything we create in our outer world begins as a simple blueprint in our inner world.

We must read the Noble Qur'an daily. This powerful goal-inspiring Noble Book empowers the soul with wisdom and benevolence to earn the spiritual vision needed to discover the power of Almighty Allah that is within.

The Noble Qur'an teaches and trains us to control our thoughts. With the right positive thoughts we dispel negative forces in the environment and within.

When we learn to control our thoughts and are distinctly able to imagine everything we desire from this worldly existence, we unlock the true potential of our minds and create the supernatural life we believe we deserve.

In a state of total expectancy, dormant forces, faculties and talents that Almighty Allah has placed in us will awaken.

Tonight, when going to bed, forget the past. Remember we are responsible for our circumstances. Let us change our thinking; expect the best; the results will be astounding. Make tonight the defining moment with a clear chance for a new beginning.

Do not harbour feelings of hate; forgive everyone for harming, hurting or ill-treating you. Forgive parents, friends and relatives; we must free ourselves from the bondage of hate and ill will. Feelings of hate are weakening and disempowering.

Strength comes from love; be empowered and enriched with love by repeating the powerful loving name of Almighty Allah: '*Ya Wadudu*' (Most Loving). We will attract the infinite power of Love.

Why does Almighty Allah forgive? Almighty Allah overlooks the past if we repent; there are no limits in what we can do if we have absolute faith in Almighty Allah. If Almighty Allah forgives, why can't we? Almighty Allah wants us to forgive; there is power in forgiveness. In Surah Nuh we read: 'Ask forgiveness from Allah, surely He is ever-forgiving' ([71]:10).

In Surah al-Imran, Almighty Allah says: 'Allah will love you and forgive your sins; For Allah is Oft-Forgiving, Most Merciful' ([3]:31). Forgiveness is one of the attributes of Almighty Allah; by using His attributes we empower our soul and personality. Study the Noble Qur'an and the *Sunnah* of our Nabi Mohammad (S) and ensure we develop and build the mind with the right information. The noble Messenger Muhammad (S) is reported to have said: 'Create in you Divine Characteristics.' Almighty Allah (SWT) is Forgiving, so we must also learn to be forgiving. Almighty Allah is Beneficent and Merciful; so we must inculcate His attributes.

The powerful information of the Noble Qur'an penetrates the conscious mind, and then enters the subconscious mind. The positive information and belief in the subconscious mind draws new ideas and knowledge from the power of Almighty Allah (SWT).

In Surah an-Naml, Almighty Allah says: 'Allah listens to the (soul) distressed when it calls on Him, and He relieves its suffering, and makes you inheritors of the earth' ([27]: 62).

Almighty Allah guides us during difficult, troubled times and helps us make the right decisions. In Surah an-Nisa, we read: ‘Man cannot hide from Allah seeing that He is in their midst’ ([4]:108). Almighty Allah is in our midst, He knows our thoughts, plans, commitments and intentions. Almighty Allah will bless whatever we do with sincerity and honesty.

Will-power and desire combined with persistence is a potent force. We must prepare our minds to attract the right forces and thoughts.

When performing *salat*, pray to Almighty Allah to increase our knowledge and understanding. In the Noble Qur’an, Almighty Allah has blessed us with a verse that tells us how to ask Him for help to enlighten us. In Surah Ta Ha, He instructs us to say: ‘O Allah, increase me in knowledge and understanding’ ([20]:114). This verse is the method Almighty Allah has given us to call on Him to enhance our insight and understand His creation. Knowledge will gravitate to minds prepared to attract knowledge; as water gravitates towards the ocean.

We must have absolute faith and believe that Almighty Allah will guide and empower us with the knowledge to make a difference in this world and the Hereafter. Almighty Allah gives us what we expect of Him.

Belief in Almighty Allah empowers us; we must work towards our goal or vision with complete trust in the Almighty; in this way we unleash the power of Almighty Allah that He has placed in us.

In Surah al-Hijr, Almighty Allah says: ‘When I have fashioned him (in due proportion) and breathed into him of My Spirit’ ([15]:28).

Almighty Allah has blessed us with His power; we can unleash the power from within, if we are close to Him throughout the day. We must combine our will, intention and vision and harmonize with the will of Almighty Allah. Absolute faith in Almighty Allah will, without doubt, bring us in alignment with our purpose *insha’Allah*.

Trust Almighty Allah; He is there for us, be alert and willing to accept Almighty Allah’s guidance when it comes our way. Stay in vibrational harmony with Almighty Allah, our Creator.

Everything we visualize and believe in, Almighty Allah will help us in fulfilling those legitimate and pure desires. Remain confident that reliance on Almighty Allah will help us fulfil our vision.

In the Noble Qur’an (Surah Nuh), Almighty Allah promises that He will: ‘Give you increase in wealth and sons and bestow on you gardens and rivers of flowing water. Place your hope for kindness and suffering in Allah, seeing that it is He that created you’ ([71]:12).

We must always have a clear vision of what we want in life; and use our imagination to create a clear image. We must continually focus on the idea, picture it regularly, eat and sleep our vision and after each salat ask Almighty Allah to bless and guide us in our endeavours. Pray at bedtime, *Fajr*,

Zuhr, Asr, Maghrib and *Isha*; thank Almighty Allah for the day's success, for blessing us in the past, present and future.

Nothing is impossible for the people who read the Noble Qur'an, perform their salat, glorify the Names of Almighty Allah and focus on their vision. By picturing what we want, with the help of Almighty Allah, we give vision the positive energy needed to make it a reality.

In the Noble Qur'an the believer is repeatedly addressed on the powerful force of thought. When we initiate an idea, we create it first in thought; with the blessing of Almighty Allah the thought or idea precedes expression.

What we want to do in life must be clear in our mind. Vision is seeing the picture of what we want on the screen of our imagination. Our vision must be distinct and definite with faith and believe in the powerful Almighty Allah, who will come to our aid.

With sincere honest focus on our vision and goal, our thoughts become magnets that guide physical energy to follow in that direction; whatever thoughts we present to the universe reflect back to us; 'as we sow, so shall we reap'.

Almighty Allah created humankind as His vicegerent on this planet earth; we are travelling through earth as spiritual beings having a material experience. Almighty Allah created us to enrich the world and make a difference in people's lives. If we do not perform our duties we impoverish ourselves.

Almighty Allah will help make visions become reality if we think deep, visualize vividly and believe with passion.

We have the opportunity to be someone different if we want to be. Hope lies in the unknown.

We cannot wait for great visions from great people because they are rare. It is up to us to light our own small fires in the darkness.

By reading the Noble Qur'an and following the *Sunnah* we will understand the power of vision; Almighty Allah will bless the reader with spiritual vision. Vision is the most powerful word required to change our circumstances and destiny. 'A vision is a mental picture of a desired future.'

The noble Messenger Muhammad (S) said: 'A good vision (dream) is from Allah and a bad dream is from Iblees. He who sees something in a dream that he dislikes, should blow thrice on his left, must seek Allah's refuge from the evil of Iblees (i.e. saying A'udhu billahi minash—shaitanir rajim). I seek refuge in Almighty Allah from Iblees, the accursed one.'

25

THE POWER OF DESTINY

‘Almighty Allah guides the one who directs himself towards Him.’ —Jalaluddin Rumi (ra)

We are masters of our fate and destiny, as long as we have absolute faith in Almighty Allah, a strong will and determination, He will not deny any believer success.

No matter what happens to us in life, we have the capacity to choose our response or reaction. The greatest of Almighty Allah’s laws is to search for the positive in every circumstance.

Material or spiritual successes in life begin in the 5½ kilogram mass sitting between our shoulders—the brain.

We must control our thoughts every second of every minute of every day because our outer world reflects the state of our inner world. The greatest battles of life are fought daily in the silent chambers of the soul.

We are living in two worlds at the same time: the world within and the world without. The two worlds must work in perfect co-ordination, not infringing in any way the one

upon the other. Focus on where you want to go. *Insha'Allah*, faith in Almighty Allah will take you in the direction you want. By controlling our thoughts and the way we respond to events in our life, we begin to control our destiny. There is a bright side to even the darkest circumstance, if we have the courage to look for it.

The Noble Qur'an teaches us that negative experiences do not exist, only opportunities to grow, learn and advance along the road to self-mastery. Our noble Messenger Muhammad (S) said: 'Struggle is the meaning of life.' From struggle comes strength; even pain can be a wonderful teacher. To transcend pain we must first experience it. In Surah al-Baqarah, Almighty Allah calls upon us to be unwavering in times of difficulties and pain: 'Be firm and patient in pain or suffering and adversity, and throughout all periods of panic, such are the Allah-fearing (Believers)' ([2]:117). In Surah as-Saff, Almighty Allah promises guidance to those who believe, have faith and strive in His cause: 'Believe in Allah and His messenger and strive in the cause of Allah, with your property and persons; that will be best for you if ye knew' ([61]:11).

Almighty Allah explains what is best for us, and calls upon us to be determined in pursuing our goals in life. In times of adversity, pain, hardships and in the face of danger, we must be steadfast and patiently persevere. These are necessary qualities for our internal and external development. We must be strong individuals with solid unyielding characters;

come what may. Under such conditions the faithful believers never lose hope or *confidence* in Almighty Allah. All the pain and sacrifices will never be in vain. Almighty Allah will bless us, when He knows in His wisdom that we are ready for success.

Almighty Allah promises mercy and blessings to those who strive in His Way; believers will arrive at eternal bliss to fulfil their destiny.

There are no mistakes in life, only lessons. How can we know or understand the joy of being on the summit of a mountain unless we have visited the lowest valley? To appreciate the good we must know the bad. Every event offers lessons to fuel our inner and outer growth.

When we consistently apply these principles in our daily life, we condition our minds to translate every event into a positive empowering one; we banish worry and fear forever.

Stop being a prisoner of the past; instead be an architect of the future. Don't allow the past to take up too much precious time and don't waste energy talking about the past; use it as an experience when needed.

Negative thoughts of the past re-enforce guilt, pride, resentment, anger, regret or self-pity. Holding on to the past accelerates the body's ageing process. Free yourself from the past and enter the future without inhibitions.

Motive in life is important. If our motives are wrong, nothing can be right. It makes no difference whether you

are a mailman, electrician, plumber or businessman. If your motive is to serve your fellow man, you can be as confident of the law of Almighty Allah manifesting itself as you can be sure of gravitational force in play. You will succeed.

Investing in ourselves is the single most powerful investment we can ever make in our lives. Knowing what we want is the springboard to our miracles. We are like a magnet, we attract what we think.

We are instruments of our own actions. We must realize that we are responsible for our own performance and destiny. Our mental development is critical to our personal, spiritual, physical and material wellbeing.

We should spend time on serious reading; thinking analytically, pondering and focusing on expanding the mind; this is vital to the renewal of our attitude and behaviour. Through reading we become exposed to the minds of great Muslims.

Start off with a goal to read a book a month, then a book every two weeks, eventually one book a week. This will change our thinking. ‘The person who doesn’t read is no better than a person who cannot read.’—Anonymous.

In Surah al-Mu’minoan, Almighty Allah reminds us to ponder and learn something new. He states: ‘Do they not ponder over the word of Allah or has anything new come to them?’ ([23]:68).

Experience the power of this moment and the fullness of being. Feel your presence. Do not wait to start living; set

goals and strive to achieve them. Do not lose the power of now, we are here and now; do not allow the mind to dwell in the past or wait for prosperity in the future.

Be master of your own destiny; enjoy and experience life now.

Shaykh Abdel-Khalid Ghujdwani (ra) said: ‘Your journey is towards your homeland. Remember you are travelling from the world of appearances to the world of reality.’

Dr Mir Valiuddin (ra) said: ‘Alas! He who does not strive hard, can never secure a treasure.’

In Surah al-Hajj, Almighty Allah assures the believer: ‘O ye who believe! Bow down, prostrate yourselves and adore your Lord and do good; that ye may prosper and strive in His cause as ye ought to strive (with sincerity and discipline) and hold fast to Allah! He is your Protector—the best to protect and the best to help! Almighty Allah only helps those who help themselves’ ([22]:77–78).

26

EMPOWER THE WOMEN

*‘Women are the twin halves of men.
Allah enjoins you to treat women well, for they
are your mothers, daughters and aunts.’*
—**The noble Messenger Muhammad (S)**

The soul of a woman is no different from the soul of a man. Almighty Allah liberated women and placed an equally powerful soul in them. Marriage is the union of two souls. Men and women are part of society with different roles. They are one unit; wife and husband will be happy if they share their lives together according to the laws of Almighty Allah. Empowering our women is the most admirable deed we can do for the survival and success of the *Ummah*. When women are empowered and have the approval and support of society to fulfil their role, *insha’Allah* the *Ummah* will develop and prosper.

In the Noble Qur’an, Almighty Allah addresses men and women equally. In Surah al-Ahzab Almighty Allah says: ‘For Muslim men and women, for believing men and women,

for devout men and women, for true men and women, for men and women who are patient and constant, for men and women who humble themselves, for men and women who give in charity, for men and women who fast, for men and women who guard their chastity, and for men and women who engage much in Allah's praise—for them has Allah prepared forgiveness and great reward' ([33]:35).

Almighty Allah gives an account of the qualities of Muslim: men and women. He mentions women side by side with men; He gives women their rightful position in society. Men and women have spiritual and material responsibilities; they are equally accountable for their actions to Almighty Allah on the Day of Judgment. Their rights and duties are identical; wife and husband are two sides of the same coin.

Almighty Allah emphasizes the equality of men and women, and He commands men to take full responsibility for the women that are in their care. In Surah an-Nisa Almighty Allah says: 'Men are the protectors of women, Allah has given the one more strength than the other' ([4]:34).

What right do men have to stop our sisters from practising their rights? Men have been programmed by inimical forces to think and behave in certain ways that undermine, restrain and stifle the growth of our most powerful resource, the women. For too long our men have subjected women to a belief system that is contrary to the Noble Qur'an and the *Sunnah*. The noble Messenger Muhammad (S) said:

‘The rights of women are sacred. See that the women are maintained in the rights accorded to them.’

Most women are being so abused in today’s society that they have come to accept such abuse as normal. The most powerful act we can perform is to restore their self-esteem. When the self-esteem and dignity of our women is restored, they will not accept inferior positions in society. We must revert to the Noble Qur’an and the *Sunnah* to restore the status of women in society. The noble Messenger Muhammad (S) said: ‘Paradise lies beneath the feet of the mothers.’ Men must seek the pleasure of Almighty Allah by treating our mothers, wives, sisters and daughters with respect.

Almighty Allah says in Surah al-Mujadilah: ‘Allah has indeed heard (and accepted) the statement of the woman who pleads with thee concerning her husband and carries her complaint in prayer to Allah. And Allah (always) hears the argument between both sides among you; for Allah hears and sees all things’ ([58]:1).

Almighty Allah listens to the plea of the woman for help concerning her husband. Note how He involves Himself even in the mundane affairs of life and heeds her supplication. Almighty Allah, The Supreme, The Overpowering, The Merciful, listens and responds to the call of a woman who pleads for help and compassion.

The noble Messenger Muhammad (S) made it a point of duty for every father and mother to make sure their daughters did not remain ignorant of the teachings of the

Noble Qur'an and the *Sunnah*, so that after marriage they could perform the important role of mothers of children.

In Islam, a woman is an honoured partner of her husband in raising the family. A chaste and virtuous woman is a blessing to her household; she teaches her children to be virtuous in the way of Almighty Allah and the *Sunnah* of the noble Messenger Muhammad (S)

In the *Discover Yourself* seminars we have witnessed women weeping because of the difficulties and abuse they have experienced in life. There are many women who have developed deep resentment against society for allowing this abuse. The believing men must help our women who are victims of abuse; we must stop this evil practice.

The men in society should be mindful that Almighty Allah is always present. He listens to the plea and sees the abuse that is meted out to women. Almighty Allah will take the men who abuse their wives to account for their evil behaviour. He will punish them as they deserve to be punished in this life as well as in the Hereafter.

Almighty Allah reminds us that He has created His entire creation in pairs. In Surah az-Zariyat Almighty Allah says: 'And everything We created in pairs' ([51]:49). In Surah al-Baqarah, Almighty Allah says: 'They are as garments to you as you are garments to them' ([2:]187).

Men and women are two halves of the same soul. The first verse of *Surah an-Nisa* starts with the following declaration from Almighty Allah addressing humankind: 'O Mankind! Be conscious of your Lord's Power presence, Who created

you from a single soul; and from this soul He created your spouses and then spread you in multitudes of men and women. Therefore, be extremely careful and mindful of your duty to Allah in Whom you claim [your rights] of one another, and of the womb [that carried you]. Lo! Allah is watching over you' ([4]:01).

Thus, men and women have come from a single soul that Allah created first. In fact, the Arabic word *nafs* (soul) is feminine gender in the Arabic language, hence the Qur'anic description '*nafsun wahidatun*' (single soul). Thus, creation of the *nafs* (soul), a feminine gender, preceded the creation of *humankind* into males and females. There is certainly no question of male superiority, much less a licence to abuse wives, daughters or sisters, from the Qur'anic point of view.

