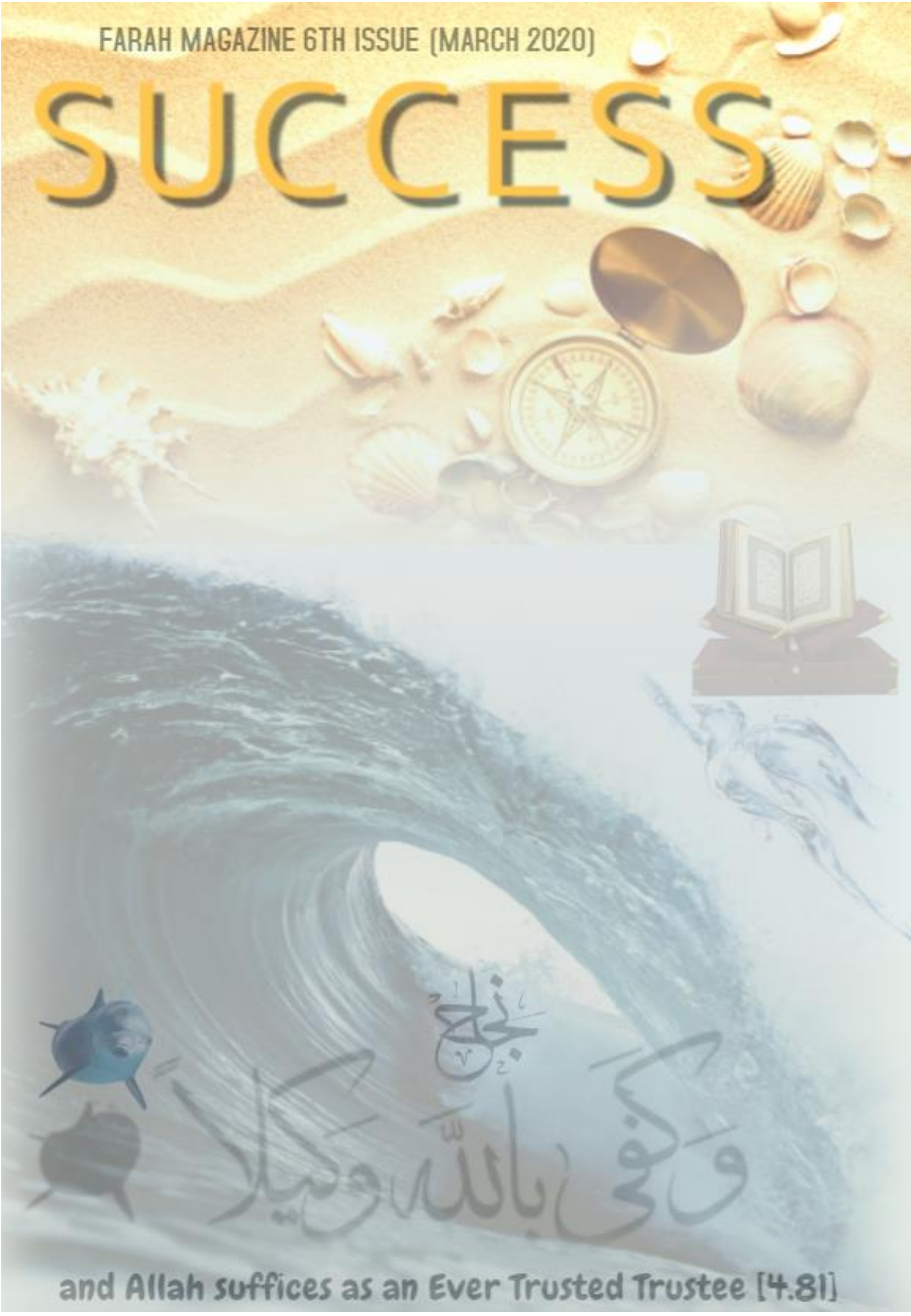


FARAH MAGAZINE 6TH ISSUE (MARCH 2020)

SUCCESS



فانجى بالله وميكلا

and Allah suffices as an Ever Trusted Trustee [4:81]



*Try and Take
The First
Step...*



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يَوْمًا مَا سَتَشْكُرُ نَفْسَكَ؛
عَلَى عَدَمِ الْإِسْتِسْلَامِ.

ONE DAY YOU WILL
THANK YOURSELF FOR
NOT GIVING UP.



The Farah Saeed trust is a UK-based volunteer-led, non-profit umbrella of all organisations and small projects in Farah's name as a **sadaqah jariya (continuous charity)** that was set up on **April 1st 2014**.

Farah is a daughter, sister, wife, friend, doctor and teacher who has been diagnosed with **gastric metastatic cancer** in March 2014 at the age of 27.

She fought bravely with **treatment, patience, prayer, courage and determination**. She passed away on 8th September 2014. **Our aims is to alleviate** poverty and suffering worldwide, raise **awareness** of cancer and other medical conditions, to **help** individuals for shelter, religion, education and health and well-being and to **educate** and **inspire** others.

This would have not been achieved without Allah, our families, friends, volunteers and community support. Thank you for your support over the years.

Farah magazine is a free, online magazine that is published annually. We are in its 6th annual year of publishing and this year our buzzing writers are focusing on knowing what success is, how can it be obtained and how to overcome barriers. Always remember that success comes from Allah and whatever stage you reached is due to him first and foremost.

We hope this magazine helps and inspires you.

Please view our current projects we have done in the past year.

To join our team, please email thefarahsaeedtrust@hotmail.com

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What is success?

By Asqarini Hasbi


Asqarini was born in Jakarta, Indonesia. She is a dreamer, poet, writer and volunteers in community projects. She has published many articles, short stories and poetry. She is fluent in English and can understand French.

The true meaning of success can be based upon three perspectives: personal, society and true Islamic teaching. It is reflective of different aspects such as education, culture, society or even faith. This is how it is defined.



Allah (The Most High) tells us throughout His revelation in the Quran on how to be successful. He also tells us when we are failing or falling short. In Surah Al Asar, Allah (The Most High) swears by the "Time", that we need four things to improve our efforts towards spiritual success: belief, do good, teach each other the truth and encourage one another to be patient.

*"By Al-Asr (the time). Verily, man is in a loss. Except those who believe and do righteous good deeds, and recommend one another to the truth and recommend one another to patience."
(Quran, Surah Al-Asar, 103)*





Knowing myself, my purpose in life.

The ultimate success is knowing yourself. Be the best version of yourself, knowing your purpose and understanding the reason why Allah created you and your role in your life and others (family, friends, society, and the universe).

By knowing the big WHY, you'll find your "*true self*". What is amazing is that Allah (The Most High) had already perfected the Arabic language. The Quran is written in Arabic and the phrase for success is '*Falah*'. Success is winning and we should all be familiar with this phrase as we hear it daily in the call to prayer.

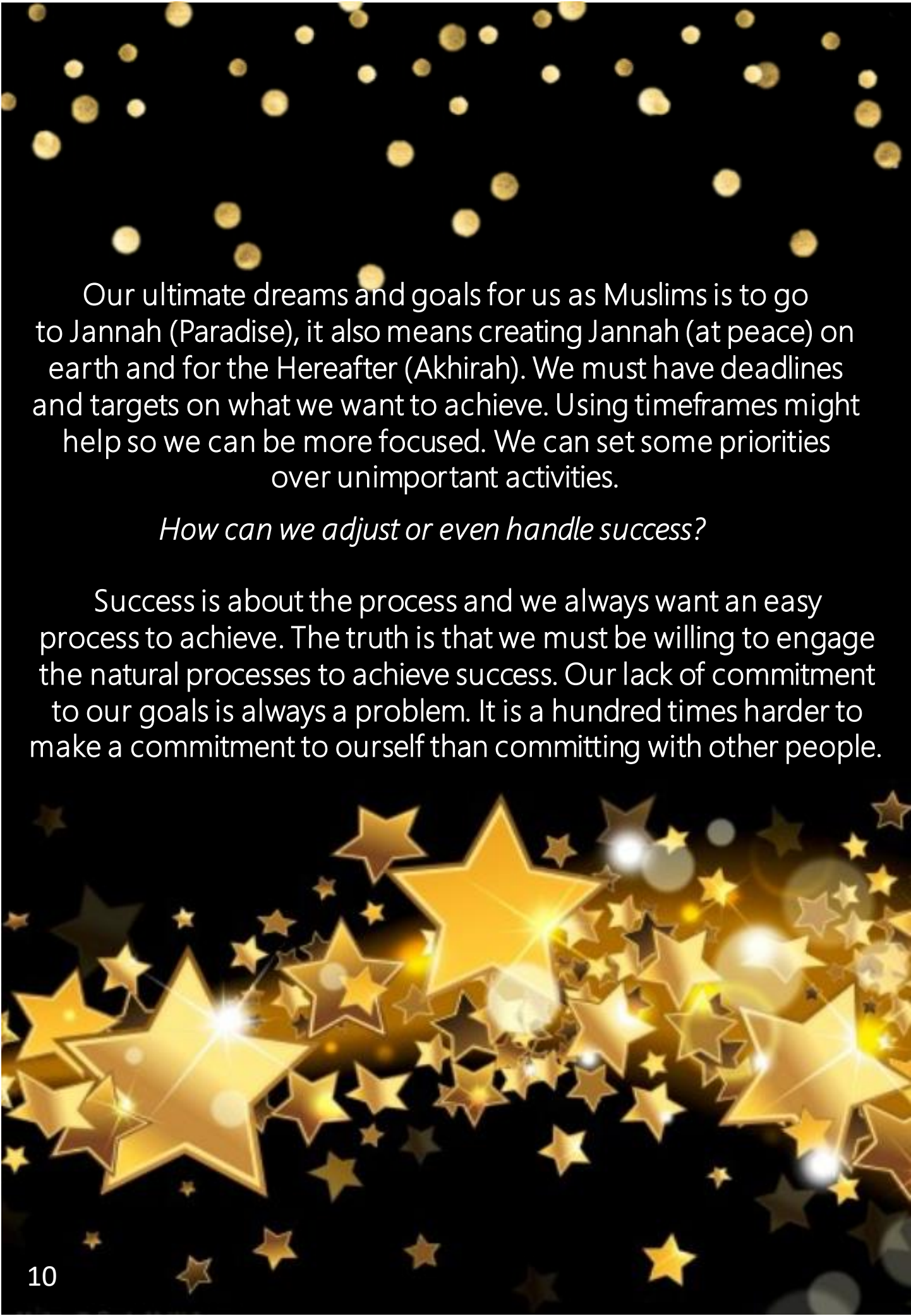
"...*Hayya 'ala al-Falah!*" meaning Hurry to success.

Coming to prayer (remembering Allah) means come to success.
This is what the words of the call are saying to the
believers. You will find success in the prayer, in maintaining your
connection to Allah.

Timeframe

A dream without a deadline is just a
fantasy.



The background of the top half of the page is a dark field filled with numerous out-of-focus, golden-yellow circular light spots, creating a bokeh effect.

Our ultimate dreams and goals for us as Muslims is to go to Jannah (Paradise), it also means creating Jannah (at peace) on earth and for the Hereafter (Akhirah). We must have deadlines and targets on what we want to achieve. Using timeframes might help so we can be more focused. We can set some priorities over unimportant activities.

How can we adjust or even handle success?

Success is about the process and we always want an easy process to achieve. The truth is that we must be willing to engage the natural processes to achieve success. Our lack of commitment to our goals is always a problem. It is a hundred times harder to make a commitment to ourself than committing with other people.

In the end, the long journey and the process to gain success is what matters the most. The true meaning of success is doing the right thing to achieve the right purpose and goals. So when someone is doing the wrong things to achieve their goals, it is not a success. It is undermining true self and integrity.



Inspiring quotes

"Let us look silly of human eyes, but not in Allah (The Most High) eyes. Let us thin spirit, trust only with prayer and faith for us to achieve something, surely can be achieved. What is important is to believe in yourself and dare".

By Nisa Ahmad



Give yourself time.

Quranic reminders

"Everyone shall taste death. And only on the Day of resurrection shall you be paid your wages in full. And whoever is removed away from the fire and admitted to Paradise, he indeed is successful. The life of this world is only a deceiving thing."

(Quran, Surah Al-Imran, 3:185)




SUCCESS THROUGH THE MINDSET

By Aminah Abuzaid

My name is Amina Abuzaid, a 23 years old Libyan poet and translator residing in the UK. I have an Instagram platform @apoeticafrica and a blog apoeticafrica.blogspot.com where I self-publish my work on home and identity, primarily focusing on the concept of gratitude that ought to unite us all.



The background of the slide is a deep blue underwater scene. A large, translucent ice cube is melting in the center, with water droplets visible around it. At the bottom of the frame, a scuba diver is visible, along with several small, colorful fish (yellow and blue) swimming around. Bubbles are rising from the diver.

Maya Angelou once defined success simply as: *'liking what you do, and liking how you do it'*. What makes a writer successful?

Or perhaps a more appropriate question would be, what makes a successful writer? One type of success is characterized by, *'making it'* in the outside world, or other words, actively seeking competition and reward to grow your audiences and mark your name in the well-known.

However, the downside of pursuing external endorsement is that it induces a sense of authority into us, one that quickly vanishes upon a minor hiccup. Once our success is attached to outside sources, everything other than faith in our capabilities, we are doomed to believe less of ourselves and our work over time.

That is not to say the standards we set for ourselves in our personal and professional lives should be brazenly low. It only means that one's purpose should be greater than the result; we should wish to further our imagination beyond that point. Before we can achieve any form of material success, we must start by acquiring internal peace, a definition of success that resides with me quite heavily.

It has been said that we are wired as writers to be unsatisfied; no work of ours will ever be good enough in our eyes. Not because we deem ourselves unremarkable, but for the simple fact that we are constantly evolving as individuals, our perspectives hardly sedentary. In my vision of long-term success, I succeed when I complete a piece of writing every day, finding liberty in meeting my short-term goals allows me to build a legacy based on persistence and self-belief.



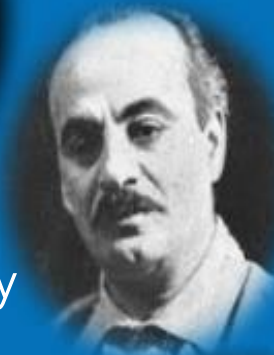
Naturally, this goes hand in hand with immersing myself in the works of some of the greats, reflecting on the successes of Mahmoud Darwish, Kahlil Gibran, Maya Angelou, E.E Cummings; but by no means of hostile comparison. In fact, it would start to dawn on me that although I am entirely different in style and essence, my message is equally influential. Success is rewriting the conversation, boldly and unapologetically; there is no room for fear, only a surge of conviction.

There is success in silence. It is vital to take the time to observe your surroundings and resonate with your thoughts. I found that my passion lay in the medium of poetry through (a lot of reading, yes) but also being quiet, listening to sounds, languages, emotions will allow you to create something beautiful. There is success in patience. Time is on your side, as long as you let it. I often thought that if I created my one 'masterpiece' I would rush my way into everlasting success. But it doesn't quite work out like that, I'm learning. For one, I no longer believe in a single masterpiece, but work that is continuously developing and being revised. I like to think our success lies in the simplicity of daily life; writing our success in daily acts of kindness, a spiritual awakening or simply making the most of every day.



While every definition of success is presented separately, they are not necessarily mutually exclusive.

Sometimes all success is, is embracing the near-win. It is important to consider what we may deem as failures or hindrances as motivators and constant lessons in our journey, building us up from the inside out. Success is not necessarily defined through the many accomplishments one can earn in a lifetime; it is not a competition of writing away your youth in hopes of becoming better than another writer. Send your message. Demanding recognition, a pat on the back, as well-deserved as you may think it is, instantly demeans your work into an act of narcissism and egotistical return.



Ultimately, success must be redefined away from the ego, it must symbolise a sense of self-validation, accepting your own 'internal experience' will allow you to go further in the process. Take yourself by surprise, reflect on your values and keep satisfaction at an arm's length; your best piece is yet to be written.

WHO ARE THE PEOPLE OF SUCCESS AND WISDOM?

By Ustatha Hosai Mojaiddi


Public speaker, teacher, writer, spiritual counselor,
mentor, and mental health advocate.

www.hosaimojaddidi.com

The people of success and wisdom are those who
can differentiate between needs and wants.

We all NEED to be loved, but we don't need an
epic love story. Despite how much we may yearn
for it, the bottom line is not everyone will have a
fairytale love story in this life. The consolation is
that for the believers, who prioritize the love of
Allah in this life, their epic love story is inevitable in
sha Allah in the next life. So if you've ever had or
still have someone who cares for you, who is
committed to taking care of you, who fulfils their
rights to you, even if it's not the most perfect or
ideal match, just be grateful that you know what it
means to be loved.

Many people have never known love at all; from
the beginning of their existence, they've only
known hatred, abuse, and oppression. Be grateful
and stop complaining.



We all NEED comfort, but we don't need extravagance and for our every convenience to be taken care of. If you have health, employment, a nice home, car, clothes for every season, money in your pocket to spend for leisure and activity, then be GRATEFUL. Looking at those who have more than you and feeling like you're somehow deprived is the height of entitlement and ingratitude. There are people whose existence for decades has only been DISCOMFORT, INCONVENIENCE, SCARCITY, & INSECURITY. Imagine what they would do for one day with your lifestyle!

2019

2020

We all NEED to be seen, but we do not need fame and constant praise. To seek validation, praise, approval, for the way you look, the work you do, the clothes you wear, the spouse you have, the house you have, the car you drive, the food you eat, the places you travel to, the talents you possess, the wealth you have accumulated, the good deeds you do, the people you know, the knowledge you have, and any other privilege you've been blessed with is a DISEASE of the heart.

Nothing escapes the knowledge of our Creator & beyond your outward actions. He knows your inward reality, so why are you not as concerned about His opinion of you? Is He not enough that He brought you into existence from NOTHING? Is He not enough that you are seen by the Unseen? And yet, you do not make an effort in pleasing HIM as much of a priority as pleasing others, even those who reject Him!



May we all be people of success and wisdom. May we stop chasing our wants and displaying ingratitude for what we have. May we focus on what we need and turn to the One who fulfils all our needs. Amin.



Inspiring quotes

"Sometimes, hide and conceal the true identity of what we do or live on the knowledge of people around (the public) are better than divulge it. Perhaps, that is the only way to safeguard the rights and interests of its own".

By Nisa Ahmad



Give yourself time.

Quranic reminders

*"He will indeed be successful who purifies his
ownself, and he will indeed fail who corrupts his
ownself."*

(Quran, Surah Al-Shams, 91:9-10)





A gift of Heart

By Nisa Ahmad

Nisa is an inspiring blogger who writes about personal, lifestyle, tips and motivation, quotes which are written from the heart since 2010.