The Noble Qur'an states that husbands and wives are as close to each other as a garment is to the body. They share each other's prosperity and adversity, and are equally answerable to Almighty Allah. Remember, Almighty Allah has dedicated three Surahs to Women: Surah an-Nisa (The Woman), Surah al-Mujadilah (The Woman who Pleads), and Surah al-Mumtahinah (The Woman to be Examined) and not a single surah is devoted exclusively to men.

It is time for men to acknowledge the role that women play in society. We must give women the power to think and take responsibility for their roles in the home, family and society. Men and women must practise the same virtues

because their spiritual and human rights are equal. We must grant our sisters the freedom Almighty Allah has blessed them with, within the framework of Islam, to break the barriers of self-limitation. Women can be far more effective than we can possibly imagine.

In Surah ar-Rum, Almighty Allah says: 'Among His signs is this, that He created for you mates from among yourselves, that you may dwell in tranquillity with them, and He put love and mercy between your hearts: Verily in that are signs for those who reflect' ([30]:21).

Almighty Allah asks us to reflect on the mystery of His Blessings, the union of male and female out of which a child is born. In this union, comfort and tranquillity is discovered; there is a special affection between them. The woman is physically 'weaker' and it is the responsibility of the husband to treat the wife with love, mercy and tender care. This is the protecting kindness the husband should provide to the wife.

Almighty Allah's decree is that there should be affection, devotion, affinity and love between the wife and the husband.

We are aware of our feelings towards women. Almighty Allah created mates for us out of our own kind and gave them emotions and feelings exactly as those of men. Allah made the relationship between the two a source of physical and emotional comfort, stability, spiritual friendship, and reassurance for both.

The gentle Qur'anic expression of this relationship profoundly inspires our hearts. Almighty Allah says in Surah an-Nahl: 'Allah has made for you mates and companions of your own nature' ([16]:72) so that you might incline towards them, and He engenders love and tenderness between you. We must be grateful for Almighty Allah's favours.

In this there are clear signs for those who think. When people think and reflect, they appreciate the power of the Creator who provides fulfilment for natural needs, whether psychological, mental or physical.

Thus both incline towards each other and find comfort and stability, tenderness, reassurance, love and compassion. This is so because Almighty Allah has made the physical and mental constitution of each naturally inclined to fulfil the needs of the other. The meeting and union of the male and female ensures the beginning of a new life, of a new generation.

When there is harmony, love and decorum between wife and husband, the family spirit is reinforced, they live in tranquillity and the self-esteem of the children is established.

According to the Noble Qur'an and the *Sunnah* of the noble Messenger Muhammad (S), 'Every soul has the right to fulfil its desire to get closer to Almighty Allah.' Women must learn to take care of themselves positively and encourage mutual respect between males and females.

Men must realize that women have great collective power. Men should give women a chance and encourage them to

take an active part in the activities of society, the mosque, schools and trusts. Mobilizing women's united energy towards making a difference in the *Ummah* can be awesome. We can change the shape and destiny of our *Ummah*.

We need to bear in mind that it was a woman, Bibi Ayesha (ra), the beloved wife of the noble Messenger Muhammad (S), who narrated the *ahadith* that have been passed on to us. We owe a great debt of gratitude to *Umm al-Mumineen*, Ayesha (ra), who has narrated for us so many important dimensions of the personal life of the noble Messenger Muhammad (S).

The West has subjected Muslim women and family life to attack and ridicule because they are the most important pillars of Islam. Educate a woman and you educate a nation. We need to re-educate the *Ummah* on the role of women. Our beliefs and thoughts have become westernized, and we have to change by bringing them in conformity with Islamic values and principles.

Almighty Allah has blessed us with the ability to make changes in our lives about which we are unhappy. If we study the *Sunnah* we will realise that during the time of the noble Messenger Muhammad (S) and the *Sahaba*, women were liberated. We talk about the Noble Qur'an and the *Sunnah* and claim that women are liberated, but in practice we are doing the opposite.

We seriously have to change. We can only change ourselves if we change our thinking. Our thinking will only change

if we do what Almighty Allah wants from us. As we change our thinking we will see the results in our actions. If we change the inside, the outer life will change. What goes on in the inner world will influence and affect our behaviour in the outer world. The Noble Qur'an will help us control and direct our thoughts, which will control and direct our circumstances.

As Muslims let us start thinking of ways to empower our women and give them the freedom to contribute to the growth of our society. When we make an intention to empower our women the power of Almighty Allah will respond positively. The thinking of Muslim society has to change. Almighty Allah has given us the power to make changes that are required for uplifting society.

We have to adopt the *Sunnah* of the Noble Messenger Muhammad (S), and prepare the *Ummah* for its great and important role in the world at large. This requires great effort and immense patience. The treatment of women by the noble Messenger Muhammad (S) was an example to *humankind*. It was a major social engineering project that he undertook, liberating the women. Through the participation and power of mobilizing the women he established a Muslim society, an Islamic state based on the code of living in accordance with the Noble Qur'an and the *Sunnah*.

27

LIVE WITH AN ATTITUDE OF GRATITUDE

*‘Faith is two halves; one half is patience,
and one half is gratitude.’*

—**The noble Messenger Muhammad (S)**

Almighty Allah has placed His power in every human being. This power is dormant because we fail to use the triggers and methods that Almighty Allah has blessed us with. One way of glorifying Almighty Allah is to be grateful to Him, and this attitude of gratitude will enhance our ability to develop spiritually. When we make a *niyah* (intention) we unearth His influence and He guides us through inspiration and the medium of the Noble Qur’an and *Sunnah* to discover Him.

In Surah Ibrahim, Almighty Allah promises the believer: ‘If you are grateful, I will add more favours unto you, but if you show ingratitude, truly My punishment is terrible indeed’ ([14]:7). Within every human being there is the urge to grow spiritually but very few realize that the power

of Almighty Allah is within us. This power can be unleashed by following the 'hand' extended to us by Almighty Allah.

Almighty Allah's Help will participate with all who believe in Him and His power to transform His most loved creation.

Every human being has been created unique and the attitude of gratitude will have a different impact on each and every one of us. It is impossible for two people to have the same spiritual experience. Almighty Allah's presence is everywhere, but in order to access it we need to focus on studying the Noble Qur'an and the *Sunnah* and live with an attitude of gratitude.

The Noble Qur'an is a guide to *humankind*, from the womb to the tomb. It is not a book of history; it is a book of guidance. The stories related in the Noble Qur'an are not merely to provide information about the past; rather, they are lessons for us on how to behave, what lessons we can derive for the future, and how best to guide us to success. Appreciating the gifts that Almighty Allah has blessed us with enhances our intention, retention and attention. We will understand the true meaning of the *Power of Now!*

Our mind, the most powerful instrument, can achieve anything we want in life. Tap into the power of Almighty Allah and experience success. We must read the Noble Qur'an to comprehend the Power of Almighty Allah. That will develop our spiritual vision and teach us the method to control negative forces on this planet.

Almighty Allah inspires us to seek what is important: knowledge, wealth and any desire to empower both our spiritual and material wellbeing. In the Noble Qur'an, Almighty Allah repeatedly emphasizes we must be grateful to Him for the favours He has bestowed upon us. In Surah al-Imran we are told: 'And remember with gratitude Allah's favours on you' ([3]:103). To live with an attitude of gratitude is the most powerful way to unleash Almighty Allah's power within. When we live with gratitude we uncover the dormant inherent potential, abilities, talents and power placed in us by Almighty Allah. This power, when unleashed, will guide us in our spiritual journey to return to Almighty Allah, fulfilled.

In Surah an-Nur, Almighty Allah reminds humankind: 'Seest thou not that it is Allah Whose praise all beings in the heavens and on earth do celebrate, and the birds [of the air] with wings outspread. Each one knows its own mode of prayer and praise and Allah knows well all they do' ([24]:41).

In Surah al-Anbiya, Almighty Allah states: 'To Allah belong all those who are in the heavens and on earth, even those who are in His presence are never too proud to worship Him; they never grow weary to be of service to Allah. They celebrate His praises night and day tirelessly' ([21]:19-20).

The entire creation praises Almighty Allah; mysterious forces are released when we continuously praise Him.

In Surah as-Saff, Almighty Allah says: ‘Whatever is in the Heavens and on Earth, Let it declare the Praises and Glory of Allah, for He is the Exalted in Might, the Wise’ ([61]:1).

Almighty Allah reminds us that all the angels in the spiritual world near His throne worship and serve Him continuously. Almighty Allah’s creations in the heavens, such as angels, and His creations on earth, including rivers, seas, animals, insects, fish, birds, and the air we breathe, celebrate Almighty Allah’s praises. Every creation has its own way of praying and expressing gratitude to the Almighty.

Almighty Allah’s power, wisdom, kindness and love are shown in everything that benefits creation. The sun, moon, stars, days, nights, rain, hail, storms and lightning are all signs of the power of Almighty Allah.

The mind has miraculous potential that is waiting to be unleashed. Gratitude is one of the means to enhance our inner abilities. There are no limits to our potential when we are sincerely grateful to Almighty Allah for all His blessings, knowledge and favours He has graced us with. To live on this planet earth with an attitude of gratitude, one experiences bliss (heaven).

The attitude of gratitude balances our mind, soul and activities in this material world. Almighty Allah promises the believer who lives with an attitude of gratitude that *He* will add more favours. Gratefulness opens up our hearts;

the energy and frequency of being grateful balances our personalities. Sincere, intense, profound gratitude to Almighty Allah truly awakens the hidden powers within. The potential of our mind, heart and soul is amplified and the genius within is unleashed.

In Surah an-Naml, Almighty Allah says: ‘He who is grateful (to Almighty Allah) truly his gratitude is (a gain) for his own soul’ ([27]:40).

Gratitude opens the door of our hearts and souls. The power and potential of the mind and soul are strengthened and intensified through the power of gratitude. Almighty Allah needs no gratitude or thanks from us; those who live with an attitude of gratitude do so for the benefit of their own soul. Gratitude attracts more of Almighty Allah’s favours; He grants favours when He pleases and expects nothing in return. He is Most Generous, Most Merciful.

When true gratitude is expressed from within, with sincerity and commitment we access the most powerful, creative force Almighty Allah has placed in us: the power of love. Our desires then become harmonious with the Will of Almighty Allah; we pray to Him to bless us with His desires. Life then becomes meaningful, productive and endless. When we submit to the Will of Almighty Allah, *He* fulfils our expectations.

Our gratitude to Almighty Allah does good for our own souls; it elevates us to a higher rank in the spiritual dimension. Ungratefulness only impedes our progress in the spiritual

and material dimensions. We must not underestimate the power of gratitude that can have an amazing effect on all areas of our life.

Try it. Let us make the intention to perform our salat, fast, give charity and renew our faith-commitment. Read the Noble Qur'an daily, in Arabic and English. Thank Almighty Allah constantly for blessing us with everything we have. Go into detail when thanking and praising Him. Thank Him for the beautiful day. Thank Him for the abundance He has blessed us with. Thank Him for blessing us with a family, beautiful wife or husband and children. We must appreciate our families, homes, gardens and the environment. Remember we are in this dimension for a short time; the truth will manifest when we leave this planet called Earth. Let us not have regrets; when death calls upon us, it will be too late.

Almighty Allah (SWT) appeals to humankind to call upon His beautiful names that will transform us. In Surah al-A'raaf, Almighty Allah says: 'The most beautiful names belong to Allah: so call Him by them' ([7]:180).

Remembrance of Almighty Allah's names in the waking hours of our life strengthens our will and determination to follow His law. Almighty Allah commands us to remember Him at all times, praise and declare His names in thought, word and deed. Almighty Allah's favours are beyond our imagination. The knowledge Almighty Allah has blessed *humankind* within the Noble Qur'an is infinite.

In Surah al-Baqarah, Almighty Allah says: 'A similar (favour have ye already received). In that we have sent among you a Messenger from among you, reciting to you Our revelations, and sanctifying you, and instructing you in Scripture and wisdom and in new knowledge. Therefore, remember Me, I will remember you. Be grateful to Me and reject not faith' ([2]:151–152).

The attitude of gratitude inspires us to understand that the power of Almighty Allah is everywhere without which nothing can move. We then comprehend the mystery that surrounds us. Awareness of the power of Almighty Allah will enhance the value of our life, mould our destiny and we will create a meaningful life in this temporary dimension.

Gratitude awakens our real inner power which has a flourishing ripple effect on all areas of our lives. When we are generously grateful, wonderful things happen to us, our family, our relationships, and our physical wellbeing. We are embedded with courage and graced with boldness, fearlessness, and live under the protection of Almighty Allah. Sincere, intense and profound gratitude to Almighty Allah truly awakens the hidden powers that He has placed in us.

In Surah Luqman, Almighty Allah says: 'Show thy gratitude to Allah. Any who is grateful does so to the profit of his own soul, but if any is ungrateful, verily Allah is free of all wants, worthy of all praise' ([31]:12).

Being grateful to Almighty Allah benefits our own soul and does not make a difference to Him, for He is above all

needs, worthy of all Praise. When we obey Almighty Allah's will we are in total harmony with our own nature as created by Almighty Allah. Expressing gratitude to Almighty Allah builds our own soul, which leads to the discovery of the power of Almighty Allah within.

We must be grateful to Almighty Allah for He has blessed us with invincible energy and flow of life-force that constantly surrounds us. Praising Almighty Allah can unleash supernatural forces. His Power, His Mercy and all the attributes in His beautiful names can be contemplated on. The state of gratitude increases our love for our family, our fellowmen and for ourselves. When we are in a constant state of gratitude, our consciousness expands; we exceed our sensory perceptions; and our sphere of influence expands.

Let us discover the power within and align ourselves to the higher power of life—Almighty Allah. Life is beautiful; we have been placed on this planet for a purpose. We all are here for a different purpose in life. Every one of us has to discover his or her strengths and spend time and energy exploiting, pursuing and fulfilling our potential. Gratitude to Almighty Allah must not only be in words. Almighty Allah does not measure us by words alone, but by our deeds, our actions, and conduct in life.

We are the only creation that has the freedom of thought, the freedom of word (speech) and the freedom to eat anything we desire (*halaal*, that which does not harm the body). The power of thought has been bestowed upon Almighty Allah's

most favoured creation: human beings, who have the ability to control entire creation, including the angels. Almighty Allah created us; we are from Him; and we belong to Him. He has blessed us with some of His powers and to Him shall we return.

What a great gift Almighty Allah has blessed us with, the power of thought. The only difference between man and animal is the power of thought. Thank Almighty Allah for blessing us with a wonderful mind of our own, with which we can ponder the mysteries of life.

In Surah al-Mu'minoon, Almighty Allah calls upon humankind to ponder on all of His creation. He says: 'Do they not ponder over the word of Allah' ([23]:68).

In Surah al-Imran, Almighty Allah calls upon us to contemplate upon His creation: 'And contemplate the wonders of creation, in the heavens and the earth (with the thought). 'O Allah! Not in vain hast Thou created all this!' ([3]:191).

28

SUJOOD AL-SHUKR

‘Gratitude to Allah for the abundance you have received is the best insurance that abundance will continue.’ —The noble Messenger Muhammad (S)

The noble Messenger Muhammad (S) used to prostrate immediately when good news was brought to him. Sajdat al-Shukr (prostration of gratitude) is prescribed for anything that makes one happy whether it is attaining some benefit or warding off some harm. The evidence (daleel) for this is to be found in the Ahadeeth and Aathar (reports). Among the Ahaadeeth is the Hadeeth of Abu Bakrah (may Allah be pleased with him), who said that when the noble Messenger Muhammad (S) heard any news that made him glad, he would fall down prostrating to Allah (SWT).

According to the version narrated by Ahmad: ‘when news reached him that his troops had prevailed over their enemy, the noble Messenger Muhammad (S), while lying with his head in ‘Aa’ishah’s (r.a.) lap, immediately got up and fell in prostration.’

In another Hadeeth narrated by ‘Abd al-Rahmaan ibn ‘Awf, who said: the noble Messenger Muhammad (S) went out to the place where the Sadaqah (charitable donations) was kept, then he faced the Qiblah and fell in prostration, remaining like that for a long time.

Then he raised his head and said, “Jibreel came to me with good news, he said, ‘Allah says to you, “Whoever sends blessing on you, I will send blessings on him, and whoever sends greetings of peace to you, I will send greetings of peace to him,” so I prostrated in thankfulness to Allah.”

In *Surah al-Ahzab* Allah reminds us that we must send blessings on the noble Messenger Muhammad (S): *‘Allah and His angels send blessings on the Prophet: ‘O ye firmly committed to Allah, send ye blessings on Him and salute him with the best of salutations’* ([33]:56).

The Shukr Sujood can be made without wudhu and even if women have their menses.