<https://powerofmotivationblog.wordpress.com>

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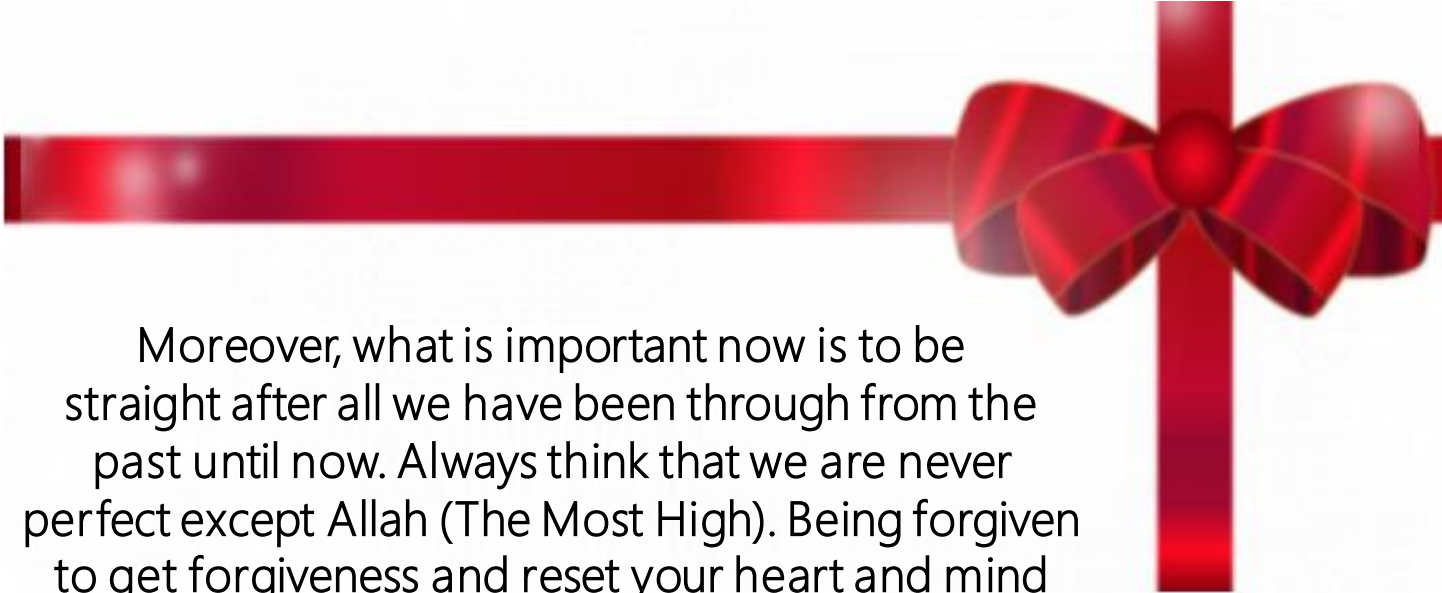
Be grateful for every opportunity and the chance that Allah (The Most High) gave us to have some fun and enjoy the beautiful panorama of the natural surroundings.

Time is so fast. It is almost nine years in the blogging world. Although the number of ratings and viewer are not as blogs hit, I am satisfied. I do not want more followers as it is not worth it. Better to learn and find Allah's appreciation than hoping human appreciation. In the end, we will be back to HIM sooner or later.

There is no value addition except to share these experiences and the vagaries of travel which provide some power for the people around us who need strength to cope with the upcoming rise.







Moreover, what is important now is to be straight after all we have been through from the past until now. Always think that we are never perfect except Allah (The Most High). Being forgiven to get forgiveness and reset your heart and mind too. Every year, a year is added to our age which means we should realize that every human in this world could not forever retain.

SubhanAllah (33 times)

Alhamdulilah (33 times)

Allahuakhbar (33 times)

Astaghfirullah alazhim (1000 times)

"We are not perfect, but we try be the best. Yes, you are the best. Believe in yourself"



Inspiring quotes

"Be humble always as when you meet Allah (The Most High) in worship and prayers. Pull yourself when afflicted. Perform Istighfar and be pleased. There is sweetness behind every tuck only for the patience".

Nisa Ahmad



Give yourself time.

Quranic reminders

He said, "O my people, have you considered: if I am upon clear evidence from my Lord and He has provided me with a good provision from Him... ? And I do not intend to differ from you in that which I have forbidden you; I only intend reform as much as I am able. And my success is not but through Allah . Upon him I have relied, and to Him I return.

(Quran, Surah Hud, 11:88)



A SUCCESSFUL WOMAN IN ISLAM

BY BINESH
ADEEL SYED

Benish Adeel Syed(Umme Arb'a)
Founder of SETS Guidance (self
enhancement through spiritual
guidance) Facebook group.




As a woman and being a mother, we should always remember that we have been given the greatest responsibility. A responsibility to raise a small human into a productive adult that can lead an excellent generation.

Please never ever think that if you are not working in an office then you are not a superwoman.

Please never ever think that if you are not an entrepreneur then you are not a superwoman.

Please never ever think that if you have not attained higher education then you are not a superwoman.

Do not walk around with these senseless guilts.



Always remember, that when you start to think or take the responsibility of your children or your marriage life, as a burden, then know, that THIS is been given to you, to please Allah (The Most High).

Here is the point. Any kind of burden we face in life beholds deeper meaning and it requires wisdom to understand it so it makes sense to us.

Being a woman and if you are married and have kids, then know, that Allah (The Most High) has already planned and chosen for you, the way of attaining success, in form of you being a mother and a wife.

Everyone has been given something so they can accomplish Jannah.

We are mothers first, knowing this, is one thing. But paying its rights is another. Also, of which we are all answerable to Allah (The Most High).

So please know your purpose and start working on it. Know your key to Jannah. It is true I have so many other things that require my attention and my mental energy.

However, my children and my husband are the keys to my Jannah. If I carry out this great responsibility well and according to how Allah (The Most High) wants from me then I am successful.



Inspiring quotes

"There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed."

Ray Goforth



Give yourself time.

Quranic reminders

"Not alike are the dwellers of the Fire and the dwellers of the Paradise. It is the dwellers of Paradise that will be successful."

(Quran, Surah Al-Hashr, 59:20)





Locked No More

By Asqarini Hasbi

Asqarini was born in Jakarta, Indonesia. She is a dreamer, poet, writer and volunteers in community projects. She has published many articles, short stories and poetry. She is fluent in English and can understand French.

Humans.

Were born free.

Having our wings.

To fly.

Even if we had the sky as our limit.

But still, we can travel the world.

Go somewhere beyond.



And even when.

The wings can no longer
spread wide?

And we can no longer fly.

We still have our true freedom.

Our minds.

Our imaginations.

Our ideas.

It is.

Who You Are.

Inspiring quotes

*"Try not to become a man of success. Rather
become a man of value."*

Albert Einstein



Give yourself time.

Quranic reminders

*They are on (true) guidance from their Lord,
and they are the successful.*

(Quran, Al-Baqara, 2:5)



REMAINS IN THE SOUL

By Nisa Ahmad



Nisa is an inspiring blogger who writes about personal, lifestyle, tips and motivation, quotes which are written from the heart since 2010.



Love is loving Allah (The Most High), loving Prophet Muhammad (peace and blessings be upon him) and his apostles, our parents, our siblings, our relatives, our country and humanity. The most important thing is to love yourself first. It is a must! Love of honour and dignity especially for all women.

It is sad and painful to see women surrounding your environment disappointed, hurt, wounded, oppressed only because of a broken heart or a silent love. Men can also be in such a position.


Sometimes, it is not easy to get the person we want easily. And, if we do not want that person, they will be closer to you. Because Allah (The Most High) knows what is good and bad for His creation. Hence, we must be moderate when in love. No need to exaggerate because we do not know who our real partner is.



Finding love is easy, but finding true love is difficult. True love is sincerity. Love is willing to accept the good and bad in their partner. Do not look for physical appearance but the inner self too. The most important thing is religion then all will become smooth and lovely.

Watch yourself before you judge and punish. Be fair and square.





There is a difference between lovable and being loved. To be loved, you must learn to love yourself first and most importantly is to love Allah (The Most High) and Prophet Muhammad (peace and blessings be upon him) closer. Worship Allah (The Most High). Performing sunnah like praying Tahajjud prayer, Tawbah (forgiveness), reciting Al-Quran.

InshaAllah (if Allah wills), when we try to change, our partner will have to change too. This is known as an effort.

The past experiences is a stepping stone for you to change for the better. To get up and move forward from what disappointed you. To try and open your heart and allow a person who is sincere to you. Beautiful comes once, let the remains in the soul.

Inspiring quotes

"Success is walking from failure to failure with no loss of enthusiasm."

Winston Churchill



Give yourself time.

Quranic reminders

Allah has promised the believers – men and women, – Gardens under which rivers flow to dwell therein forever, and beautiful mansions in Gardens of 'Adn (Eden Paradise). But the greatest bliss is the Good Pleasure of Allah. That is the supreme success.