In *Surah al-Naml*, Almighty Allah promises the truly committed Muslim who is grateful for the blessings he receives: ‘If any is grateful truly his gratitude is a gain for his own soul’ ([27]:40).

Expressing Shukr attracts more of Allah’s favours; people who are grateful are more successful than people who are resentful or have hate and revenge in them. Allah blesses His entire creation even those who have animosity or hate in them. Their resentment is a blockage that prevents them from receiving blessings from Almighty Allah.

The noble Messenger Muhammad (S) said: *'Happy is the person who finds fault within himself instead of finding faults with others.'* *'From morning until night and from night until morning keep your hearts free from malice towards anyone.'* Allah's favours are like a river that makes no distinction where it flows. One is either aligned with Allah or not. When we submit to the Will of Allah we are swimming with the tide.

In *Surah Luqman* Allah says: *'Whoever submits himself to Allah and excels in good deeds has indeed taken hold of a most firm support. With Allah rests the final outcome of all wants'* ([31]:22).

When we refuse to acknowledge that all power belongs to Allah we inhibit the flow of blessings and cut ourselves from His Grace and Bounty. We must wake up every day with an attitude of gratitude and pray Fajr Salat. Thank Allah for blessing us with another beautiful pleasant day.

When waking in the morning pray: 'All praise is due to Allah, who has given life after causing us to die and to Him is our resurrection. All praise is due to Allah who has returned upon me my soul, has given me wellness in my body and has permitted me to be in Zikr of Him.' (Refer to the Adhkaar at the end of this book).

Develop a mental attitude of gratitude to Almighty Allah. Gratitude to Almighty Allah must not only be in words but by our deeds. Allah does not measure us by words only, but by our deeds, our actions and conduct in life. Praising

Allah unleashes supernatural forces, His Power and His Mercy. All His Attributes and His beautiful names must be contemplated on. Praising Allah and having a heart that is pure, enables Allah's blessings to flow through us.

The noble Messenger Muhammad (S) said: 'A bad attitude spoils a good deed just as vinegar spoils honey.'

29

PRAYER OF GRATITUDE TO ALLAH

The prayer of gratitude should be committed to memory. Thank Almighty Allah for all His blessings upon the family and yourself, thereafter, repeat the following prayer of gratitude Jalal'uddin Rumi (ra) said: 'If you thank Allah he will give you more.'

O Allah, thank you for blessing us with a beautiful
day.

Thank you for blessing us with good health in body and
mind.

Thank you for blessing us with sustenance.
Thank you for blessing us with peace of mind and freedom
from all fears.

O Allah, thank you for blessing us with love and
guidance.

Thank you for blessing us with abundance.

Thank you for blessing us with the means by which every cell in our body, every physical organ is abundantly supplied with the flow of your cosmic energy.

O Allah, thank you for keeping our mind free from all inhibitions and blessing our body, mind and soul with peace.

Thank you for blessing us with Your desire.
Thank you for blessing us with the ability to fulfil Your desire.

Thank you for blessing us with good in this world and good in the Hereafter.

Thank you for inspiring us to do good in this world.

O Allah, thank you for blessing us with Your power in our thoughts, momentum in our good deeds, and blessing us with the wisdom that has enabled us to understand, follow and submit to Your divine will.

Thank you for inspiring us to share Your blessings with all whom we come into contact with and for having shown us that, that which we give in the way of charity, we can retain as our own.

Thank you for blessing us with the consciousness of love that has made our life a joy and our relationships with others pleasant.

O Allah, thank you for blessing us with wisdom and inspiring us with the spirit of youth.

Thank you for blessing us with the power of thought, the only power You have blessed us with, that we have absolute control of.

Thank you for blessing us with continuous immunity from Satan, the rejected one.

Thank you for blessing us with the seeds of positive thought and permitting that thought to germinate in the soil of our mind.

Thank you for keeping our mind focussed on the main purpose of life.

Thank you for blessing us with the ability to fully comprehend the purpose You have created us for.

O Allah, thank you for keeping our family and ourselves at peace with the world and in harmony with Your divine Will.

O Allah, cover us with Thy forgiveness, my parents, my family, myself and all the believers.

Thank you for blessing us with another day of opportunity so that we can be of service to You and mankind.

O Allah, increase us in knowledge and understanding.

Epilogue

*'Amongst the signs of success at the end
is turning to Allah at the beginning.
He who is illumined at the beginning
is illumined at the end.'*

—**Ibn Ata'illah**

We are so busy piling up material possessions that we no longer have time to contemplate or think about what truly matters. Let us strive to make life simpler and less complicated. Take time out! Think; slow down; press the pause button; and stop. Make *salat* times your pause; stop everything and focus on Almighty Allah.

In Surah al-Hadid, Almighty Allah reminds us of this temporary material dimension: 'Know ye (all), that the life of this world is but play and amusement pomp and mutual boasting and multiplying (in rivalry) among yourselves, riches and children.' ([57]:20).

Almighty Allah reminds individuals, groups and nations that are vigorously pursuing the temporary material things of this life—to the outright neglect of the higher values of

life—that this life is but a temporary phase. Almighty Allah’s Mercy and Power are accessible to all, like His rain. We must take advantage of all His Powers (Blessings) that are available to humankind.

Almighty Allah has blessed us with an opportunity while on earth to spiritually prepare ourselves and discover Him. We must control our desires for worldly possessions. True reality will dawn on us when we reach the grave if we strive passionately for more material comforts in comparison to spiritual needs, we will lose our way in the world. Follow the *Sunnah* of our noble Messenger Muhammad (S). Strike a balance between the spiritual and material requirements. Don’t allow abundance to distract us from Almighty Allah or our families.

Take care not to be too engrossed in acquiring material possessions; when death approaches and we look back, we will realize the most important values of this life have been neglected. We sacrificed ourselves for work and had no time for the people we truly love. Developing our family is our first responsibility; this is where we must spend most of our time. Our noble Messenger Muhammad (S) said there are three deeds that will go with us to our graves: our good deeds, charity; and the good deeds of our family and children. These deeds and the good of our family members will enhance our soul in the Hereafter.

Change the rules; understand and accept that the idea is to work for the sake of living, rather than living for the sake

of work. Enjoy work and have the wisdom to know there is more to life than the nice things money can buy.

Let us begin to regard our families as our personal possession or community from which most of our personal satisfaction will come. Through our families we can gain a richer understanding of ourselves, develop greater insight, knowledge and wisdom.

To live a balanced, rewarding life, to experience spiritual fulfilment and internal happiness, take time to cherish the wonders of living. In order not to miss the gifts of life, invest time and energy in your family and yourself. Find out what you truly love to do and enjoy, then direct your energy towards doing it.

All the happy, healthy, satisfied people live a balanced life. They were never neglectful of their responsibility to Allah and His noble Messenger Muhammad (S). They spend their time productively pursuing a wide array of goals from business, family, personal development and service to the community. When we concentrate all our mental power and energy on an activity we love, abundance flows into our life. We can fulfil all our desires with ease.

Once we discover what we want in life, we will wake up in the morning, with a limitless reservoir of energy and enthusiasm. We will be able to focus all our thoughts on our goals. We won't have time to waste; valuable mental power will not be dissipated on needless, exhausting, time-consuming thoughts.

Erase the habit of entertaining unproductive thoughts or worry. We are forever experiencing thoughts; we have the power and ability to either entertain these thoughts or dismiss them.

The mind is both a sending and receiving station of thought. Every thought we think is a force of energy. We affect our outside environment by our thoughts and the outside environment is affecting us by the thoughts of those around us. The exchange of energy between the two never stops. Everything in life is energy.

Our family is our foundation; spend energy and enjoy time with your wife and children in a loving home. The best gift we can give our children is the gift of our time. We must become the change we wish to see in our families. Inspire and lead by example. Before we can expect others to change, we must change ourselves; become leaders in our homes.

As parents the best gift we can give our children is to inspire them by example. Be the adult we want our children to become; children watch every move their parents make. Our behaviour will have a profound influence on their lives.

It is sad that we have sight but no vision. We live day to day, with no sense of direction. Let us live our lives by choice, rather than by chance. Let us not live our lives by default, but by design, let us plan our future and destiny. Almighty Allah only gives us what we want in life. We get what we want in life, but must plan and strive for it. In Surah

al-Imran, Almighty Allah assures and pledges 'An excellent reward for those who work and strive' ([3]:136).

Insanity is defined as doing the same every day and expecting a different result. Don't allow our existence to be a thoughtless accident. Doing the same over and over and expecting a different result or expecting change is insanity. If we do not change our ways, our life, five years from now will be much the same as it is today.

Go home, sit with your family and openly discuss what you want five years from now. Make a five-year plan, to serve as a family guide allowing you to make wider choices on how you will spend your days and invest your time. Keep focus on what truly counts.

Our material and spiritual successes will only come if we focus on building the home. Through our family we can develop, build and boost our inner strength that is needed to give leadership in our homes. Our family is our foundation; like a launch pad of a rocket, once it is secure and in perfect order, we can soar to unimaginable heights.

Stop living a dual life; a pretence for society, and the real you in the home. Don't be a good person in public and then be bad to those near and dear to you. Your husband, wife, children and family are the ones who count in life; they influence you and give you the satisfaction needed for personal growth.

Live a balanced life, read the Noble Qur'an and follow the *Sunnah* of the noble Messenger Muhammad (S).

Thank Almighty Allah for all His blessings and pray after every *salat*: ‘O Allah, give us good in this world, and good in the Hereafter.’ It is advisable to make at least one *salat* at home in *Jamaat* with the family. Our family is our responsibility; we must direct and develop the body, mind and soul of the family; encourage our children to go with us to the *Masjid* daily.

Our family is our responsibility, Almighty Allah instructs us to graciously guard our conduct and that of our families and all who are near and dear to us. Almighty Allah says in the Noble Qur’an (Surah at-Tahrim): ‘O you who believe, save yourselves and your families from the Fire [of Hell] ...’ ([66]:6). It is incumbent on every Muslim to pray to Almighty Allah for guidance and to guide his family to the straight path.

The noble Messenger Muhammad (S) said: ‘Blessed is the man who preaches the faith and righteousness to his household and cursed is the one who keeps his household to be ignorant of the faith and goodness of life.’

Read the Noble Qur’an, the *Hadith* or Sheikh Najjar’s selected stories for a few minutes at suppertime. Perform *dhikr* once a week with the family; talk about the Hereafter; read about the Noble Qur’an and about the *Sunnah*; remember there is power in repetition. Do the same daily and Almighty Allah will open doors beyond our expectations.

Give your wife and children plenty of love. The power of love and forgiveness has not yet been discovered. This

powerful force has a life of its own; it grows with us and is able to unleash dormant forces, faculties and talents that are within our families and us.

Start living during prime time; this is between 1800 and 2200 hours when most of the public are watching television, and between *Fajr* and *Ishraq* when most people are sleeping. Television is rapidly destroying family life and human relations, cutting off members of the family from one another. Television is the most destructive prying tool in this so-called modern world. Our real success in life can take a large leap when we stop watching other people performing and making money in their professions during prime time. Start living your own dreams in your own free time. Focus on what you want in life. The Noble Qur'an and the *Sunnah* will *insha'Allah* give you direction.

Starting our day with *Fajr salat* will improve the quality of our lives. Almighty Allah says in the Noble Qur'an (Surah al-Imran): 'Those who show patience, firmness and self control; who are true in word and deed; who worship devoutly, who spend in the way of Allah and who pray for forgiveness in the early hours of the morning' ([3]:17).

Almighty Allah promises success to those who pray their *Fajr salat*; this is when we begin to mould our destiny. Through the power of Almighty Allah we liberate ourselves from the captivity of the material world and from greed. This does not mean we should neglect the material dimension.

Both the material and spiritual dimensions are important. Creating a balance between the two will liberate our souls; we can then excel to great spiritual and material heights. Success in this world and the Hereafter is guaranteed.

Waking up for *Fajr salat* is a powerful gift we give to ourselves and to our family. The discipline of early rising is the most powerful tool to transform ourselves. Rising for *Fajr*, the angels come down with Almighty Allah's permission. *Fajr* is very special; time slows down; and a deep sense of peace penetrates the air.

Praying *Fajr salat* regularly will improve the quality of life. *Fajr salat* helps us control the day, rather than letting the events of the day control us. Self-discipline is necessary to master our destiny; without effort life is meaningless. In Surah ar-Ra 'ad Allah says: 'For each person there are angels in succession before and behind him; they guard him by the command of Allah' ([13]:11).

The initial energy spent in waking up for *Fajr* will be well worth it. If we are determined to change our way of life, to add value to our soul, then we must make the intention now! Intention attracts attention, and discipline is power. Pray to Almighty Allah, ask Him for help during *Fajr* and when you go to sleep.

Almighty Allah will come to your assistance. He knows our intention. All our thoughts are under Almighty Allah's watch, He knows our thoughts. We must seek protection in Him.

Almighty Allah says in the Noble Qur'an in *Surah al-Anbiya*: 'The heavens and the earth were joined together (as one unit of creation), before we clove them asunder?' ([21]:30). In *Surah Ibrahim*, He emphasizes: 'One day the earth will be changed to a different earth, and so will the Heavens' ([14]:48).

The heavens and the earth are one unit of creation; they were a single entity before Almighty Allah separated them. This world is a heaven where we have to strive to appreciate and live in harmony. The Hereafter is a heaven beyond our perception.

As we develop socially, spiritually and intellectually we see and understand that Almighty Allah created us to succeed. Our success and destiny is in our hands; our attitude determines our destiny. Remember, to be in misery is to drift; to be in ecstasy, satisfaction or paradise is to steer, and direct life. Don't live life by accident.

In *Surah ar-Ra'd*, Almighty Allah says: 'Verily never will Allah change the condition of a people until they change what is in themselves' ([13]:11).

In *Surah Fatir*, Almighty Allah declares: 'And establish regular salat, and whoever purifies himself does so for the benefit of his own soul; and the destination of all is to Allah' ([35]:18).

Almighty Allah's message in the Noble Qur'an is for us to consistently perform our salat with intense emotion. By this, we will *insha'Allah* create a bond with Almighty

Allah. In Surah al-Ankabut, Almighty Allah says: ‘Recite what is sent of the book of inspiration to thee, and establish regular salat; for salat restrains from shameful and unjust deeds. Remembrance of Allah without doubt is the greatest deed in life. For Allah knows all that you do’ ([29]:45).

Nothing escapes Almighty Allah: our thoughts, words and deeds in the end will return to Him. Reading the Noble Qur’an, and studying it to understand will change the circumstances and shape our lives the way Almighty Allah wants us to be. We owe it to ourselves to understand Almighty Allah and the universe and what this power means to us. When we comprehend what Almighty Allah wants for us, we will *insha’Allah* be freed from the shackles that hold us back. We will then have everything we want in life. We can create the life of our dreams with the help and power of Almighty Allah.

Discover Yourself

We thank Almighty Allah for Introducing us to Sadathullah Khan, who facilitates the three-day seminar *Discover Yourself*. To date, these seminars have positively changed the lives of thousands of participants irreversibly. This course started in October 2005 when I received a phone call from the late Shamshad Khan (Botswana), Almighty Allah bless him, who introduced and explained the course *Discover Yourself*. Shamshad proposed we facilitate a seminar in Pretoria with Sadathullah Khan from Bangalore as our host.

We agreed on a three-day seminar in February 2006 at the Halima Hall in Erasmia, Pretoria, South Africa. News of this life-changing seminar spread and this resulted in demand from various cities.

Born in Bangalore, India, Sadathullah Khan completed his BSc in Mechanical Engineering in 1975, winning a Gold Medal from Bangalore University for passing with distinction. He has a diploma in journalism and is the editor and publisher of *Islamic Voice*. Sadathullah has been involved in youth activities and seminars most of his adult life. He gave up his fruit and pulp business, Al-Wasr Exports, to follow his passion to make a difference in the lives of the Muslim *Ummah*.

During the past ten years, Sadathullah Khan has travelled around the world conducting more than 500 workshops over three-day periods in major cities.

Day 1 introduces the discovery of the concept of *Laa ilaaha illal Laah* where anger disappears, our outlook on life changes, and we feel free as we realize we are carrying baggage from the past. We enter into a state of tranquility as people and the world around us transform.

On day 2 we offload worry and fear from the past and learn to live in the present. Our view of life changes as we discover the power and freedom to take on life's challenges with a new attitude instead of demands and burdens. As we learn to live in the present, adopt a new attitude, and create a new future, we make the *Hijra*, purify our hearts and connect to Almighty Allah.

Day 3 opens a new world around us. We see life as simple; with truth prevailing and falsehood perishing we make jihad of the *nafs*; we discover the gift Almighty Allah has blessed every human being with: to live a life of love, joy, peace, happiness and contentment.

In the Noble Qur'an (*Surah ar-Ra'd*), Almighty Allah says: 'Verily never will Allah change the condition of a people until they change it in themselves' ([13]:11). In another verse in *Surah al-A'la*, Almighty Allah says: 'Those will prosper who purify themselves' ([87]:14). The secret to success is purification.

The three-day course, *Discover Yourself*, will *insha'Allah*, make a difference in our thinking. We will become far more effective in everything we do. It will free us from imprisoned memories of the past, and will create harmony and balance in our personalities. We will feel alive and ready to face the challenges of life. We will focus, be better people and make a difference to the lives of everyone we meet.

Discover Yourself is a transformational experience that empowers the entire family, single parents, divorcees and unmarried brothers and sisters. Disputes between husband and wife, and family conflicts have been resolved. During sharing sessions, I realized that parents lack the ability and skill to care for their children and it became clear that our women are abused: verbally, physically, psychologically and mentally.

I have travelled to many countries, attending seminars hosted by world-renowned scholars who shared information and personal experiences; Earl Nightingale, Dennis Wheatley, Wayne Dyer, Deepak Chopra, Peter Haibloom and John Kehoe, among others. I always felt there was a need to write a course for Muslims, based on the Noble Qur'an and the *Sunnah*, as Sadathullah Khan has done.

We have embarked on a mission through the *Discover Yourself* seminars and we intend *insha'Allah* to build a central group of talented and energetic teams who will be *Khalifahs*, (vicegerents) of Almighty Allah and make it their mission to change the world, and pursue Almighty Allah's

dictates by establishing love, peace and harmony on His planet.

We have embarked on a mission to make a difference in the lives of men and women and to change the world. We pray to Almighty Allah to bless, guide and grant us success in all our endeavours.

To date over 4,000 brothers and sisters in South Africa from all walks of life, housewives, layman, doctors, lawyers, accountants, teachers and Ulemah have attended this life changing workshop. We dedicate these and all future workshops for the Esaale Sawaab of our Nabie Muhammad (S), our dearest brother Shamshaad Khan and all Marhoom, Almighty Allah grant them Janaat-ul Firdous.

Love and Salaams

Ismail A. Kalla

29 Rabi-ul-Awwal 1432

5 March 2011

If you are interested in having a three day seminar conducted in your area, contact A.W. Sadathullah Khan: editor@islamicvoice.com or in South Africa

A.K. Kurtha: crescentintl@gmail.com

Suliman Anvar: crescentint7861@gmail.com

The Prophets

There were 124,000 Prophets sent by Almighty God. All the Prophets and Messengers were blessed with miracles. The miracle of the noble Messenger Muhammad (S) is the noble Qur'an that was revealed to him through the Arch Angel Gabriel over a period of twenty three years.

The noble Messenger Muhammad (S) was a living model of the noble Qur'an in his conduct and practice. The Prophets Noah, Abraham, Moses and Jesus (Peace be upon them all) were recipients of the same message; there is only One God who brought into existence the entire creation.

The noble Qur'an asserts that the message of all the Prophets (Peace be upon them) was identical and they professed the same message; that mankind must submit to the One and Only, All-Powerful, All-Knowing, All-Hearing, All-Mighty God.

Islam emphasizes that the One and Only Reality is Almighty God, who breathed His spirit into mankind. Our responsibility in this temporal material dimension is to discover Him through the study of the noble Qur'an wherein

Almighty God says He is closer to us than our jugular vein.

The Noble Qur'an mentions the following Prophets in Chronological Order:

Qur'anic	Bible	Qur'anic	Bible
Adam	Adam	Harun	Aaron
Nuh	Noah	Yashu'u	Joshua
Idris	Enoch	Hizqil	Ezekial
Hud	Eber/Heber	Ilyas	Elias
Saleh	Salih	Al-Yasa	Elisha
Ibrahim	Abraham	Dawud	David
Lut	Lot	Sulayman	Solomon
Ismail	Ishmael	Ayyub	Job
Ishaq	Isaac	Yunus	Jonah
Yaqub	Jacob	Uzair	Ezra
Yusuf	Joseph	Zakariya	Zachariah
Shu'ayb	Jethro	Yahya	John
Moosa	Moses	Eesa	Jesus
		Muhammad	Muhammad

Peace and Blessings be upon them all.

The Noble Prophet Jesus Christ **(Peace be upon him)**

Today there are close to 1.8 billion Muslims in the world who love, respect and revere this great messenger of God, Jesus Christ (peace be upon him). The noble Messengers Moses and Muhammad (peace be upon them) were born in the natural way: they both had a father and a mother. The noble Messenger Jesus (peace be upon him) had only a mother. Moses and Muhammad (peace be upon them) were born in the normal course, i.e., through the physical association of a man and a woman; however, the noble Prophet Jesus (peace be upon him) was created by a special miracle of Almighty God.

The noble Qur'an mentions Prophet Jesus (peace be upon him) many times. Almighty God says: 'We gave Jesus the son of Mary clear signs and strengthened Him with the Holy Spirit' ([2]:87).

Mary, the Mother of Jesus

An entire chapter in the noble Qur'an is dedicated to Maryam or Mary. Mary, the mother of Jesus (peace be upon him) was selected and purified by Almighty God over all the women of her time.

She was unique, in that she gave birth to a son by a special miracle without the intervention of the customary physical means. The noble Qur'an and Muslims call Jesus Hazrat Eesa, meaning 'the revered'. Jesus or Eesa Alai-hiss-Salaam (Jesus, peace be upon him). Every time a Muslim mentions the name of Jesus he says 'Peace be upon him.' Without these words it is considered disrespectful to mention his name.

The noble Qur'an honours the great messenger of God, Jesus (peace be upon him). For nearly 15 centuries, Muslims, have not fallen short of according respect to the noble Messenger of God, Jesus (peace be upon him). In the noble Qur'an, chapter three 'The family of Imran,' Almighty God speaks about Mary and Jesus from verses ([3]:42-64)

- And lo! The angels said, "O Maryam [Mary]! Allah has selected you and made you pure, and raised you above all the women of the world. ([3]:42)
- O Maryam! Remain you truly devout to your Sustainer, and prostrate yourself, and bow down with those who bow down [before Him]." ([3]:43)
- This account of something that was beyond the reach of your perception We [now] reveal to you; for you were not with them when they drew lots [to decide] which of them should be Maryam's guardian, and you were not with them when they contended [about it] with one another. ([3]:44)

-
- (Lo! The angels said, “O Maryam! Behold, Allah sends you the glad tiding, through a word from Him, [of a son] who shall become known as the Christ, Jesus, son of Maryam, held in great honor in this world and in the life to come, and [shall be] of those who are drawn near to Allah. ([3]:45)
 - “And he shall speak to men in his cradle, and as a grown man. And shall be of the righteous.” ([3]:46)
 - Said she, “O my Sustainer! How can I have a son when no man has ever touched me?” [The angel] answered, “Thus it is. Allah creates what He wills—when He wills a thing to be, He but says unto it, ‘Be,’ and it is. ([3]:47)
 - “And He will impart to your son revelation, and wisdom, and the Torah, and the Gospel. ([3]:48)
 - “And [will make him] an apostle unto the Children of Israel.” I have come unto you with a message from your Sustainer. I shall create for you out of clay, as it were, the shape of a bird, and then breathe into it, so that it might become a bird by Allah’s leave; and I shall heal the blind and the leper, and bring the dead back to life by Allah’s leave; and I shall let you know what you may eat and what you should store up in your houses. Behold, in all this there is indeed a message for you if you are truly committed. ([3]:49)

- And I have come to confirm the truth of whatever there still remains of the Torah and to make lawful unto you some of the things that were forbidden to you. And I have come to you with a sign from your Sustainer; remain, then, conscious of Allah, and pay heed unto me. ([3]:50)
- Verily, Allah is my Sustainer as well as your Sustainer; so conform unto Him [alone]: this is a straight way. ([3]:51)
- And when Jesus became aware of their refusal to acknowledge the truth. He asked, “Who will be my helpers in Allah’s cause?” The white-garbed ones replied, “We shall be [your] helpers [in the cause] of Allah! We are committed to Allah, and bear you witness that we have surrendered ourselves unto Him! ([3]:52)
- “O our Sustainer! We believe in what You have bestowed from on high, and we follow this Apostle; make us one, then, with all who bear witness [to the truth]!” ([3]:53)
- And the deniers schemed [against Jesus], but Allah ruined their scheming; for Allah is above all schemers. ([3]:54)

- Lo, Allah said, “O Jesus ! Verily, I shall cause you to die, and shall exalt you unto Me, and cleanse you of [the presence of] those who are bent on denying the truth, unto the Day of Resurrection. And I shall place those who follow you [far] above those who deny the truth. In the end, unto Me you all must return, and I shall judge between you with regard to all on which you were wont to differ. ([3]:55)
- “And as for those who are bent on denying the truth, I shall cause them to suffer a suffering severe in this world and in the life to come, and they shall have none to support them; ([3]:56)
- “Whereas unto those who are committed and do good works He will grant their reward in full; for Allah does not love offenders.” ([3]:57)
- This message do We convey to you, this tiding full of wisdom. ([3]:58)
- Verily, in the sight of Allah, the nature of Jesus is as the nature of Adam, whom He created out of dust and then said to him, “Be,” and he is. ([3]:59)

- [This is] the truth from your Sustainer; be not, then, among the doubters! ([3]:60)
- And if anyone should argue with you about this [truth] after all the knowledge that has come to you, say, “Come! Let us summon our sons and your sons, and our women and your women, and ourselves and yourselves; and then let us pray [together] humbly and ardently, and let us invoke Allah’s curse upon those [of us] who are telling a lie.” ([3]:61)
- Behold, this is indeed the truth of the matter, and there is no deity whatever save Allah; and verily, Allah — He alone—is Almighty, Truly Wise. ([3]:62)
- And if they turn away [from this truth], behold, Allah has full knowledge of the spreaders of corruption. ([3]:63)
- Say, “O followers of earlier revelation! Come unto that tenet which we and you hold in common: that we shall conform unto none but Allah, and that we shall not ascribe divinity to any beside Him, and that we shall not take human beings for our lords beside Allah.” And if they turn away, then say, “Bear witness that it is we who have surrendered ourselves to Him.” ([3]:64)

The 19th chapter of the noble Qur'an is known as 'Maryam' and in verses 22-36 Almighty God says: 'So she conceived him and withdrew with him to a distant place. The pains of labour drove her to the trunk of a date palm.' She said, "Oh, if only I had died before this and passed into oblivion!" But a voice called out to her from below, "Do not despair. Your Lord has provided a brook that runs at your feet, and if you shake the trunk of this palm tree, it will drop fresh ripe dates on you. Eat and drink and rejoice. And if you see any human being say, 'I have vowed a fast of silence to the Gracious God, and will not speak with any human being today.'" ([19]:22-26)

Carrying her child, she brought him to her people. They said, "O Mary, you have indeed done something terrible! Sister of Aaron, your father was not an evil man, nor was your mother an unchaste woman!" She pointed to the child. They said, "How shall we talk to someone who is a child in the cradle?" But he said, "I am God's servant. He has given me the Book and made me a prophet; He has made me blessed wherever I may be, and has enjoined upon me prayer and almsgiving throughout my life. He has made me dutiful toward my mother, and He has not made me arrogant or wicked. Blessed was I on the day I was born, and blessed I shall be on the day I die and on the day I am raised to life again." ([19]:27-33)

Such was Jesus, the son of Mary. That is the whole truth, about which they still dispute: it does not befit the majesty

of God that He should beget a son. Glory be to Him! He is far above that, when He decrees something, He says only, 'Be!' and it is. God is my Lord and your Lord, so worship Him alone. That is the right path. ([19]:34-36)

Thus, Muslims consider Prophet Jesus (peace be upon him) as much their Prophet as any other people in the world. In fact, without believing in Prophet Jesus (Peace be upon him) and the Bible that was revealed to him by God Almighty, a Muslim's faith is incomplete.

There are many other verses in the noble Qur'an about Prophet Jesus (Peace be upon him):

Jesus, a righteous Prophet – 6:85

Birth – 3:45-47; 19:22-23

Apostle of Israel – 3:49-51

Disciples – 3:52-23; 5:114-118

Taken up – 3:55-58; 4:157-159

Like Adam – 3:59

Not crucified – 4:157

Not God – 5:19; 5:75

Sent with Gospel – 5:46

Not son of God – 9:30

Prays for Table of viands – 5:117

Message and miracles – 5:113;

19:30-33

Taught no false worship – 5:116-120

Disciples declare themselves

Muslim – 5:114

Birth of Jesus – 3:35-45

Annunciation of Jesus – 3:42-51;

4:159; 19:16-21

No more than apostle – 4:171;

5:75/78; 43:59/63, 64

In child birth – 19:23-26

Brought the baby to her

people – 19:16/17

Guarded her chastity – 16:12; 21:19

Mission limited – 13:38

Followers have compassion and

mercy – 57:27

Disciples as God's helpers – 61:14

As a sign – 23:50; 43:61

Prophesied Ahmad

(Muhammad) – 61:6

Bibliography

A Concise Fiqh – Hasan Arian
Adhkaar's – Mokhtar Magraoui
Al Muwatta – Imam Malik
An Islamic Treasury of Virtues – Moulana Wahiduddin Khan
A Thematic Commentary of the Qur'an – Shaykh Mohammed Al Ghazali
Beginning's End – Shaykh Fadhlalla Haeri
Calling Allah – Shaykh Fadhlalla Haeri
Companion of the Prophet – Hazrat Ali
Diseases of the heart – Shaykh Mokhtar Maghraoui
Haya and Tawadha – Shaykh Mokhtar Maghraoui
Hedaya—The Laws of Imam Abu Hanifa – Charles Hamilton
Imam Nawawi's Collection of Forty Hadith
Inspiration, your ultimate calling – Wayne Dyer
In the Shade of the Qur'an – Sayyid Qutb
Irfan – Faqir Abdul Hamid Sarwari
Jesus – Ahmed Deedat
Kitab Al-Hikam – Ibn Ataillah
Mariful Qur'an – Moulana Mufti Mohammed Shafi
Maxims of Ali – Sayyid Abu Muhammad
Mind Power – John Kehoe
Muslim Character – Mufti A.H. Usmani
Pearls of wisdom – Dr Khawaja Anwar Ullah
Riyad us Saleheen – Al-Imam Abu Zakariya Yahya
Sayings of Noble Messenger (S) – S.A. Husain
Sayings of Rumi and Iqbal, Dr. Khawaja Abdul and Hamid Irfani
Stillness speaks – Eckhart Tolle
Sublime Gems – Shayk Abd al Qadir al Jilani

- Surah al-Fatihah* – Moulana Abul Kalam Azad
Tafhim Al-Qur'an – Sayyid Abul Ala Maududi
Tafsir Ibn Kathir
Tafsir-ul-Qur'an – Moulana Abdul Majid Daryabadi
The Ascendant Qur'an – Imam Muhammad al-Asi
The Book of Secrets – Deepak Chopra
The Holy Qur'an – Muhammad Ali
The Keys to the Qur'an – Shaykh Fadhlalla Haeri
The Holy Qur'an – SV Mir Ahmed Ali
The Light of the Holy Qur'an – Ayatullah Sayyid Kamal Faqih Imami and a group of Muslim Scholars
The Message of the Qur'an – Muhammad Asad
The Meaning of the Qur'an – Sayyid Abul Ala Maududi
The Mishkat al Anwar – Muhyiddin Ibn Arabi
The Monk who sold his Ferrari – Robin Sharma
The Noble Qur'an – Yusuf Ali
The Noble Qur'an – Allamah Shabier Ahmed Usmani
The Power of Intention – Wayne Dyer
The Power of Now – Eckhart Tolle
The Sayings of Rumi and Iqbal – Dr. Khawaja Abdul Hamid Irfani
The Seals of Wisdom – Muhiyiddin Ibn Al Arabi
The Secret of the Ages – Robert Collier
The Secret of the Secrets – Shaykh Abd al Qadir al Jilani
The Subconscious Mind – Joseph Murphy
The Unveiling of Love – Sheikh Muzuffer Ozak
Unlimited success – Napoleon Hill
Women in Sharia – Abdur Rahman Doi
Your Miracle Brain – Jean Carper

Surahs of the Noble Qur'an and their meanings

The Noble Qur'an was revealed to the Holy Prophet Muhammad (S) (Peace and Blessings of Almighty Allah be upon him) over 14 centuries ago. Throughout this period the purity of the text of the Noble Qur'an has been secured by Almighty Allah. Truth is guarded through all ages by the power of Almighty Allah. There are millions of Muslims that have committed this Noble Book to memory. This was one of the methods inspired by Almighty Allah to protect His message from Iblees (satan).