(Quran, At-Taubah, 9:72)



UNDERSTANDING THE NIQAB

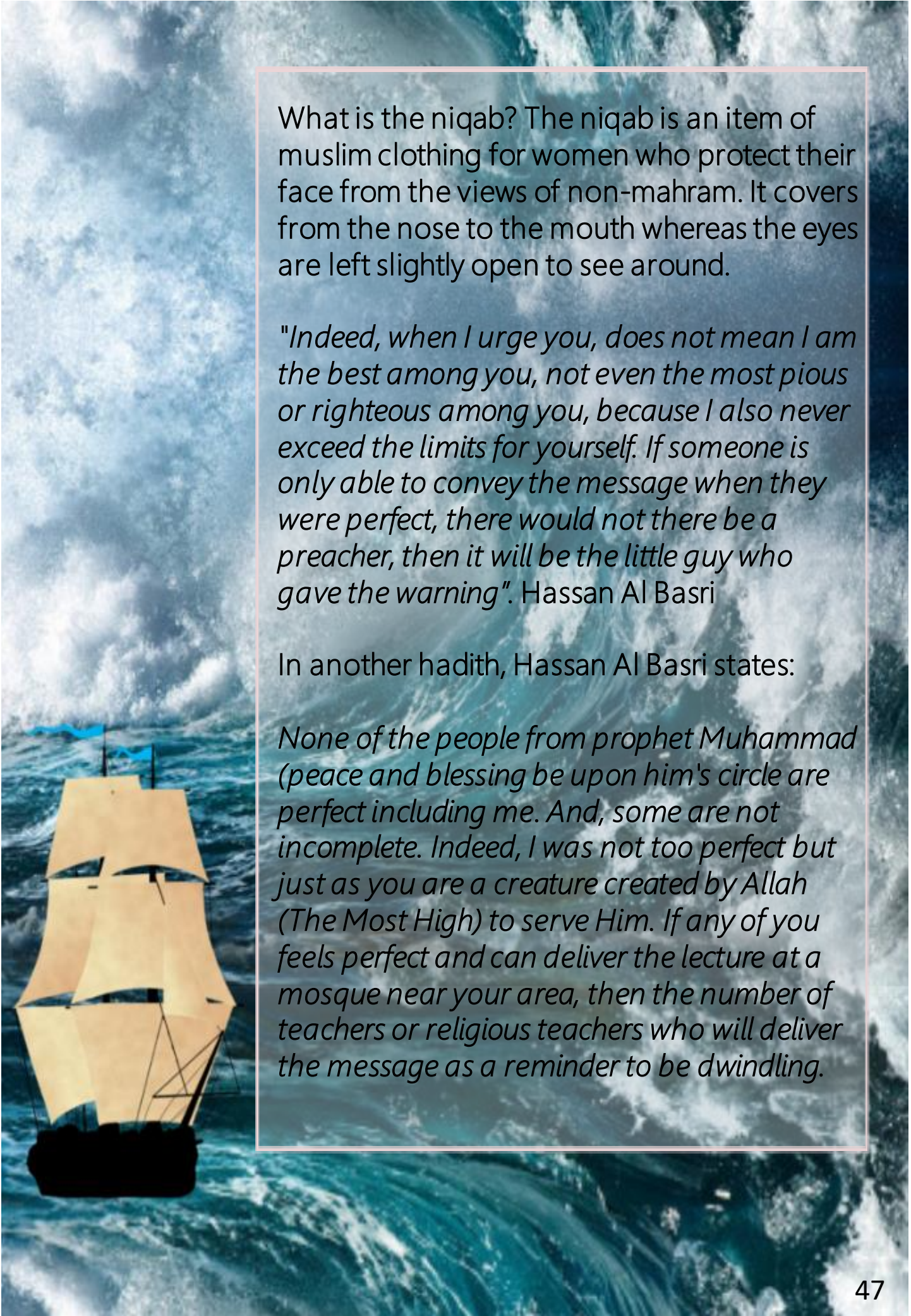
By Nisa Ahmad

Nisa is an inspiring blogger who writes about personal, lifestyle, tips and motivation, quotes which are written from the heart since 2010.

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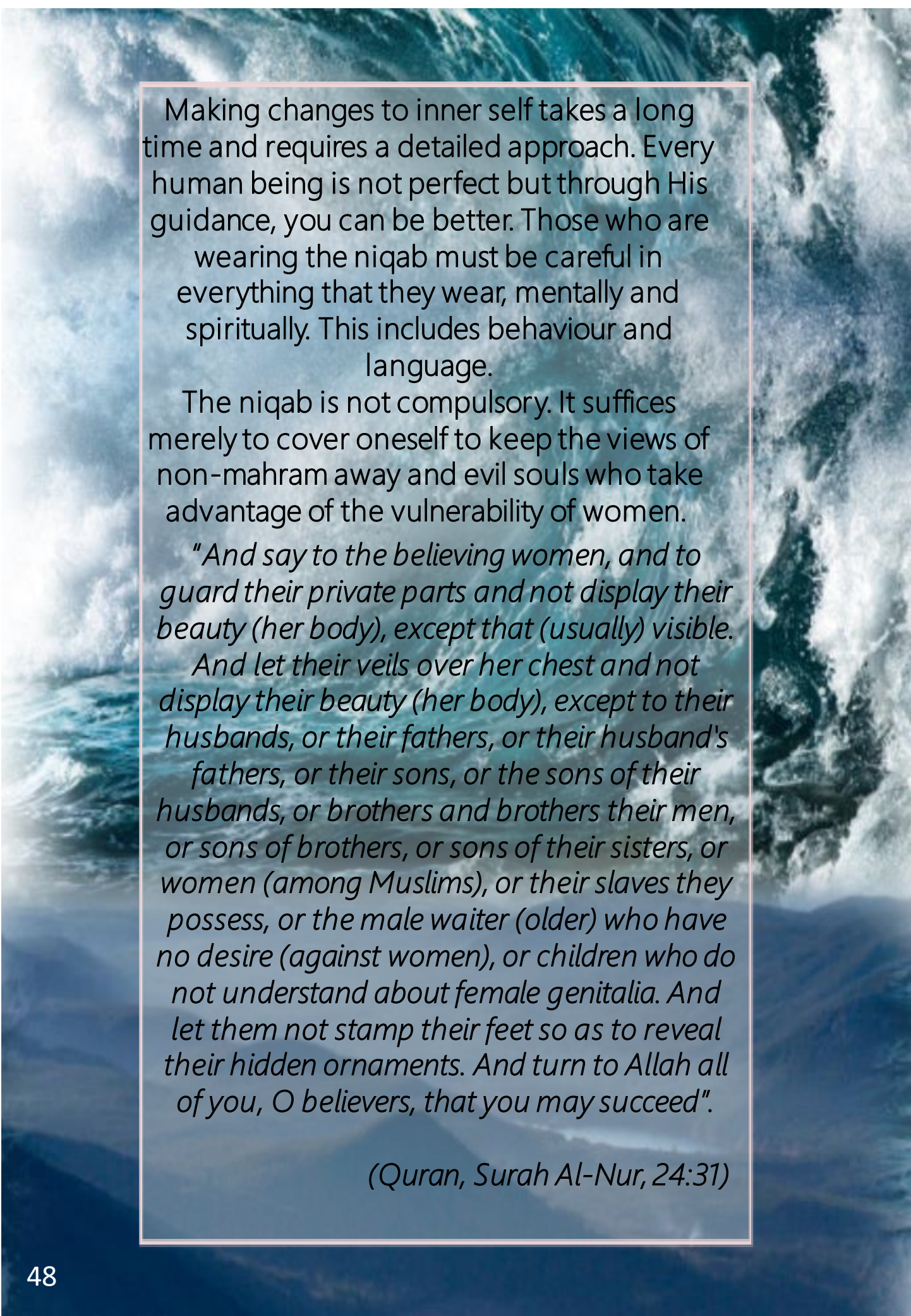


What is the niqab? The niqab is an item of muslim clothing for women who protect their face from the views of non-mahram. It covers from the nose to the mouth whereas the eyes are left slightly open to see around.

"Indeed, when I urge you, does not mean I am the best among you, not even the most pious or righteous among you, because I also never exceed the limits for yourself. If someone is only able to convey the message when they were perfect, there would not there be a preacher, then it will be the little guy who gave the warning". Hassan Al Basri

In another hadith, Hassan Al Basri states:

None of the people from prophet Muhammad (peace and blessing be upon him's circle are perfect including me. And, some are not incomplete. Indeed, I was not too perfect but just as you are a creature created by Allah (The Most High) to serve Him. If any of you feels perfect and can deliver the lecture at a mosque near your area, then the number of teachers or religious teachers who will deliver the message as a reminder to be dwindling.