- | | |
|--|---|
| 1. Surah Al-Fatihah – The Opening Chapter | 19. Maryam – Virgin Mary |
| 2. Al-Baqarah – The Heifer | 20. Ta-Ha – Mystic Letter TH |
| 3. Al-Imran – The Family of Imran | 21. Al-Anbiyaa – The Prophets |
| 4. An-Nisaa – The Women | 22. Al-Hajj – The Pilgrimage |
| 5. Al-Maida – The Table Spread | 23. Al-Mu-Minun – The Believers |
| 6. Al-An'Am – Cattle | 24. An-Nur – Light |
| 7. Al-A'araaf – The Heights | 25. Al-Furqan – The Criterion |
| 8. Al-Anfal – Spoils of War | 26. Al-Shu'araa – The Poets |
| 9. At-Tauba Or Baraat – Repentance or Immunity | 27. An-Naml – The Ants |
| 10. Yunus – Prophet Jonah | 28. Al-Qasas – The Narration |
| 11. Hud – The Prophet Hud | 29. Al-Ankabut – The Spider |
| 12. Yusuf – Prophet Joseph | 30. Ar-Rum – The Roman Empire |
| 13. Ra'd – Thunder | 31. Luqman – The Wise |
| 14. Ibrahim – Prophet Abraham | 32. As-Sajdah – Adoration |
| 15. Hijr – The Rocky Tract | 33. Al-Ahzab – The Confederates |
| 16. An-Nahl – The Bee | 34. Saba – The City of Saba |
| 17. Al-Isra – The Nights Journey | 35. Al-Fatir – The Originator of Creation |
| 18. Al-Kahf – The Cave | 36. Ya-Sin – Abbreviated Letters |
| | 37. As-Saffat – Those Ranged in Ranks |
| | 38. Saad – One of the Abbreviated Letters |

39. Az-Zumur – The Crowds
40. Al-Mu-Min – The Believer
41. Ha-Mim – Abbreviated Letter
42. Al-Shura – Consultation
43. Az-Zukhruf – Gold Adornments
44. Ad-Dukhan – Smoke or Mist
45. Al-Jathiya – Bowing the Knee
46. Al-Ahqaf – Winding Sand-Tracts
47. Muhammad – The Prophet Muhammad
48. Fat-H – Victory
49. Al-Hujurat – The Inner Apartment
50. Qaf – Abbreviated Letter
51. Az-Zariyat – The Winds that Scatter
52. At-Tur – The Mount
53. An-Najm – The Star
54. Al-Qamar – The Moon
55. Al-Rahman – Most Gracious
56. Al-Waqi'Ah – The Inevitable Event
57. Al-Hadid – Iron
58. Al-Mujadilah – The Woman Who Pleads
59. Al-Hashr – The Gathering
60. Al-Mumtahinah – The Woman to be Examined
61. As-Saff – Battle Array
62. Al-Jumua – The Assembly (Friday) Prayer
63. Al-Munafiqun – The Hypocrites
64. At-Taghabun – Mutual Loss Or Gain
65. At-Talaq – Divorce
66. At-Tahrim – Holding Something to be Forbidden
67. Al-Mulk – Dominion
68. Al-Qalam – The Pen
69. Al-Haqqa – Sure Reality
70. Al-Ma'Arij – The Ways of Ascent
71. Nuh – Prophet Noah
72. Jinn – Spirits
73. Al-Muzzammil – Folded in Garments
74. Al-Muddaththir – One Wrapped Up
75. Al-Qiyamat – The Resurrection
76. Ad-Dahr – Time or Man
77. Al-Mursalat – Those Sent Forth
78. An-Nabaa – The Great News
79. An-Nazi'At – Those Who Tear Out
80. Abasa – He Frowned
81. At-Takwir – The Folding Up
82. Al-Infitar – The Cleaving Asunder
83. At-Tatfir – Dealing in Fraud
84. Al-Inshiqaq – The Rending Asunder
85. Al-Buruj – The Zodiacal Signs
86. At-Tariq – The Night Visitant
87. Al-A'La – The Most High
88. Al-Ghashiya – The Overwhelming Event
89. Al-Fajr – The Break of Day
90. Al-Balad – The City
91. Ash-Shams – The Sun
92. Al-Layl – The Night
93. Ad-Duha – The Glorious Morning Light
94. Al-Inshirah – The Expansion
95. At-Tin – The Fig
96. Iqraa – Read or Proclaim
97. Al-Qadr – The Night of Power
98. Al-Baiyina – The Clear Evidence
99. Al-Zilzal – The Convulsion
100. Al-'Adiyat – Those that Run
101. Al-Qari'A – The Day of Noise and Clamour
102. At-Takathur – Piling Up
103. Al-Asr – Time Through the Ages
104. Humaza – The Scandal-Monger
105. Al-Fil – The Elephant
106. Al-Quraish – Custodians of the Ka'ba
107. Al-Ma-'Un – Neighbourly Needs
108. Al-Kauthar – Abundance
109. Al-Kafirun – Those Who Reject Faith
110. Al-Nasr – Help
111. Lahab – The Father of Flame
112. Al-Ikhlās – Purity of Faith
113. Al-Falaq – The Dawn
114. An-Nas – Mankind

Meaning of the Arabic Words

Awrah (Modesty) – The most intimate parts of the body

Assalamu-Alaikum – Peace be upon you

Asalamu Alayikum wa rahmatu Allah – Peace, blessings and mercy of Almighty Allah be upon you

Adhkaar – Remembrance of God

Wa Alaikum Salaam – On you be peace

Alaihi Salaam (AS) – On him be peace

Allah – Almighty God, Most High

Amaanah – Trust

Dhikr – Remembrance of Almighty Allah

Dhikrullah – Remembrance of Almighty Allah

Dua – Prayer or Invocation

Dunya – The world

Fajr – Dawn, often refers to Dawn Prayers

Hadith – Traditions of the Prophet Muhammad (S)

Hadith Qudsi – Divine Utterance narrated by the noble Messenger Muhammad (S)

Hafiz – One who commits the entire Noble Qur'an to memory

Hajj – Pilgrimage to Makkah

Halal – That which is permissible by Islamic Law

Haqq – Truth

Ibrahim – Prophet Abraham (as)

Iblees – Satan

Imaan – The conviction and belief that Almighty Allah is One and Nabi Muhammad (S) is His last messenger.

Imam – Religious leader

Insha'Allah – If Almighty Allah wills; said whenever one refers to the future (God Willing)

Jannah – Heaven

- Kalima Shahadah** – The Islamic Creed ‘There is no God but Allah, Muhammad (S) is His servant and messenger’
- Miraj** – The Ascent, refers to the ascension of the Prophet Muhammad (S) to Heaven
- Muslim** – One who submits oneself to Almighty God
- Noble Messenger (S)** – The Prophet Muhammad (S)
- Nafs** – The experiencing self, ego or aspect of the soul by which the person is primarily influenced by passions and desires
- The Noble Qur’an** – The Noble Qur’an was revealed directly to the Prophet Muhammad (S) over twenty-three years. Over 6 000 verses contained in 114 Surahs (chapters) were revealed.
- Ramadan** – The month of Fasting
- Rasool** – The noble Messenger Muhammad (S)
- Salaam** – Peace
- Salaams** – The greeting of peace
- Sahih** – Authentic
- Salat** – Prayer Farz Salat
- (S) Salla Allahu Alayhi wa sallam** – ‘The peace and blessings of Almighty Allah be upon him’. Said whenever the name of the Prophet Muhammad (S) is mentioned or whenever he is referred as the Prophet (Nabi) of Almighty Allah.
- Shaikh** – Religious leader
- Shariah** – The Islamic Law
- Sulaiman (AS)** – The Prophet Solomon
- Sunnah** – That which was customarily done by our Prophet Muhammad (S)
- Surah** – A chapter of the Noble Qur’an
- SWT** – Subhanahu-Wa-Ta’ala
- Tasbih** – A string of beads used for the remembrance of the names of God
- Tafsir** – Commentary of the Noble Qur’an with background information pertaining to the circumstances of revelation.
- Taqwa** – The combination of piety, faith, loyalty and commitment. From the Arabic root word, waqa or wiqaya (meaning protection). Thus a person with taqwa is under the protective canopy of Almighty Allah.
- Ummah** – The worldwide Muslim Community.
- Wa Rahmatullahi wa barakatuhu** – The mercy and blessings of Almighty Allah
- Zakat** – Purification of one’s accumulated wealth; often referred to as charity that is obligatory upon every Muslim with the means
- Zina** – Adultery
- Zuhr** – Midday prayer

The 99 Beautiful Names of Allah

- 1 **Allah** – The Greatest Name
- 2 **Ar-Rahmaan** – The Compassionate
- 3 **Ar-Raheem** – Most Merciful
- 4 **Al-Malik** – The Sovereign
- 5 **Al-Quddus** – The Holy One and the One Who is Free From All Blemishes
- 6 **As-Salaam** – The Giver of Peace or One Who is Immuned From All Distresses
- 7 **Al-Mu'min** – Giver of Peace
- 8 **Al-Muhaymin** – The Giver of Protection
- 9 **Al-A'zeez** – The Mighty
- 10 **Al-Jabbaar** – The Overpowering Lord
- 11 **Al-Mutakabbir** – The Self-Glorious
- 12 **Al-Khaaliq** – The Creator
- 13 **Al-Baari** – One Who Gives Life
- 14 **Al-Musawwir** – Fashioner of Shapes
- 15 **Al-Ghaffaar** – Exceedingly Forgiving
- 16 **Al-Qahhaar** – One Who Has Control Over All Things
- 17 **Al-Wahhaab** – The Giver of All Things
- 18 **Al-Razzaaq** – The Sustainer and Provider
- 19 **Al-Fattaah** – Remover of Difficulties and Giver of Decisions
- 20 **Al-'leem** – The All Knowing
- 21 **Al-Qaabid** – The Straightener of Sustenance
- 22 **Al-Baasit** – The Extender of Rizq
- 23 **Al-Khaafid** – He is the Abaser, the One Who humbles and lowers
- 24 **Ar-Raafi'** – The Exalter
- 25 **Al-Mu'iz** – The Giver of Honor
- 26 **Al-Muzil** – The Giver of Dishonour
- 27 **As-Sami'** – The All-Hearing
- 28 **Al-Baseer** – The Seer or One Who Sees All Things
- 29 **Al-Hakam** – Maker of Immutable Judgments
- 30 **Al-'dl** – The Just
- 31 **Al-Lateef** – Most Affectionate or Knower of Innermost Secrets

- 32 **Al-Khabeer** – The All-Knowing
- 33 **Al-Haleem** – The Clement
- 34 **Al-A'zeem** – The Great
- 35 **Al-Ghafoor** – Forgiving
- 36 **Ash-Shakoor** – Highly Grateful
- 37 **Al-A'li** – Most High
- 38 **Al-Kabeer** – Most Great or Infinite
- 39 **Al-Hafeez** – The Protector
- 40 **Al-Muqet** – The Giver of Sustenance and Strength
- 41 **Al-Haseeb** – The Reckoner or One Who Suffices for Everyone and Everything
- 42 **Al-Jaleel** – Glorious or One With an Exalted Position
- 43 **Al-Kareem** – Benevolent
- 44 **Ar-Raqeeb** – The Caretaker
- 45 **Al-Mujeeb** – The Answerer of Duaas
- 46 **Al-Waasi'** – The Lenient
- 47 **Al-Hakeem** – The Wise
- 48 **Al-Wadud** – Most Loving
- 49 **Al-Majeed** – Most Venerable
- 50 **Al-Baai's** – The Resurrector of the Dead
- 51 **Ash-Shaheed** – Omnipresent
- 52 **Al-Haq** – The Truth
- 53 **Al-Wakeel** – The Provident
- 54 **Al-Qawi** – Almighty
- 55 **Al-Mateen** – The Invincible
- 56 **Al-Wali** – The Patron
- 57 **Al-Hameed** – The Praiseworthy
- 58 **Al-Muhsi** – The Keeper of Counts
- 59 **Al-Mubdi** – The Originator
- 60 **Al-Mu'eed** – One Who Has the Power to Create Again
- 61 **Al-Muhyi** – The Giver of Life
- 62 **Al-Mumeet** – The Giver of Death
- 63 **Al-Haiy** – The Everlasting
- 64 **Al-Qayyum** – The Sustainer of Life
- 65 **Al-Waajid** – The All-Perfect
- 66 **Al-Maajid** – The All-Excellent and the One With Veneration
- 67 **Al-Waahid** – The One Unequaled
- 68 **As-Samad** – Free From Want
- 69 **Al-Qaadir** – The All-Powerful
- 70 **Al-Muqtadir** – Powerful
- 71 **Al-Muqaddim** – One Who Causes Advancement
- 72 **Al-Muakhhir** – The One Who Causes Retardation
- 73 **Al-Awwal** – The First
- 74 **Al-Aakhir** – The Last

-
- 75 **Az-Zaahir** – The Obvious
 76 **Al-Baatin** – The Latent
 77 **Al-Waali** – One Who Exercises Responsibility Over All Things
 78 **Al-Muta'ali** – Far Above the Attributes of the Entire Creation
 79 **Al-Bar** – The Good
 80 **At-Tawwaab** – The Oft Returning
 81 **Al-Muntaqim** – One Who Takes Retribution
 82 **Al-A'fuw** – One Who Pardons
 83 **Ar-Rauf** – The Kind
 84 **Maalik-ul-Mulk** – Possessor of Sovereignty
 85 **Zul-Jalaal-e-wal-Ikraam** – Majestic and Benevolent
 86 **Al-Muqsit** – The Just
 87 **Al-Jaami'** – The Assembler
 88 **Al-Ghani** – Free From Need
 89 **Al-Mughni** – Supplier of Needs to Others
 90 **Al-Maani'** – The Hinderer
 91 **Ad-Daar** – One Who Can Cause Loss
 92 **An-Naafi'** – One Who Confers Benefits
 93 **An-Nur** – The Light
 94 **Al-Haadi** – One Who Gives Guidance
 95 **Al-Badi'** – The Deviser
 96 **Al-Baaqi** – The Eternal
 97 **Al-Waaris** – The Supporter of All or One Who Remains Alive Even After Everyone or
 Everything Dies
 98 **Ar-Rasheed** – One Who Guides Along the Path of Virtue or One Who Loves
 Virtue and Piety
 99 **As-Sabur** – Most Forebearing

Articles by the author in
The Muslim Digest—Ramadaan Annual

July 1980, *Hijra The Momentous Event*
August 1981, *Saum or Fasting the Third Pillar of Islam*
August 1982, *Prayer is the First step in the onward Progress of Man*
May 1983, *The Political aspect of Islam and the Role of Muslims*
June 1986, *Eid Ul Fitre*
June 1987, *Knowledge will liberate the Ummah*
April 1988, *Beware of the Propaganda against Islam*
May 1989, *The Death Sentence against Salman Rushdie*
March 1990, *The role of the Muslim Businessman*
April 1991, *The Heartland of Islam occupied by Kuffar*
April 1992, *Islam the way and Journey of Life*
February 1993, *The Enemy*
March 1994, *Salat: the Power that Builds the Body, Mind and Soul*
March 1995, *Dhikrullah*
January 1996, *Fear No More*
February 1997, *Muslims must return to the original paradigm of Islam*
February 1998, *Create Abundance, Be Charitable*
December 1999, *Hajj, the eternal journey towards Allah*
(December 1999 was the last publication of 'The Muslim Digest')

**All proceeds and royalties from this book are
donated to the following organizations for
research: The Institute of Contemporary Islamic
Thought, Crescent International and the
Discover Yourself Seminars.**

Adhkaar after Salaah

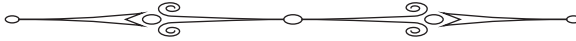
Whatever we recite of these adhkaar, we must firmly believe and be struggling to attain, lest we be lying.

أَسْتَغْفِرُ اللَّهَ

Astaghfirullah

“I ask Allah for forgiveness.”

Three times after every salaah



اَللّٰهُمَّ اَنْتَ السَّلَامُ وَ مِنْكَ السَّلَامُ
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْاِكْرَامِ:

*“Allaahumma antas-salaam, wa minkas-salaam, tabaarakta
yaa dhal-jalaali wal-ikraam.”*

“O Allaah, You are As-Salaam, and from You is all peace,
Blessed are You, O Possessor of Majesty and Honour.”

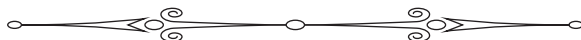
Once after every salaah

اَللّٰهُمَّ اَعِنِّيْ عَلٰى ذِكْرِكَ وَشُكْرِكَ
وَحُسْنِ عِبَادَتِكَ:

*“Allaahumma a’innee ‘alaa dhikrika wa shukrika wa
husni ‘ibaadatik.”*

“O Allaah, help me to remember You, to thank You, and to
worship You in the best of manners.”

Three times after every salaah



لَا اِلٰهَ اِلَّا اللّٰهُ، وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيْرٌ:

*“Laa ilaaha illal laahu, wahdahu laa shareeka lah,
lahul-mulku wa lahul-hamd, wa huwa ‘alaa kulli
shay-in qadeer.”*

“None is worthy of worship except Allaah, alone, without
partner. To Him belongs all sovereignty and praise, and He
has power over all things.”