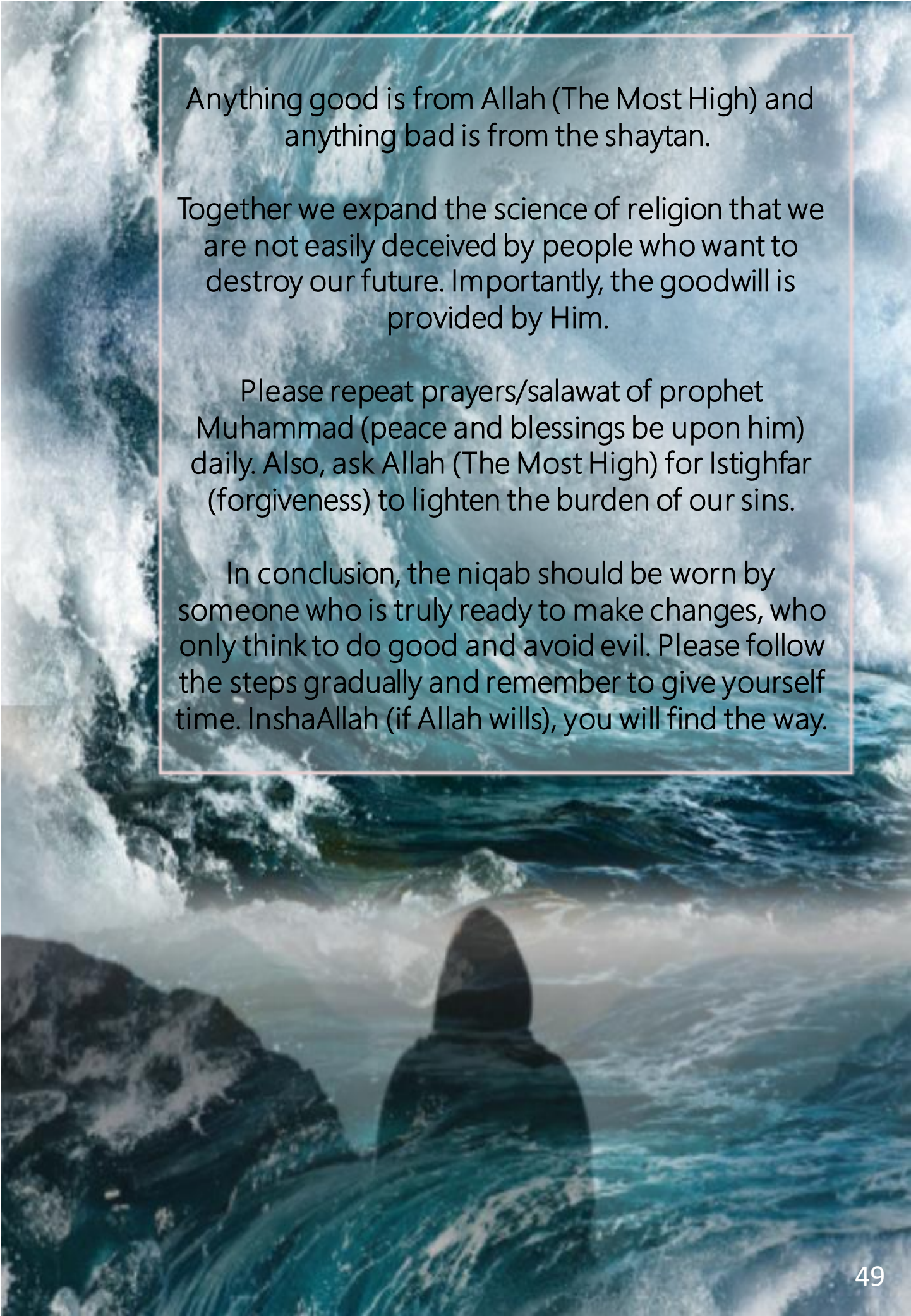
Making changes to inner self takes a long time and requires a detailed approach. Every human being is not perfect but through His guidance, you can be better. Those who are wearing the niqab must be careful in everything that they wear, mentally and spiritually. This includes behaviour and language.

The niqab is not compulsory. It suffices merely to cover oneself to keep the views of non-mahram away and evil souls who take advantage of the vulnerability of women.

"And say to the believing women, and to guard their private parts and not display their beauty (her body), except that (usually) visible.

And let their veils over her chest and not display their beauty (her body), except to their husbands, or their fathers, or their husband's fathers, or their sons, or the sons of their husbands, or brothers and brothers their men, or sons of brothers, or sons of their sisters, or women (among Muslims), or their slaves they possess, or the male waiter (older) who have no desire (against women), or children who do not understand about female genitalia. And let them not stamp their feet so as to reveal their hidden ornaments. And turn to Allah all of you, O believers, that you may succeed".

(Quran, Surah Al-Nur, 24:31)



Anything good is from Allah (The Most High) and anything bad is from the shaytan.

Together we expand the science of religion that we are not easily deceived by people who want to destroy our future. Importantly, the goodwill is provided by Him.

Please repeat prayers/salawat of prophet Muhammad (peace and blessings be upon him) daily. Also, ask Allah (The Most High) for Istighfar (forgiveness) to lighten the burden of our sins.

In conclusion, the niqab should be worn by someone who is truly ready to make changes, who only think to do good and avoid evil. Please follow the steps gradually and remember to give yourself time. InshaAllah (if Allah wills), you will find the way.

Inspiring quotes

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

Helen Keller



Give yourself time.

Quranic reminders

Say: "Verily, those who invent a lie against Allah will never be successful"

(Quran, Surah Yunus, 10:69)



Level Muslimah

10

By Seema Um Rayaan

Seema Umm Rayyan is a Spiritual Contentment Coach and a Self Awareness Facilitator. She accompanies her sisters in deen in creating a life that's pleasing to Allah (The Most High), facilitating them in their journey discovering contentment and deep-diving into the understanding of their self and developing their self-awareness.



Our time in this world, the life we are living is a spiritual journey, and that is the nature of this existence. Allah (The Most High) puts forth so many people and circumstances on our path throughout this journey.

Our parents, feed us, clothe us, raise us and keep us alive, but a point comes in our lives when we leave them and go on to build a life away from them making adult choices and decisions. The circumstances in life create a distance, sometimes leading to detachment from them.

We fall in love, think this person is our everything, but they would never live up to our expectations because of the separate realities of our existence leading us right into disappointments. We believe our friends are the only ones we connect with, the ones who understand us completely, we start inclining towards them and believe that the void in our life is being fulfilled by them. But they too are merely human beings going through the grind of life, figuring things out and dealing with their chaos and calm.



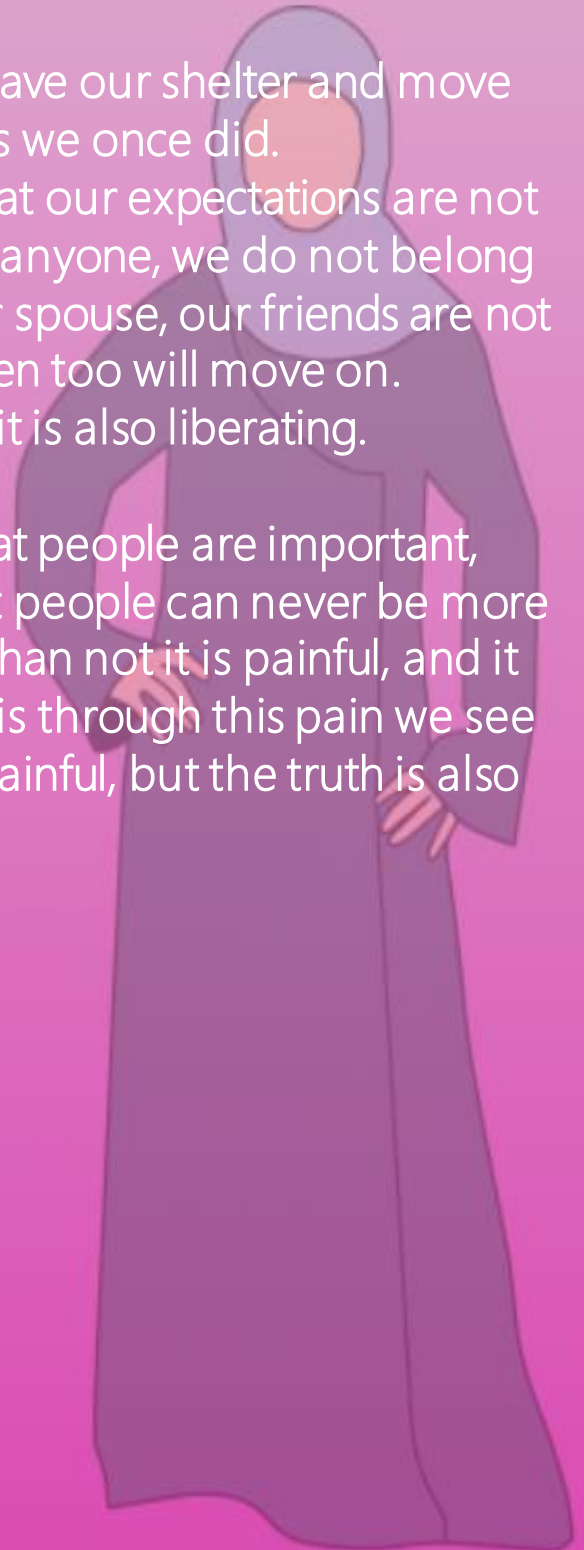
Allah (The Most High) always shows us, we have been putting our expectations in the wrong place. We think that perhaps our purpose is to be there for our children, but again Allah (The Most High) shows us that we do not own them, whatever it is that we think we want for them, they will ultimately only fulfil the Qadr that Allah has written for them, they'll make their choices regardless of whether we approve or not, they will disappoint us, test us, push us to our limits and the expectations we have of them will be shattered.

Life comes a full circle, and they too leave our shelter and move on, to live their lives, just as we once did.

Time and time again, Allah shows us that our expectations are not in the right place, we do not belong to anyone, we do not belong to our parents, we do not belong to our spouse, our friends are not going to stick around, our children too will move on.

The truth is always painful, but it is also liberating.

Every time we fall into the illusion that people are important, Allahﷻ makes us confront the truth that people can never be more important than He is, and most often than not it is painful, and it can never be any other way because it is through this pain we see the truth. Because the truth is always painful, but the truth is also liberating.



All Praise to Allah.

The truth has always been right in front of us to see and accept, it will try to make itself visible to us again and again, so we can recognize it. We do not see the truth as we are blinded by our Nafsi (ego) thinking we do not want to see it, because we somehow innocently believe this illusion, that the creation will provide comfort to our heart. The illusion is an illusion, it is not the truth. The truth is with Allah (The Most High), the truth is that to Allah (The Most High) we belong and to Him is our return. The truth is, our hearts belong to Allah (The Most High) and only He can grant that comfort to our hearts. Only He can soothe and ease the pain. Only He can fulfil our expectations and answer our silent cries.

Allah (The Most High) keeps sending reminders through disappointments in this world. He keeps showing us the truth of where our expectations should lie, it is for us to see or not to see. The choice is always ours.



Allah (The Most High) is Al Haqq- He is our truth, our final return, everything else is falsehood and an illusion. Our purpose of existence is with Allah (The Most High), we simply do what we have to do this second and move on to the next when it comes into existence, and it becomes real. Our goal is to meet our end, while Allah (The Most High) is still pleased with us, not by trying to please people or expecting people to please us. People are designed to disappoint, and that includes us, but with Allah (The Most High) there is no disappointment, with Allah (The Most High) there is only peace and tranquillity, there is only calm and Sakeenah.

We are going nowhere without our thoughts, we carry them with us wherever we go, the peace we seek is just a thought away.

We always want to escape and run when we are faced with problems. We either want to run to a person or a place hoping that the people will help us cope or the change of place will bring peace. Peace of mind is not in people or places, it is right here, wherever 'here' is because we are where 'here' is.



We are peaceful when we are in alignment of where this peace comes from, we are chaotic when we fail to see the logic of where our feelings are coming from. The truth is simple, and it's as simple as that.



Gratefulness

By Nisa Ahmed

Nisa is an inspiring blogger who writes about personal, lifestyle, tips and motivation, quotes which are written from the heart since 2010.

<https://powerofmotivationblog.wordpress.com>

<https://manifestocinta.blogspot.com>



The only way to do great work is to love what you do.



-Steve Jobs



Usually, salaried employment is certainly strapped, right. Never enough money to pay for everything. And, more commitment to think too. Either single or married, both need money. Now, even a little to do involve the money. Not yet to give money every month to mother and father. Just flashback, how much we are spending money per month? Are there enough three to four thousand every month? The bigger the salary, the more commitment and heavier the responsibilities. Therefore, we have to know where the needs and requirements of governance. We must have the savings plan in future. In case, it can help lighten our burden slightly encase of an emergency. Another way is to be grateful for what you have. Your heart will feel calm when being grateful even if you get a little salary.

FORMULAE

SALARY versus SUSTENANCE

Salary comes from the company. The manager gives you every month as a result of your work efforts.

Sustenance (rezqi) comes from Allah (The Most High). Breathing oxygen, vision (eyes), hearing (ears), speech (mouth) and so on.



In this life, we should always be grateful for what we have. Always think positive and be nice to every person around us. Let them do bad to us, but we never repay to them. Always give charity (sadaqa) even ten cent. Give eat an effortless person even a piece of bread with a sincere heart it is enough. All praise to Allah. Don't repeat or humiliate them after you already give in. Keep looking good and sweet face and always smile. Because a smile is also one of the charity. Giving the cats eat also bring our sustenance (rezqi) retains. Easy right? Especially for the working people who feel not enough salary and for the business person too, this tip can use it to invite your rezqi. Insha Allah.



Firstly, please take your time every morning and make two rakaat of Dhuha.

Secondly, do not forget to read Al Waqiah and Al Mulk. This can be downloaded into your phone. There is no reason not to listen.

Thirdly, recite Surah At-Talaq verse 2 to 3 deeply your heart.

SUCCESS IS NO ACCIDENT.
It is hard work, perseverance,
learning, studying, sacrifice
and most of all, love of what you are doing.
- Pele



Inspiring quotes

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

Colin Powell



Give yourself time.

Quranic reminders

O you who believe! Eat not Riba (usury) doubled and multiplied, but fear Allah that you may be successful.

(Quran, Al-Imran, 3:130)



I am in Year 13 and am deeply fascinated by the sciences, and their social and practical applications, and am thus currently studying Biology, Chemistry and Maths at A level, looking to pursue medicine the next academic year at Birmingham University. What draws me to medicine is the ability to apply scientific knowledge to do good for society, and to personally see the transformative effects of one's work on the quality of lives of one's patient. Outside of work, I like to relax by playing squash, hockey and strengthening my faith by reciting and memorising the Quran daily

The Ongoing **CRISIS** Of Smoking and Obesity

By Ahmad Shahid Khan



"Prevention of Disease must become the goal of every physician".

If there is a time for the NHS to act upon Sigerist's words, that time is now.

Admittedly, the NHS is at a point of the financial crisis (see figure 1); one that is expected to worsen in the years following and during Brexit. By self-admission, it would be ludicrous for the NHS to attempt to cure everyone's problems, despite a public appeal for this notion. What it still can do, however, is an attempt to prevent people from reaching a state where treatment must be offered—the NHS must recognise this now before consequences become dire. When the equilibrium between treatment and prevention becomes skewed, problems naturally worsen, with increased spending and reduced efficacy of treatment, leading to a less successful treatment. I would argue that the equilibrium has perhaps reached that point, but all equilibria are reversible, and the NHS, therefore, can reverse its wrongdoings—but it must act quickly.

In this article, I could discuss all the areas where the NHS could have prevented disease but has not; that, though, would become exhaustive and pointless. What I shall do, therefore, is assess the NHS's current role in two key aspects of healthcare (that are important not only salvageable but also key to improving the financial stability of the NHS), indicate areas for improvement and conclude as to which one is most important.

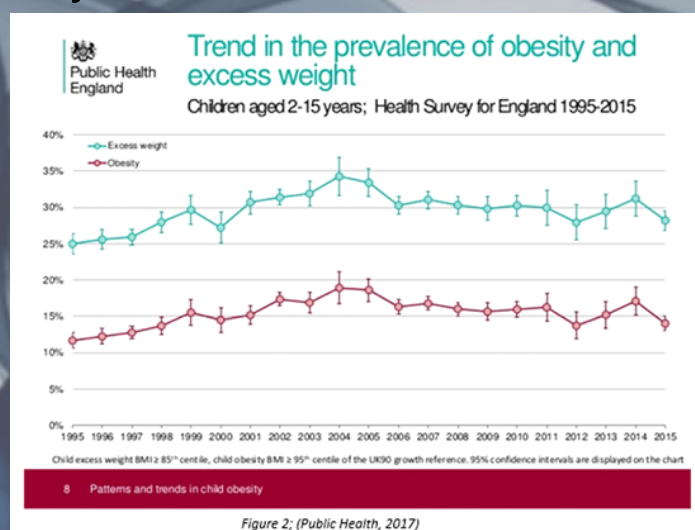
Importance of acting in child obesity:

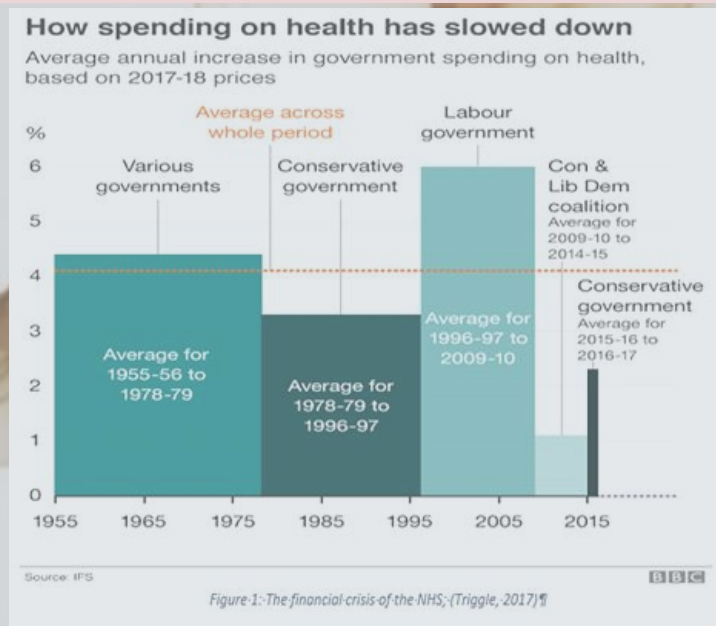
One area where the NHS must be compelled to act is childhood obesity. Obesity costs the U.K. £5.1 billion each year; an expenditure greater than that of the police, fire service and judicial system combined (Government1, 2017). Apart from the economic arguments, though, obesity can have a serious psychological impact, with reduced self-esteem, an increased risk of depression (55% compared to a healthy person) and even an increased risk of suicide.

Furthermore, the adverse physical effects are devastating (hypertension, diabetes mellitus and CVD etc.), often combining to give a multitude of diseases, which severely reduce life-expectancy and require expensive surgery, such as CABG. This is something which the NHS simply cannot afford to offer everyone.

The NHS must recognise that if it does not act early in childhood, obesity will significantly increase in adulthood. Successful early prevention, however, severely reduces the risk of developing obesity into adulthood in 39.6% of cases—stopping its associated diseases, the precious consultation time they take of hurried doctors, and the significant financial burden.

Action taken by the NHS:





Child Obesity:

Action that the NHS has already taken:

Thankfully, the extreme obesity levels (which struggled to go below 10%; Figure 2) prompted the NHS to act. After years of deliberation, the NHS passed the childhood obesity plan in 2016; this promised a way forward on this key issue. One of the proposed modes of action was a Sugar-Sweetened Beverage Tax: this made sense, as it not only reduced obesity in children and its long-term effects (diabetes and depression) but also gave the NHS extra money to safety-net for those who it did not work on. Crudely, though efficiently, it stopped those from low socio-economic backgrounds accessing sugary drinks; an important measure, as childhood obesity disproportionately affects such children; (See figure 3).