Ten Times after salaatul fajr and maghrib

اَللّٰهُمَّ اَجِرْنِيْ مِنَ النَّارِ

“Allaahumma ajirnee minan-naar.”

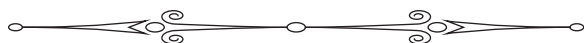
“O Allaah, grant me safety from the fire.”

اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ الْجَنَّةَ، اَللّٰهُمَّ اَجِرْنِيْ مِنَ النَّارِ

“Allaahumma innee as'alukal-jannah, Allaahumma ajirnee minan-naar.”

“O Allaah. I ask You jannah, O Allaah, grant me safety from hell fire.”

**To be recited seven times after salaatul-fajr
and seven times after salaatul-maghrib**



لَا اِلٰهَ اِلَّا اللّٰهُ، وَحْدَهُ لَا شَرِيْكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ
الْحَمْدُ، يُحْيِيْ وَيُمِيْتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيْرٌ:

“Laa ilaaha illal laahu, wahdahu laa shareeka lah, lahul-mulku wa lahul-hamd, yuhyee wa yumeet, wa huwa ‘alaa kulli shay-in qadeer.”

“None is worthy of worship except Allaah, alone, without partner. To Him belongs all sovereignty and praise, He gives life and causes death, and He has power over all things.”

اَللّٰهُمَّ لَا مَانِعَ لِمَا اَعْطَيْتَ، وَلَا مُعْطِيَ لِمَا مَنَعْتَ،
وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ:

“Allaahumma laa maani’a limaa a’tayt, wa laa mu’tiya limaa manat. Wa laa yanfa’u dhal-jaddi minkal-jadd.”

“O Allaah, none can prevent what You have willed to bestow. And none can bestow what You have willed to prevent. And no wealth or majesty can benefit anyone, as from You is all wealth and majesty.

لَا اِلَهَ اِلَّا اللّٰهُ، وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ
الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ:

“Laa ilaaha illal laahu, wahdahu laa shareeka lah, lahul-mulku wa lahul-hamd, yuhyee wa yumeet, wa huwa ‘alaa kulli shay-in qadeer.”

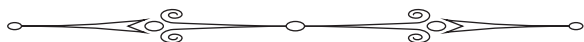
“None is worthy of worship except Allaah, alone, without partner. To Him belongs all sovereignty and praise, He gives life and causes death, and He has power over all things.”

لَا اِلَهَ اِلَّا اللّٰهُ، وَلَا نَعْبُدُ اِلَّا اِيَّاهُ، لَهُ النِّعْمَةُ وَ لَهُ
الْفَضْلُ وَ لَهُ الثَّنَاءُ الْحَسَنُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،
لَا اِلَهَ اِلَّا اللّٰهُ مُخْلِصِينَ لَهُ الدِّينَ وَ لَوْ كَرِهَ الْكَافِرُونَ:

*“Laa ilaaha illal laahu, wa laa na’budu illaa iyyaah.
Lahun-ni’matu wa laahul-fadl, wa lahuth-thanaa’ulhasan,
wa Huwa ‘alaa kulli shay’in qadeer. Laa ilaaha illal-laahu
mukhliseena lahud-deena wa law karihal-kaafiroon.”*

“None is worthy of worship except Allaah, and we worship none except Him. For Him is all favour, grace and glorious praise, and He has power over all things. None is worthy of worship except Allaah, we are sincere in faith and devotion to Him although the disbelievers detest it.”

Once after every salaah



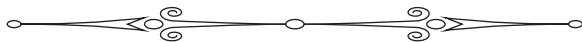
اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ
سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا
فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا
بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ
وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا
شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ
وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

“Allaahu laa ilaaha illaa huwal-hayyul qayyoom, laa ta’khu^hdhuhoo sina tuw-walaa nawm, la^hoo maa fis-samaawaati wa maa fil-ard, man dhal-ladhee yashfa’u ‘indahoo illaa bi-idhⁿni^h, ya’lamu maa bayna aydeehim wa maa khalfahum, wa laa yu^hheetoona bishay’im min ‘ilmihee illaa bima^a shaa’, wasi’a kursiyyuhus-samaawaati wal-ard, wa laa ya’oodu-hoo hifdhuhumaa, wa huwal-’aliyyul -’ad^hheem.” (Al Baqarah:255)

“Allah, None has the right to be worshipped but He, the Living, the Self-Subsisting, the Eternal. No slumber nor sleep can seize him. His are allthings in the heavens and the earth. Who is there that can intercede in His presence except as He permits? He knows what (appears to His creatures as) before or after or behind them. Nor shall they encompass anything of His knowledge except as He wills. His throne’s footstool extends over the heavens and the earth and He feels no fatigue in guarding and preserving them, for He is the Most High, the Supreme.”

(Surah Al Baqarah: verse No. 255)

Once after every salaah



- A) Al-Ikhlaas (Purity of faith) “Qul huwAllaahu ahad...” (قُلْ هُوَ اللَّهُ أَحَدٌ...)
 B) Al-Falaq (The Dawn) “Qul a’oodhu birabbil-falaq..” (قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ...)
 C) An-Naas (Mankind) “Qul a’oodhu birabbil-naas..” (قُلْ أَعُوذُ بِرَبِّ النَّاسِ...)

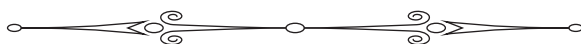
Three times after salaatul-Fajr and Maghrib
Once after salaatudh-Dhuhr, ‘Asr and ‘Ishaa’

“Sub-haanAllaah.” “How Perfect is Allah.” سُبْحَانَ اللَّهِ

“Alhamdulillaah.” “All praise is for Allah.” اَلْحَمْدُ لِلَّهِ

“Allaahu Akbar” “Allaah is Greater.” اللَّهُ أَكْبَرُ

Thirty-three times (each) after every salaah



لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ:

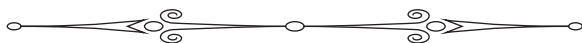
*“Laa ilaaha illal laahu, wahdahu laa shareeka lah,
lahul-mulku wa lahul-hamd, yuhyee wa yumeet, wa huwa
‘alaa kulli shay-in qadeer.”*

“None is worthy of worship except Allaah, alone, without partner. To Him belongs all sovereignty and praise, He gives life and causes death, and He has power over all things.”

Adhkaar for Morning and Evening

Whatever we recite of these adhkaar, we must firmly believe and be struggling to attain, lest we be lying.

Morning Adhaar are to be read after the break of dawn until sunrise, and the evening adhkaar (in grey) are to be read after 'Asr until Maghrib.



أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

“A’oodhu bikalimaatil-laahit-taammaati min sharri maa khalaq.”

“I seek refuge in Allah’s perfect words from the evil of
His creation.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “The one who says when evening enters....three times, then not even the poison would harm him that night.”

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ

وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

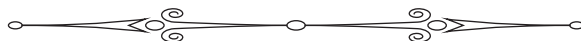
Three times in the evening

*“Bismillaahil-ladhi laa yadurru ma ‘asmihi shay’un fil ardi
wa laa fis samaa-i wa huwas samee ‘ul-’aleem”*

In the name of Allaah, with whose name nothing on
earth nor in the heavens harms, and He is All-Hearing,
All-Knowing.”

Rasoolullaah (ṣallallaahu ‘alaihi wa sallam) said:

*“The servant who says, in the morning of every day and in the
evening of every day.....three times, nothing will cause him
any harm.”*



حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ
وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Seven times in the morning and evening

*“ḤasbyaAllaahu laa ilaaha illaa huw ‘alayhi tawakkaltu
wa huwa rabbul ‘arshil -’adheem”*

“Allah is sufficient for me, none has the right to be
worshipped except Him, upon Him I rely and He is the
Lord of the exalted Throne.”

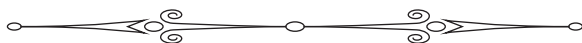
اَللّٰهُمَّ بِكَ اَصْبَحْنَا / اَمْسَيْنَا وَبِكَ اَمْسَيْنَا / اَصْبَحْنَا
وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَ اِلَيْكَ النُّشُوْرُ / الْمَصِيْرُ

Once in the morning and evening

*“Allaahumma bika asbahnaal amsaynaa, wa bika amsaynaal
asbahnaa, wa bika nahyaa, wa bi ka namootul
wa ilaykan-nushoor/wa ilaykal-maseer.”*

“O Allaah, by Your leave we have reached the morning/
evening and by Your leave we have reached the evening/
morning, by Your leave we live and die and unto You is our
resurrection/our return.”

*Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “When
anyone of you gets up in the morning let him say...and in the
evening let him say.”*



اَصْبَحْنَا / اَمْسَيْنَا عَلَى فِطْرَةِ الْاِسْلَامِ وَ عَلَى كَلِمَةِ الْاِخْلَاصِ
وَ عَلَى دِيْنِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللّٰهُ عَلَيْهِ وَ سَلَّمَ وَ عَلَى مِلَّةِ
اَبِيْنَا اِبْرَاهِيْمَ حَنِيفًا مُّسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِيْنَ

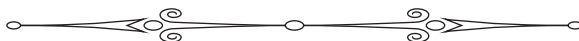
Once in the morning and evening

*“Asbahnaal/Amsaynaa ‘alaa fitratil-Islaam, wa ‘alaa
kalimatil-ikhlaas, wa ‘alaa deeni nabiyyinaa Muḥammadin
sallallaahu ‘alayhi wa sallam, wa ‘alaa millati abeenaa
Ibraaheema haneefam-muslimaa, wa maa kaana
minal-mushrikeen.*

“We have reached the morning/evening upon the fitrah of Islaam, and the word of sincerity, and the religion of our Nabi Muhammad, peace be upon him, and the orientation of our forefather Ibraaheem (peace be upon him), who was a *Haneef* Muslim and of a true faith and was not of those who associate others with Allaah.”

Ubayy ibn Ka'b (radiyallaahu 'anh) said: Rasoolullaahu (sallallaahu 'alayhi wa sallam) taught us to say, when we rise in the morning... and to say the same when we reach the evening.”

Once in the morning and evening



اللَّهُمَّ مَا أَصْبَحَ / أَمْسَى بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ
فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ، فَلكَ الْحَمْدُ وَ لَكَ الشُّكْرُ

“Allaahumma maa asbaha/amsaa bee min-ni'mah, aw bi ahadim-min khalqik, faminka wahdaka laa shareeka lak, falakal-hamdu walakash-shukr.”

“O Allaah, whatever grace has been my share this morning/evening, or the share of any of Your creation is from You alone, without partner, so for You is all praise and unto You all thanks.”

Rasoolullaah (sallallaahu 'alayhi wa sallam) said: “Whoever says... has indeed offered his day's thanks, and if one says the same when evening arrives has indeed offered his night's thanks.”

Once in the morning and evening

اَللّٰهُمَّ اِنِّىْ اَصْبَحْتُ / اَمْسَيْتُ اَشْهَدُكَ ، وَ اَشْهَدُ
 حَمَلَةَ عَرْشِكَ ، وَمَلَائِكَتِكَ ، وَ جَمِيعَ خَلْقِكَ ،
 اَنْتَ اِلَهُ لاَ اِلَهَ اِلَّا اَنْتَ وَ حُدُكَ لاَ شَرِيكَ لَكَ ،
 وَ اَنْ مُحَمَّدًا صَلَّى اللّٰهُ عَلَيْهِ وَ سَلَّمَ عَبْدُكَ وَ رَسُوْلُكَ •

*“Allaahumma innee asbahtulamsaytu ush-hiduk, wa ush-hidu
 hama lata ‘arshik, wa malaa’ikatika wa jamee’a khalqik,
 annaka antallaahu laa ilaaha illaa ant, wahdaka laa
 shareeka lak. wa anna muhamma-dan sallallaahu ‘alayhi wa
 sallama ‘abduka wa rasooluk.”*

“O Allaah, verily I have reached the morning/evening
 and call on You, the bearers of Your Throne, Your angels,
 and all of Your creation to bear witness that You are
 Allaah, none has the right to be worshipped except You
 alone, without partner, and that Muhammad, peace be
 upon him, is Your servant and messenger.”

*Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “If anyone
 says in the morning or evening...then Allaah will free a
 quarter of him from the fire. Whoever says it twice, Allaah
 will free half of him from the fire. Whoever says it three
 times, Allaah will free three-quarters of him from the fire .
 Whosoever says it four times, Allaah will free him from the
 fire (completely).”*

Four times in the morning and evening

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا وَرَسُولًا

*“Radeetu Billaahi rabbaa, wa bil-Islaami deenaa, wa bi
Muhammadin sallallaahu ‘alayhi wa sallama nabiyyaw-wa
rasoolaa.”*

“I am pleased with Allah as Lord, and Islaam as a way of
life, and Muhammad, peace be upon him, as a nabi and
a rasool.”

*Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “The
one who says, when he wakes up in the morning and when
evening arrives... it will become a right upon Allah to please
him and accept him.”*

Three times in the morning and evening

اَللّٰهُمَّ اَنْتَ رَبِّيْ لَا اِلٰهَ اِلَّا اَنْتَ، خَلَقْتَنِيْ وَاَنَا عَبْدُكَ،
وَاَنَا عَلٰى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، اَعُوْذُ بِكَ
مِنْ شَرِّ مَا صَنَعْتُ، اَبُوْءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَ اَبُوْءُ
بِذَنْبِيْ فَاغْفِرْ لِيْ فَاِنَّهُ لَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ

*“Allaahumma anta rabbee laa ilaaha illaa ant, khalaqtanee
wa ana ‘abduk, wa ana ‘alaa ‘ahdika wa wa’dika mastat’t,
a’oodhu bika min sharri ma sanat’, aboo’u laka bini’matika
‘alayya wa aboo’u bi dham bee, faghfir lee, fa’innahu laa
yaghfirudh-dhunooba illaa ant.”*

“O Allaah, You are my Lord, none has the right to be worshipped except You. You created me and I am your servant and I abide by your covenant and I promise as best I can. I take refuge in You from the evil which I have committed. I acknowledge Your favour upon me and I acknowledge my sin, so forgive me, for verily none can forgive sins except you.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “The best of Istighfaar (seeking forgiveness) is...” Whomsoever says it during the day, with conviction, and then dies that day before night falls, will be of the people of Paradise. And whomsoever says it at night, with conviction, and then dies before daybreak will be of the people of Paradise.”

Once in the morning and evening

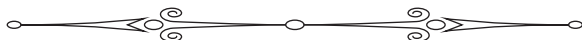
اَللّٰهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَ عَلَى آلِ سَيِّدِنَا مُحَمَّدٍ،
 كَمَا صَلَّيْتَ عَلَى سَيِّدِنَا اِبْرَاهِيْمَ وَ عَلَى آلِ سَيِّدِنَا
 اِبْرَاهِيْمَ، اِنَّكَ حَمِيْدٌ مَّجِيْدٌ • اَللّٰهُمَّ بَارِكْ عَلَى
 سَيِّدِنَا مُحَمَّدٍ، وَ عَلَى آلِ سَيِّدِنَا مُحَمَّدٍ كَمَا بَارَكْتَ
 عَلَى سَيِّدِنَا اِبْرَاهِيْمَ وَ عَلَى آلِ سَيِّدِنَا اِبْرَاهِيْمَ
 فِي الْعَالَمِيْنَ، اِنَّكَ حَمِيْدٌ مَّجِيْدٌ •

*“Allaahumma salli’alaa sayyidinaa Muḥammad, wa ‘alaa
 aali sayyidinaa Muḥammadin, kamaa sallayta ‘alaa
 sayyidinaa Ibraaheem, wa ‘alaa aali sayyidinaa Ibraaheem,
 innaka Ḥameedum Majeed. Allaahumma baarik
 ‘alaa sayyidinaa Muḥammad, wa ‘alaa aali sayyidinaa
 Muḥammad, ka maa baarakta ‘alaa sayyidinaa Ibraheem,
 wa ‘alaa aali sayyidinaa Ibraheem, fil”aalameen, innaka
 Ḥameedum-Majeed.”*

“O Allaah, confer salutation (prayer) upon our master
 Muhammad and upon the followers of our master
 Muhammad, just as you conferred salutation (prayer) on
 our master Ibraaheem and on the followers of our master
 Ibraaheem. Verily, You are full of Praise and Majesty.
 O Allaah, confer blessings on our master Muhammad and
 upon the followers of our master Muhammad, just as You
 conferred blessings on our master Ibraaheem and on the
 followers of our master Ibraaheem, in the worlds. Verily
 you are full of Praise and Majesty.”

Rasoolullaah (ﷺ) said:
“Whomsoever invokes blessings upon me when he wakes up in the morning ten times, and ten times when he reaches the evening, my intercession will reach him on the Day of Judgement.”

Ten times in the morning and evening



سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

“Sub ḥaanallaahi wa biḥamdih.”

“How perfect Allaah is and I praise Him.”

Rasoolullaah (ﷺ) said:
“Whoever says...one hundred times during the day, his sins are wiped away, even if they are like the foam of the sea.”
In another narration: “Whosoever says when he enters upon the morning and when he enters upon the evening...one hundred times will not have anyone come on the Day of Resurrection with anything better than he has brought, except for someone who has said as he has said or has said more.”

One hundred times in the morning and evening

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ،
وَزِينَةَ عَرْشِهِ، وَمِدَادَ كَلِمَاتِهِ

*“Subhaanallaahi wa bihamdih, ‘adada khalqih, wa
ridaa nafsih, wa zinata ‘arshih, wa midaada
kalimaatih.”*

“How Perfect and Exalted Allah is and I praise Him by the number of His creation, and the Pleasure of His Self, and by the weight of His Throne, and the ink to record His words and signs.”

“Juwairiyah, mother of the believers (radiyallaahu ‘anhaa) narrated that once Rasoolullaah (sallallaahu ‘alayhi wa sallam) went out of his house when she was offering the Morning Prayer. When he came back in the afternoon, she was still seated there. Observing this, he said: “I recited four words three times after I left you and if these were weighed against what you have recited since morning then these would outweigh them..”

Three times in the morning and evening

أَصْبَحْنَا وَأَصْبَحَ/أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا النَّهَارِ
/هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا بَعْدَهُ/مَا بَعْدَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ هَذَا
النَّهَارِ/ هَذِهِ اللَّيْلَةِ وَشَرِّ مَا بَعْدَهُ/مَا بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنَ
الْكَسَلِ وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ
وَعَذَابٍ فِي الْقَبْرِ •

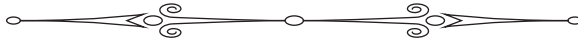
*‘Asbahnaa wa asbahall/amsaynaa wa amsal-mulku lillaah,
walhamdu lillaah, laa ilaaha illallaah wahdahu laa shareeka
lah, laahul-mulku walahul-hamdu wa huwa ‘alaa kulli
shay’in qadeer. Rabbi as aluka khayra maa fee haadhan-
nhaari/haadhihil-laylati wa khayra maa ba’dah/ba’dahaa.
Wa a’oodhu bika min sharri maa fee haadhan-nahaari/
haadhihil-laylati, wa sharri maa ba’dah/ba’dahaa. Rabbi
a’oodhu bika minal-kasali wasou’il-kibar, rabbi a’oodhu bika
min ‘adhaabin finnaari wa min ‘adhaabin filqabr.”*

“We have reached the morning/evening and at this very time unto Allaah belongs all Sovereignty, and all praise is for Allaah. None has the right to be worshipped except Allaah, alone, without partner, to Him belongs all sovereignty and praise, and He has power over all things. My Lord, I ask You for all good of this day/night and the good of what follows it and I take refuge in You from the evils of this day/night and the evils of what follows it. My Lord, I seek refuge in You from laziness and from the evil of old age.

My Lord, I seek refuge in you from torment in the fire and punishment in the grave.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam), when he entered upon the evening used to say...and when he entered upon the morning he would say”

Once in the morning and evening



اَللّٰهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ
وَالْاَرْضِ رَبَّ كُلِّ شَيْءٍ وَمَلِيْكَهٗ اَشْهَدُ اَنْ لَا اِلَهَ
اِلَّا اَنْتَ اَعُوْذُ بِكَ مِنْ شَرِّ نَفْسِيْ وَمِنْ شَرِّ
الشَّيْطَانِ وَشَرِّكَهٗ وَاَنْ اَقْتَرِفَ عَلٰى نَفْسِيْ
سُوْءًا وَاَجْرُهُ اِلٰى مُسْلِمٍ ♦

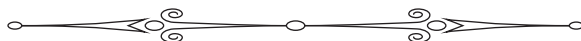
“Allaahumma ‘aalimal-ghaybi wash-shahaadah, faatiras-samaawaati wal-ard, rabba kulli shay’iw wa maleekah, ash-hadu allaa-ilaaha illaa ant, a’oodhu bika min sharri nafsee wa min sharrish-shaytaani wa shirkih, wa-an aqtarifa ‘alaa nafsee so’aa, aw ajorrahu ilaa muslim.

“O Allah, Knower of the world of the unseen, and the world manifest, Creator of the heavens and of the earth, Lord and Sovereign of all things, I bear witness that none has the right to be worshipped except You. I take refuge in

You from the evil of my own nafs and the evil and shirk of the shaytaan, and from committing wrong against my nafs or bringing such upon another Muslim.

Rasoolullaah (sallallaahu ‘alayhi wa sallam) said: “Say, if you have entered upon the morning or have entered upon the evening... Say it when you enter upon the morning, and when you enter upon the evening and when you have taken to the place of your sleep.”

Once in the morning and evening



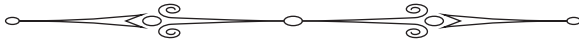
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ
إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي،
اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ رَوْعَاتِي، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ
يَدَيَّ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي وَ
أَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي ♦

*“Allaahumma innee as’alukal-’afwa wal-’aafiyata
fid-dunyaa wal-aakhirah, allaahumma innee as
alukal-’afwa wal-’aafiyata fee deenees wa dunyaa ya wa
ahlee wa maalee. Allaahummas tur ‘awraa tee, wa aamin
raw’aa tee. Allaahummah-fadh-nee mim-bayni yadayya
wa min khalfee, wa ‘an yameenees wa ‘an shimaalee,
wa min fawqee, wa a’oodhu bi’adh matika an oughtaala
min tahtee.”*

“O Allaah, I ask You for pardon and well-being in this life and the next. O Allaah, I ask You for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allaah, do not expose my defects and deficiencies, and change my fears into peace and security. O Allaah, protect me from, in front of me and from behind me, and from my right side and from my left side, and from above me, and I seek refuge in Your greatness that I be swallowed from beneath me.”

Rasoolullaah (sallallaahu ‘alayhi wa sallam) never failed to say these prayers when entering upon the evening or entering upon the morning.

Once in the morning and evening



اَللّٰهُمَّ اَنْتَ رَبِّىْ لَا اِلَهَ اِلَّا اَنْتَ، عَلَيكَ تَوَكَّلْتُ وَاَنْتَ
رَبُّ الْعَرْشِ الْعَظِيْمِ، مَا شَاءَ اللّٰهُ كَانَ، وَمَا لَمْ يَشَأْ لَمْ يَكُنْ،
لَا حَوْلَ وَلَا قُوَّةَ اِلَّا بِاللّٰهِ الْعَلِيِّ الْعَظِيْمِ • اَعْلَمُ اَنَّ اللّٰهَ عَلٰى
كُلِّ شَيْءٍ قَدِيْرٌ، وَاَنَّ اللّٰهَ قَدْ اَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا، وَ
اَخَصٰى كُلَّ شَيْءٍ عَدَدًا، اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ شَرِّ
نَفْسِيْ، وَمِنْ شَرِّ كُلِّ دَابَّةٍ اَنْتَ آخِذٌ بِنَاصِيَتِهَا،
اِنْ رَبِّىْ عَلٰى صِرَاطٍ مُّسْتَطَقِيْمٍ •

“Allaahumma anta rabbee laa ilaaha illaa ant, ‘alayka tawakkaltu, wa anta rabbul-’arshil-’adheem, maa shaa” allaahu kaan, wa maa lam yashaa’ lam yakun. Laa hawla wa laa quwwata illaa billaahil-’aliyyil adheem. A’alamu annAl laaha ‘alaa kulli shay-in qadeer, wa annAl laaha qad ahaata bikulli shay-in ‘ilmaa, wa ahsaa kulla shay-in ‘adadaa. Allaahumma innee a’oodhu bika min sharri nafsee, wa min sharri kulli daab batin anta aakhi dhun binnaa-siyatihaa, inna rabbee ‘alaa siraatim mustaqeem.”

“O Allaah, You are my Lord, there is no God but You, I completely rely on you and you are the Lord of the mighty Throne. There is no power except by Allaah, the Exalted, the Great. What Allaah wills will be, and what He does not will, will not be. I know that Allaah has Power over all things, and that Allaah’s knowledge has encompassed everything and that Allah has count of everything. I seek refuge in you from the evil of my own nafs and from the evil of every creature subject to Your power, Verily, my Lord is on a path that is straight.”

“A man came to Abd ad-Dardaa’ (radiyallaahu ‘anh) and said: “Abu ad-Dardaa’, your house has burnt down.” He (radiyallaahu ‘anh) responded: “It has not burnt down. Allaah would not let it happen so, because of some words about which I heard Rasoolullaah (sallallaahu ‘alayhi wa sallam) saying that whoever says them at the beginning of the day, then no affliction will reach him until the evening, and whoever says them at the end of the day, then no affliction will reach him until the morning. (Those words are).”

Once in the morning and evening

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي
اللَّهُمَّ عَافِنِي فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ •

*“Allaahumma ‘aafinee fee badanee, allaahumma ‘aafinee
fee sam’ee, allaahumma ‘aafinee fee basaree, laa ilaa ha
illaa ant.”*

“O Allaah, grant me safety and health in my body.
O Allaah, grant me safety and health in my hearing.
O Allaah, grant me safety and health in my sight, there
is no God besides You.”

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ وَأَعُوذُ
بِكَ مِنْ عَذَابِ فِي الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ •

*“Allaahumma innee ‘aoodhu bika minal-kufri wal faqr, wa
a’oodhu bikamin ‘adhaabil-qabr, laa ilaaha illaa ant.”*

“O Allaah, I seek refuge in You from disbelief and poverty,
and I seek refuge in You from the punishment of the grave,
there is no God but You.”

*Abu Bakrah (radiyallaahu ‘anh) said: “I heard Rasoolullaah
(sallallaahu ‘alayhi wa sallam) pray with it and I wish
to abide his sunnah Rasoolullaah (sallallaahu ‘alayhi wa
sallam).”*

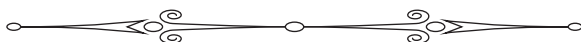
Three times in the morning and evening

اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنَ الْاَرْبَعِ: مِنْ عِلْمٍ لَا
يَنْفَعُ، وَ مِنْ قَلْبٍ لَا يَخْشَعُ، وَ مِنْ نَفْسٍ لَا تَشْبَعُ،
وَ مِنْ دُعَاءٍ لَا يُسْمَعُ

“Allaahumma innee a’oodhu bika minal-arba’, min ‘ilmin laa yanfa’, wa min qalbin laa yakhsha’ wa min nafsini laa tashba’, wa min du ‘aain laa yusma’.”

“O Allaah, I seek refuge in You from four: knowledge which is not beneficial, a heart which is not humble, a self which does not find fulfilment, and a d’ua which is not heard.”

Once in the morning and evening

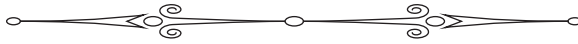


اَللّٰهُمَّ اَقْسِمْ لِيْ مِنْ خَشْيَتِكَ مَا تَحُولُ بِهِ بَيْنِيْ وَ
بَيْنَ مَعْصِيَتِكَ، وَ مِنْ طَاعَتِكَ مَا تُبَلِّغُنِيْ بِهِ جَنَّتَكَ،
وَ مِنَ الْيَقِيْنِ مَا تُهَوِّنُ بِهِ عَلَيَّ مَصَائِبَ الدُّنْيَا:

“Allaahumma aqsim lee min khash yatika maa tahoolu bihi baynee wa bayna ma’siyatak, wa min taa’atika maa tubalighunee bihi jannatak, wa minal-yaqeeni maa tuhawinu bihi ‘alayya masaa’ibad-dunyaa.”

“O Allaah, bestow upon me, from You, a share of fear which will prevent me from disobeying You, and bestow upon me a share of obedience with which You will take me to Your Jannah, and bestow upon me a share of certainty with which You lighten the effects of the hardships and tribulations of this dunyaa (world) on my heart.”

Once in the morning and evening



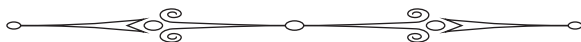
اَللّٰهُمَّ اِنِّىْ ضَعِيْفٌ فَقْوِيْ فِى رِضَاكَ ضَعْفِيْ
وَ خُذْ اِلَى الْخَيْرِ بِنَا صِيَّتِيْ، وَاجْعَلِ الْاِسْلَامَ
مُنْتَهَى رِضَايَ، اَللّٰهُمَّ اِنِّىْ ضَعِيْفٌ فَقْوْنِيْ، اَللّٰهُمَّ
اِنِّىْ ذَلِيْلٌ فَاَعِزَّنِيْ، اَللّٰهُمَّ اِنِّىْ فَقِيْرٌ فَارْزُقْنِيْ :

“Allaahumma innee *dh’eefun fa-qaw wee fee ridaaka da’fee, wa khudh ilal-khayri binaa siyatee, waj’alil islaama muntahaa ridaayy. Allaahumma innee da’eefun fa qaw winee, Allaahumma innee dhaleelun fa a’izzanee Allaahumma innee fa-qeerun farzuqnee.*”

“O Allaah, I am weak, please strengthen in (the pursuit of) Your pleasure my weakness, and compel me by my forelock into (doing) good, and (full) submission to You my ultimate satisfaction. O Allaah, I am weak, strengthen

me. O Allaah, I am abased (by my sins), dignify me
(by Your obedience). O Allaah, I am destitute,
enrich me.”

Once in the morning and evening



اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ حُبَّكَ وَ حُبَّ مَنْ یَنْفَعُنِیْ
حُبُّهُ عِنْدَكَ، اَللّٰهُمَّ مَا رَزَقْتَنِیْ مِمَّا اَحَبُّ فَاجْعَلْهُ
لِیْ قُوَّةً فِیْ مَا تُحِبُّ، اَللّٰهُمَّ مَا زَوَيْتَ عَنِّیْ مِمَّا
اَحَبُّ فَاجْعَلْهُ لِیْ فَرَاغًا فِیْ مَا تُحِبُّ:

*“Allaahumma innee as-aluka hub baka wa hubba man
yanfa’unee hub buhu ‘indak. Allaahumma maa razaq tanee
mimmaa uhibb, faj’alhu lee quwwatan fee maa tuhibb.
Allaahumma maa zawayta ‘annee mimmaa uhibb, faj’alhu
lee faraaghan fee maa tuhibb.*

“O Allaah, I implore You for Your love and the love of the
one whose love benefits me with You. O Allah, whatever
You have bestowed upon me of what I love,
let it be strength for me in what You love. O Allah,
whatever You withhold from me of what I love, let it be
free time/freedom for me in what You love.”

Once in the morning and evening

لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ:

*“Laa ilaaha illal laahu, wahdahu laa shareeka lah,
lahul-mulku wa lahul-hamd, wa huwa ‘alaa kulli
shay-in qadeer.”*

“None is worthy of worship except Allaah, alone, without partner. To Him belongs all sovereignty and praise, and He has power over all things.”

Rasoolullaah (ﷺ) said:

“Whoever says... a hundred times during the day, has the reward of freeing ten slaves, a hundred good deeds are recorded for him. A hundred bad deeds are wiped away and he has gained refuge from the devil that day until evening and none shall come with anything better except someone who has done more.”

One hundred times in the morning and evening

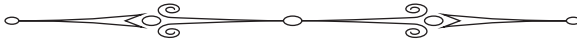
Adhkaar before Sleeping and upon Waking Up

Whatever we recite of these adhkaar, we must firmly believe and be struggling to attain, lest we be lying.