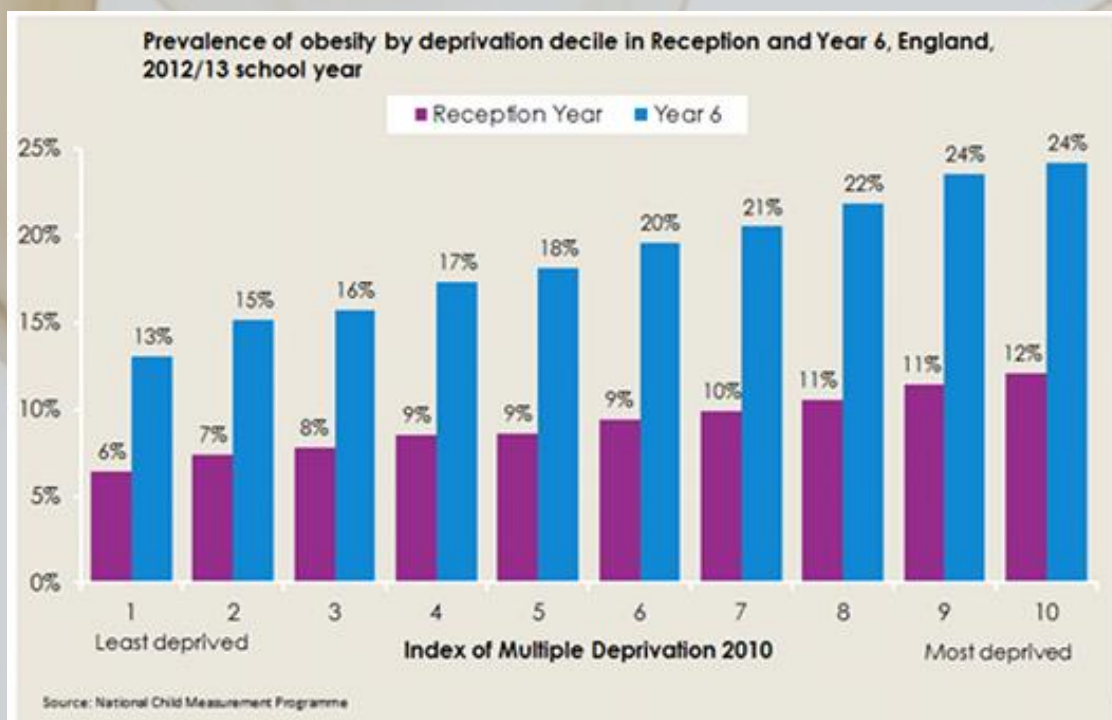


Figure 3; (Health, 2018)

Failures and improvements:

Despite some successes, one of the major cause of concerns is the fact that the NHS ignores the importance of personalised care in disease prevention in both its 2016 and 2018 report. Indirect forms of advertising such as TV advertisements, which the NHS proposes, often fail to evoke a subconscious response in children, especially in a competitive advertisement market.

This is a response that needs to be triggered if preventative medicine is to succeed, and children are to remember key health messages into adulthood. This is the primary factor in deciding the re-occurrence of obesity, as, despite any amount of public encouragement, it is the individual that needs to decide to act.

The most effective way to reach a solution is to rediscover and target children's communities—at such a young age, it is often the influence of elders that initiates a deep-rooted response. Such measures are not difficult and can be achieved through collaboration with local authorities, moving away from a centralised system of action. For example, close partnership with leisure centres to introduce exercise programmes for children—such as those seen in America—could considerably improve physical and mental health, as well as fostering a life-long passion for the sport. This could help curb the future mental health crisis; a key issue which the NHS itself recognises in its Five Year Forward Report for Mental Health.

Importance of acting in youth regarding smoking

Smoking is a key economic issue for the UK, both in primary and secondary care, accounting for 520,000 admissions to a hospital (Government3, 2018). Directly, smoking costs the NHS £2.6 billion (Government3, 2018), and indirectly, the figure is estimated to be over £ 5.2 billion; the drain on the economy is evident.

The reason that the indirect figure towers over the direct figure is that smoking leads to a multitude of diseases, including COPD, CVD and many more, all of which eventually require complex treatment and surgery, similar to obesity. The main difference, therefore, in youths is the perception: whilst obesity is viewed negatively, smoking, in youths, is the opposite.

Intervention must come at this early stage. Acting at the last moment in adulthood and post-pubescent years is self-damning for two reasons. Firstly, it not only exacerbates the complexity and number of diseases the NHS has to treat—thus leading to greater costs—but secondly also makes it much more difficult to quit (see Figure 4).

Action that the NHS has already taken:

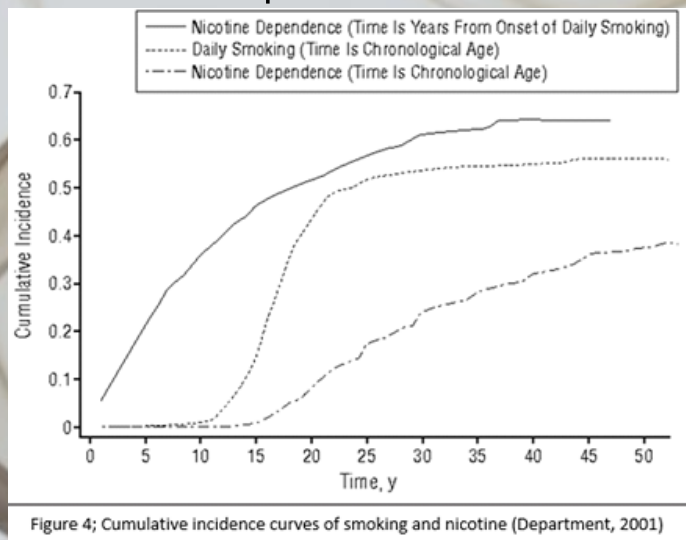
The NHS has made progress in this area; primarily through the Stop Smoking Services, which are successful and cost-effective. This is due to the extensive range of treatments offered (both psychological and physical), such as tablets and one to one group sessions. Overall, this means that by the 4th-week review, 51% of smokers had successfully stopped. However, such treatments have little success in adolescents, due to lack of engagement (Reid, 2018).

What the NHS could do:

For the NHS to improve upon this, it needs to opt for a personalised approach, similar to obesity. There is a grave difference in smokers, based upon their ethnicity, gender and socio-economic background, and the NHS must abandon the assumption that one treatment fits all. However, even much of the NHS's 'personalised' work is unsuccessful. Firstly, close work with schools is flawed, due to the correlation between smoking and truancy (those who smoke are three times more likely to be truant). Secondly, peer-support groups often fail to work—children whose families smoke are more inclined to smoke themselves.

Therefore, what is required is a systematic study, assessing the backgrounds and communities of areas notorious for youth smoking (Amos *et al.* 2009). Following this, looking for a motivational figure for young people is essential; this can only be achieved through direct correspondence within the area and a true understanding of communities. The establishment of such figures based upon understanding youth's interests, which vary greatly depending on the context, is essential. This could be achieved through interaction with local famous person/s, who could talk with troubled youths, sharing their stories.

The primary focus of these talks would be to suggest that popularity is not dictated by smoking, through personal experience and example.



Given the strained economic nature of the NHS, thoroughly following up on only one of these preventions is possible. The two main ways to decide on the importance of both of these factors is either through their economic importance, or their ethical importance (however, it must be noted the two are not mutually exclusive).

From an ethical perspective, focusing on child obesity is more convincing. Many obese children are not to blame for their condition and are often fed unhealthy diets by their family—who also have no other option. Conversely, the evidence for choosing to smoke is in the name itself: choice involves the free will, and thus an active decision.

From an economic perspective, both are fairly similar, in that they both lead to complex diseases, which require expensive treatment and procedures. Smoking, though, is estimated to lead to a larger range of diseases, which thus require slightly more money to treat; the difference though is minor.

With medicine, decision making is difficult; it will always affect the complex lives of people. Based on the evidence, though, I strongly advocate that the NHS shifts the bulk of its preventative medicine strategy towards child obesity and works on overcoming this pressing issue before it truly engulfs the NHS.

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Divorce

By Aumeer Nusayhah

Aumeer Nusayhah is from Mauritius who spreads positivity through her words, thus aiming to be a writer, insha Allah. She also aims to make a change in society.

Her Instagram page is called:
A Committed Soul

Love is like heaven when feelings are mutual. But when misunderstanding, selfishness, ego, insecurity and doubts start to creep in, the very strength and trust of the couple crumble. A marriage which is believed to be an institution is losing its importance over the years. It is becoming feeble and it seems to have become like a casual ceremony than a lifetime commitment.

There used to be a time where couples would sort out their differences easily. Divorce would be the last resort. As time went by, divorce rates started to escalate since this option would be considered as the easiest. The internet plays a major negative side in marriages nowadays. Instead of spending quality time, communicating and sharing, couples spend their time on the internet getting to know others. We feel more comfortable with virtual chats than face to face conversations. No wonder, the internet is one among the major cause of this phenomenon worldwide.



However, divorce is not a bad thing. Islam has given this solution to broken marriages. Islam has permitted couples to separate if they cannot live with each other after having done their share of efforts because, in the Holy Qur'an, Allah (The Most High) said:

'Believers, when you marry believing women and then divorce them before you have touched them, you may not require them to observe a waiting period that you might reckon against them. So make provision for them and release them in an honourable manner.'

(Quran, Surah Al-Ahzaab, Verse 49)

Hence, divorce is not perceived as a bad thing nor viewed favorably in Islam. It has been discouraged unless one wants to go through it due to valid reasons.