*Be in Tahaarah

*Renew your Tawbah

*Lie on your right side



اَللّٰهُ لَا اِلَهَ اِلَّا هُوَ الْحَيُّ الْقَيُّوْمُ لَا تَاْخُذُهٗ
سِنَةٌ وَّ لَا نَوْمٌ لَّهٗ مَا فِى السَّمَاوَاتِ وَاِىَّ
فِى الْاَرْضِ مَنْ ذَا الَّذِى يَشْفَعُ عِنْدَهٗ اِلَّا
بِاِذْنِهٖ يَعْلَمُ مَا بَيْنَ اَيْدِيهِمْ وَاَ مَا خَلْفَهُمْ

وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا
 شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ
 وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

“Allaahu laa ilaaha illaa huwal-hayyul qayyoom, laa ta’khu^{dh}uhoo sina tuw-walaa nawm, lahoo maa fis-samaawaati wa maa fil-ard, man dhal-ladhee yashfa’u ‘indahoo illaa bi-idhⁿⁱh, ya’lamu maa bayna aydeehim wa maa khal^{fah}um, wa laa yu^heetoona bishay’im min ‘ilmihee illaa bimaa shaa’, wasi’a kursiyyuh^us-samaawaati wal-ard, wa laa ya’o^odu-hoo hif^dhuhumaa, wa huwal-’aliyyul -’ad^hheem.” (Al Baqarah:255)

“Allah, None has the right to be worshipped but He, the Living, the Self-Subsisting, the Eternal. No slumber nor sleep can seize him. His are all things in the heavens and the earth. Who is there that can intercede in His presence except as He permits? He knows what (appears to His creatures as) before or after or behind them. Nor shall they encompass anything of His knowledge except as He wills. His throne’s footstool extends over the heavens and the earth and He feels no fatigue inguarding and preserving them, for He is the Most High, the Supreme.”
 (Surah Al Baqarah: verse No. 255)

Once before sleeping

لِلَّهِ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِؕ وَاِنْ تُبَدُّوْا
مَا فِيْ اَنْفُسِكُمْ اَوْ تَخَفُوْهُ يُحَاسِبْكُمْ بِهٖ اللّٰهُؕ
فَيَغْفِرُ لِمَنْ يَّشَآءُ وَيُعَذِّبُ مَنْ يَّشَآءُؕ وَاللّٰهُ عَلٰى
كُلِّ شَيْءٍ قَدِيْرٌۭ ۝۴۷ اَمِنَ الرَّسُوْلُ بِمَا اُنْزِلَ
اِلَيْهِ مِنْ رَّبِّهِؕ وَالْمُؤْمِنُوْنَ ۝ كُلٌّ اَمِنَ بِاللّٰهِ
وَمَلٰئِكَتِهٖ وَكُتُبِهٖ وَرُسُلِهٖ ۝ لَا نَفَرِقُ بَيْنَ اَحَدٍ
مِّنْ رُّسُلِهٖ ۝ وَقَالُوا سَمِعْنَا وَاَطَعْنَا غُفْرَانَكَ
رَبَّنَا وَاِلَيْكَ الْمَصِيْرُ ۝ لَا يُكَفِّرُ اللّٰهُ نَفْسًا اِلَّا
وَسَعَهَا ۝ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ
رَبَّنَا لَا تُؤَاخِذْنَا اِنْ نَّسِينَا اَوْ اَخْطَاْنَا ۝ رَبَّنَا
وَلَا تَحْمِلْ عَلَيْنَا اِصْرًا كَمَا حَمَلْتَهُ عَلَی الدِّیْنِ
مِّنْ قَبْلِنَا ۝ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهٖؕ
وَاعْفُ عَنَّا ۝ وَاعْفِرْ لَنَا ۝ وَارْحَمْنَا ۝ اَنْتَ مَوْلَانَا
فَاَنْصُرْنَا عَلٰی الْقَوْمِ الْكَافِرِيْنَ ۝۴۸*

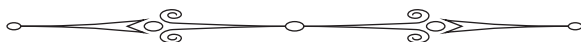
*“Lillaahi maa fis-samaawaati wa maa fil-ard, wa in tubdoo
 maa fee an-fusikum aw tukhfoohu yuhaasibkum bihil-laah,
 fayaghfiru limay-yashaa’uwa yu’adh dhibu may-yashaa’u
 wAllaahu ‘alaa kulli shay-in qadeer. Aamanar-rasoolu bimaa
 unzila ilayhi mir-rabbihi wal mu’minoona, kullun aamana
 billaahi wa malaa-ikatih wa kutubih wa rusulih, laa
 nufarriqu bayna ahadin mir-rusulih, wa qaaloo sami’naa wa
 ata’anaa ghufraanakarabbanaa wa ilaykal-maseer.
 Laa yukalliful-laahu nafsan illa wus’ahaa, lahaa maa kasabat
 wa ‘alay-haa maktasabat, rabbanaa laa tu’aakhidhnaa in
 naseenaa aw akhta’a-naa; rabbanaa wa laa tahmil ‘alaynaa
 isran kamaa hamaltahu ‘alal-ladheena min qablinaa,
 rabbanaa wa laa tuhammilnaa maa laa taaqata lanaa
 bih, wa’afu ‘annaa waghfir lanaa warhamnaa, anta
 mawlaanaa fansurnaa ‘alalqawmil kaafireen.
 (Surah Al Baqarah: V284-286).”*

“To Allaah belong all that is in the heavens and on the earth. Whether you show what is in your minds or conceal it, Allaah calls you to account for it. He forgives whom He pleases, and punishes whom He pleases, for Allaah hath power over all things.

The Messenger believes in what has been revealed to him from his Lord (Allah), as do the men of faith. Each one (of them) believes in Allaah, His angels, His books, and His Messengers. “We make no distinction (they say) between one and another of His Messengers.” And they say: “We hear, and we obey: (we seek) Thy forgiveness, our Lord, and to Thee is the end of all journeys.

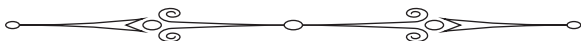
On no soul does Allaah place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. (Pray:) “Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden like that which you did lay on those before us; Our Lord! Lay not on us a burden greater than we have the strength to bear. Blot out our sins and grant us forgiveness. Have mercy on us. You are our Protector, help us against those who stand against faith.” (Q2: 284-286).

Once before sleeping



- A) Al-Kaafiroon (The unbelievers) (قُلْ يَا أَيُّهَا الْكَافِرُونَ...)
 “Qul yaa ayyuhal-kaafiroon...”
- B) Al-Ikhlaas (Purity of faith) “Qul huwAllaahu ahad...” (قُلْ هُوَ اللَّهُ أَحَدٌ...)
- C) Al-Falaq (The Dawn) “Qul a’oodhu birabbil-falaq..” (قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ...)
- D) An-Naas (Mankind) “Qul a’oodhu birabbin-naas..” (قُلْ أَعُوذُ بِرَبِّ النَّاسِ...)

Once before sleeping



- 33 times...“Sub-haanAllaah.” “How Perfect is Allah.” سُبْحَانَ اللَّهِ
- 33 times...“Alhamdulillaah.” “All praise is for Allah.” الْحَمْدُ لِلَّهِ
- 34 times...“Allaahu Akbar” “Allaah is Greater.” اللَّهُ أَكْبَرُ

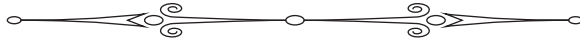
Before sleeping

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ
فَإِنْ أَمْسَكَتَ نَفْسِي فَارْحَمْهَا، وَإِنْ أَرْسَلْتَهَا
فَاخْضُطْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

*“Bismika Rabbee wada’tu jambee wabika arfa’uh, fa-in
amsakata naf-see farhamhaa, wa’in arsaltahaa, fahfadhhaa
bimaa tahfadhu bihee ‘ibaadakas-saaliheen.”*

“In your name, O Allaah, I lay my side and in Your name
I raise it. If You keep my soul, give it (your loving) Mercy,
and if You release it, care for it as You care for
Your righteous servants.”

Once before sleeping



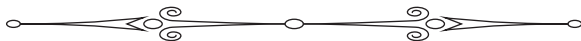
اَللّٰهُمَّ اَسْلَمْتُ نَفْسِيْ اِلَيْكَ، وَوَجَّهْتُ وَجْهِيْ
اِلَيْكَ، وَفَوَّضْتُ اَمْرِيْ اِلَيْكَ، وَالْجَاثُ ظَهْرِيْ
اِلَيْكَ، رَغْبَةً وَرَهْبَةً اِلَيْكَ، لَا مَلْجَاؤَ لَا مَنْجَا
مِنْكَ اِلَّا اِلَيْكَ، اٰمَنْتُ بِكِتَابِكَ الَّذِيْ اَنْزَلْتَ
وَ بِنَبِيِّكَ الَّذِيْ اَرْسَلْتَ.

“Allaahumma aslamtu nafsee ilayk, wa wajjahtu wajhee ilayk, wa faw-wadhtu amree ilayk, wa-alja’tu dhahree ilayk, raghbatan wa rahbatan ilayk, laa malja’a walaa manjaa minka illaa ilayk, aamantu bikitaabikal ladhee anzalt, wabi-nabiyyakal ladhee arsalt.”

“O Allaah, I have surrendered myself to You, and I have oriented my face (heart) to You, and I have submitted (all matter of my life for decision) to You, and I have turned my back for refuge, in desire and in fear, towards You. There is no refuge and no escape from You except to You. I have believed in Your book which You have revealed, and in Your Nabi whom You have sent.”

Once before sleeping

(This is to be the very last dhikr that one recites before sleeping, while lying on one’s right side.)



Upon waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ.

“Alhamdu lillaahil-ladhee ahyaanaa ba’da maa amaa tanaa wa ilayhinnushoor.”

“All praise is due to Allaah who has given life after causing us to die, and to Him is (our) resurrection.”

الْحَمْدُ لِلَّهِ الَّذِي رَدَّ عَلَيَّ رُوحِي وَ
عَافَانِي فِي جَسَدِي وَأَذِنَ لِي بِذِكْرِهِ

*“Alhamdu lillaahil-ladhee radda ‘alayya roohee, wa ‘aafaanee
fee jasa-dee, wa-adhina lee bi dhikrih.”*

“All praise is due to Allaah who has returned upon me my
soul, has given me wellness in my body and has permitted
me to be in dhikr of Him.”

Please keep this point in mind:
Readers must treat this book with the utmost respect
as it contains versus and chapters of the noble
Qur'an.

Reviews

‘If by review we mean a critique of an author’s work, I am pleased to say that I have the double advantage not only of reading this work by the author, but of witnessing and admiring the author’s maturity and insightful understanding of the dynamics and secret of a successful life, over some 40 years.

His work gives us a timely reminder that the business of the Unseen World is our conduct in this world and the business of our conduct in this world is the quality of our eternal life in the Hereafter.

Before we come into this world, we are already created of ‘something of His Spirit’. That tells us what the truth is: we are first and foremost spiritual entities undergoing a human journey and not, as we generally and erroneously believe, human beings undertaking a spiritual journey. This paradigm shift of the mind is what the author achieves in this book. The power hidden thus begins to flow.

Western-style humanism that had exalted and exaggerated the anthropomorphic nature of the human personality continues to be the primary cause of the dysfunctional

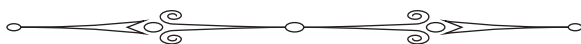
behaviour of human beings. The toxic nature of such behaviour is reflected in many social ills, at the level of family, business, economics and politics.

Many books of recent times, and even ‘best-sellers’ on success and hidden powers, fail to distance themselves from the toxin of human-centredness as against spiritual-centredness. Equally, books by Muslim scholars focus on what that conduct in this world is and not ‘how’ that conduct is made functional. This book achieves that elusive goal.

I recommend it as essential reading for parents, teachers, scholars, businessmen and students.

Indeed a most welcome book for libraries and mosques and every home.’

Advocate Hafez Abu Bakr Mahomed
Al-Baraka Bank, South Africa



‘My dear friend Ismail has asked me to write a review of his excellent book, *Unleash the Power of Almighty Allah Within You*. I remember seeing parts of this book with Ismail while it was still being written when I was in South Africa last year and have been looking forward to seeing it completed. I am honoured that Ismail has asked me to write about it as well.

It has long been my belief that the problem with us Muslims today is that we are like people who own a library

of books on automobile engineering, but who walk to work. What we need is a 'factory' to convert the knowledge into cars so that we and the world will ride. As Muslims globally, we must transition from being mere preachers to practitioners and demonstrators of Islam so that we too can say to the world, as the Sahaba did, 'Become like us.' Ismail's book is a very important step in that direction.

The first requirement for a Muslim to make the beauty of Islam manifest in his or her own life, as well as to the world, is to connect with Allah. Without this Ta'alluq Ma'Allah there is no power in the action. Just as a mobile phone looks the same whether it is charged or not, but will not work unless it is charged, we as Muslims will not be able to access the beauty of Islam unless we first become 'charged' with Ta'alluq Ma'Allah—connection with Allah. This is what this excellent book seeks to do for us—help us to connect to Allah.

The chapters are organized in the way the mind logically flows with its questions of 'How to'; thereby fulfilling the need to talk about why one must do something and then, once the person is convinced of the need, moving on to how to do it. I like to go immediately to the end of any book that I read because the end is the take-away message that the author considers the most important. Ismail's book ends with the chapters 'Live with an Attitude of Gratitude' and 'Prayer of Gratitude'.

Allah said in His Book: And (remember) when your Rabb proclaimed: 'If you give thanks, I will give you more (of My

Blessings), but if you are thankless (disbelievers), verily! My Punishment is indeed severe. Ibrahim 14:7.

What better advice to end on when speaking about the importance of connecting to Allah than by talking about the importance of gratitude? Truly if we only stopped to think of all the ways in which Allah has blessed us, we would not be able to raise our heads from Sajda. Thankfulness for His mercy and blessings and Tawba for our own actions are two of the foundational attitudes that enable a slave to connect with his Rabb.

I believe this book goes a long way towards opening the doors for the common person to the beauty of Islam. This is a very important need in today's world where ignorance about Islam has led to a lot of people to believe the negative propaganda with which we are all too familiar. If people read *Unleash the Power of Almighty Allah Within You*, I believe they will be forced to reflect and consider their own position in the world and, insha'Allah this will open the doors of guidance towards the Truth.

I wish Ismail and this book great success.

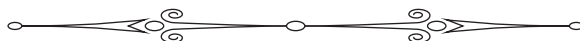
Mirza Yawar Baig

World-renowned author, coach and trainer on managing successful family businesses, Hyderabad, India .

‘As individuals and as a community, the internal and external resources of Muslims have yet to be tapped and exploited. The potential and the responsibility we have spiritually and intellectually by possessing the truth is enormous. Brother Ismail has discussed these issues using inspiring thoughts and ideas, punctuated with wonderful quotes from the Noble Qur’an and ahadith to great effect. To realize and then to achieve one’s potential is a great challenge and this book provides guidance as to how this can be done. A book of realization, inspiration and education, written in an easy-going and compelling style. I can only advise the reader—‘Sit back and enjoy’

Shaykh Tauqir Ishaq

Hijaz College and Islamic University, London



‘Maa-Sha-Allah I had the pleasure and honour of attending several *Discover Yourself* courses at which Ismail delivered his life-changing lectures that are contained in this book. Almighty Allah bless him and Sadathullah Khan for their commitment to making a difference to the lives of thousands of brothers and sisters in South Africa.’

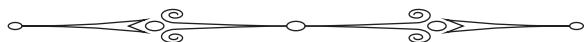
Nazir Osman

Trustee Jamiathul Qurah and the Islamia College, Cape Town.

‘The Deen of Islam must be admired by all who find personal inspiration in the glory, compassion, and power of Almighty Allah and the mercy of His love for humanity. Brother Ismail’s easily accessible handbook, from which all may benefit, will assist those who seek comfort and relief from the vicissitudes of life.’ Allah bless

Dr Rashid Ahmed M. Salojee

President of the Islamic Council of South Africa, Parktown, JHB



‘Brother Ismail has written a highly readable book, which, like its author, is capable of recharging your energies and jolting you into a positive frame of mind! When I first met Ismail many years back, I was very much taken by his positive aura and his ability to think ‘out of the box’, as it were. I can say with certainty that he practises what he preaches and recommends! Indeed, he has a very positive and enthusiastic approach to life and its challenges. Over the years he has gathered people from diverse regions that are working to extend the dynamic influence of the Holy Qur’an in their area and to uplift Muslim thought and influence. Brother Ismail is a fervent believer in the infinite value of Dhikr and its profound effect on those who regularly remember the Almighty. This book motivates you to a higher level and contains powerful supplications. Highly recommended!’

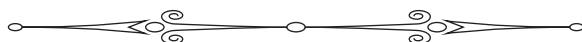
Dr Abdur Rahman Ismail

Founder member of the Muslim Youth Movement, Polokwane

‘I have paged through this informative literature and a sense of happiness came over me at the thought of the wealth of information it contained, and the need for such a book, to seriously benefit the individual. I therefore have no doubt that this book will be of great benefit to uplift, educate and enhance the individual to reach an even higher spiritual height. In my view it is a must for every Muslim to read this book.’

Shaykh Thafier Najjaar

Vice-president of the Islamic Council of South Africa



‘This book is a truly thought-provoking guide for anyone who wishes to understand spirituality. The concepts that the author has grasped and discussed, if understood and applied by the readers, would make them truly excellent human beings and model citizens of any country.’

Shaykh Noor-Ul-Aqtab Siddiqi

Hijaz College and Islamic University, London

I have known for some time now that my dear brother Isma'il was working on a book that will contribute to the motivational aspect of our characters. The message of this book is that you can do it; you can accomplish what you set out to do; and you can make a difference in your life.

I wholeheartedly recommend reading the words of this author, who couples self-confidence with a sharp memory. This book gives the reader insight that helps build character and potential. There is a Hadith by the Prophet Muhammad (S) that says: 'Ittequ firaasat al-mu'min; fa-innahu yanzuru bi-noori-Illah [Beware of the committed Muslim's insight, as he observes [things] with Allah's illumination].' This book speaks for itself.

May the All-Rewarding (SWT) give His servant Isma'il the payoffs and the extras that are due to him for his honest and genuine attempt at putting his 'soul of success' into words for you and me.

I recommend this book for everyone who wants to shed inferiority and take the first breath of fresh air on his or her life-long path of success and progress.

Imam Muhammad H. Al Asi
Author of The Ascendant Qur'an
Washington DC, USA