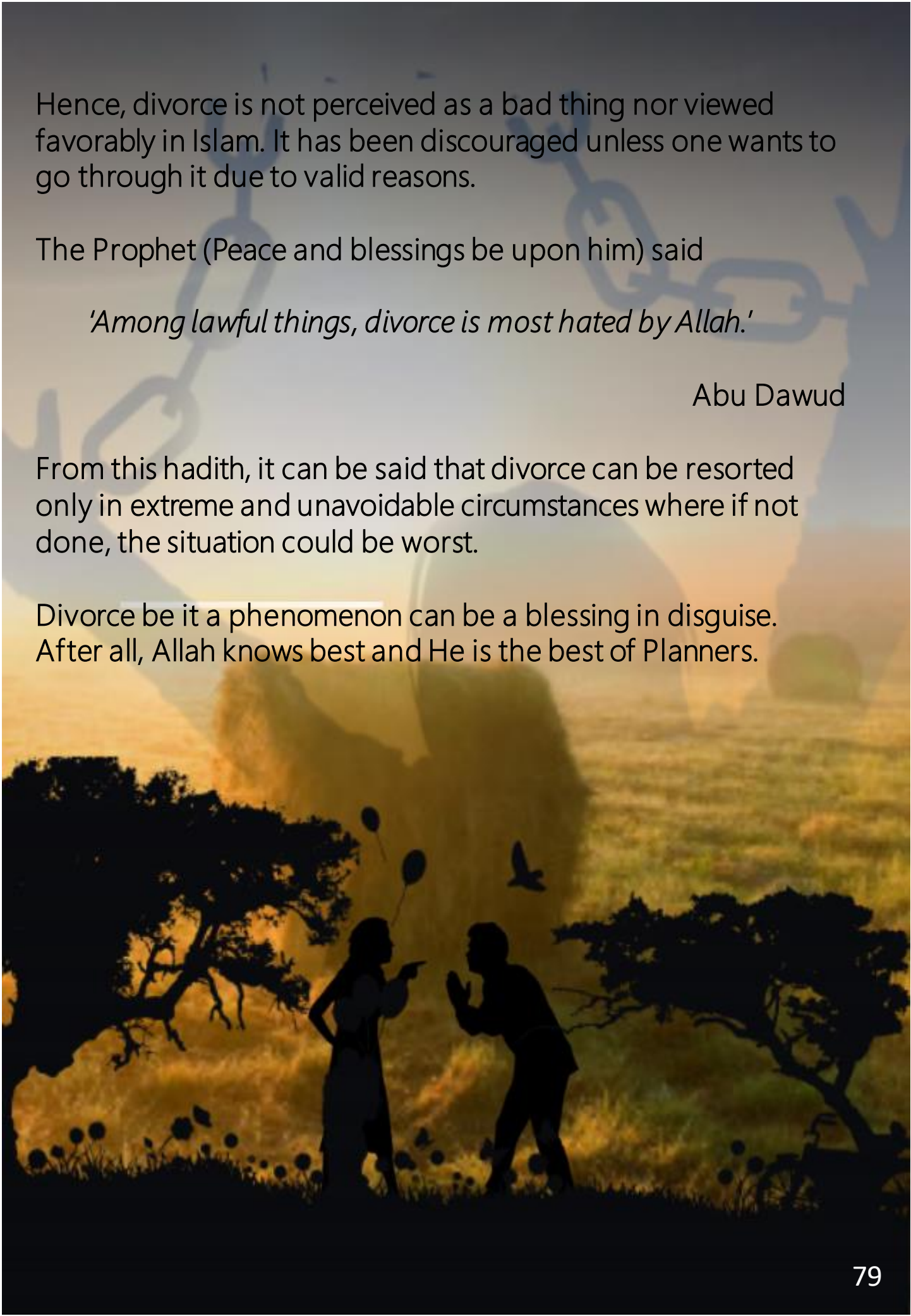
The Prophet (Peace and blessings be upon him) said

'Among lawful things, divorce is most hated by Allah.'

Abu Dawud

From this hadith, it can be said that divorce can be resorted only in extreme and unavoidable circumstances where if not done, the situation could be worst.

Divorce be it a phenomenon can be a blessing in disguise. After all, Allah knows best and He is the best of Planners.





A HEALTHFUL JOURNEY THROUGH THE DIGESTIVE SYSTEM

BY AIMAN ATTAR



DIGESTION ACCORDING TO TRADITIONAL MEDICINE



The primary focus of the modern diet is what to consume and how much, whereas the primary focus of traditional diets is clean digestion.

What do I mean by clean digestion?

Traditional medicine and nutrition was not concerned by how many calories we need to consume, and from which food groups. It was more concerned with how your body would digest and metabolize the nutrition consumed.

A cup of food taken once a day, properly broken down and absorbed by the body, is far more beneficial for our health than seven cups of food a day that fill the belly, satiate the desire temporarily, but leave us robbed of nutrients and energy. I should add here that when I say 'food', I am referring to REAL food: dairy, fruits and vegetables, meats, and breads. Potato chips and packaged noodles are fun, but they are not really food.

Now, back to the concept of clean digestion: think of your laundry. Would you mix whites with colours (that run)? Would you mix bleach needed to keep whites clean with your beautiful red shirt? Would you stuff the machine to the rim, leaving no room for water or space to move the clothes around during agitation?

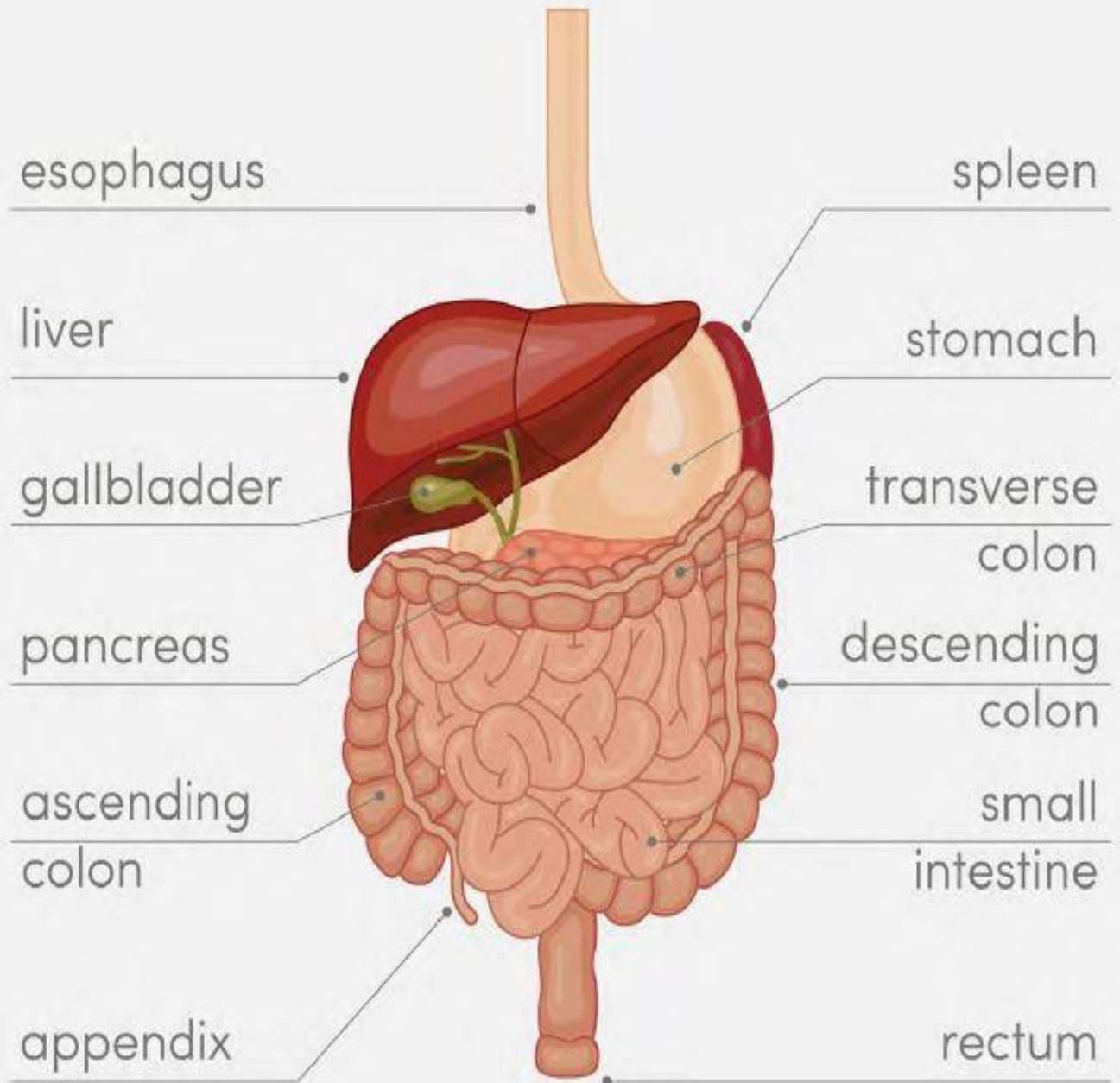
This is precisely how your stomach works. It needs water and it needs space. Exactly $\frac{1}{3}$ of each. So when you fill $\frac{1}{3}$ with food, add $\frac{1}{3}$ water and allow your stomach to churn, digestion happens efficiently.

How much is $\frac{1}{3}$ of your stomach? I asked the very same thing. From my research, I figured out that the stomach in its natural size is about 750ml to 900ml. We have the tendency to overfill it causing it to expand in order to properly function but the optimal size is its natural size. www.encyclopedia.com/medicine/anatomy-and-physiology/anatomy-and-physiology/stomach

That means... are you ready for this? Your food portion should be 250ml (the size of a cereal bowl), plus 1 cup of water. That is it. That is considered the MAXIMUM. The hadith states a few morsels would suffice, but if you must, then $\frac{1}{3}$.

BUT here's the thing. The hadith does not limit how often a day you can eat. Sigh of relief.

DIGESTIVE TRACT



However, there is one caveat to the lack of a limit: you must wait for food to completely empty from your stomach before starting your next bowl! That is a 3 hour wait if you consumed anything with meat. It is only about a 90-minute wait if you only ate a salad.

Now, I do not think the intention of limiting our food consumption to one bowl means that we are required to be living from bowl to bowl and eating every 2-3 hours, like a newborn baby. Our focus should not be to constantly fill the belly.

Eating a bowl that is properly balanced ensures you are sufficed and nourished without starving yourself. Believe me, I tried it and it works. It resets your hunger thermostat, so you will feel less hunger within a matter of days.

Portion size is not the only thing to consider when choosing your next meal. Your body type and your metabolic fire are also important factors in this scientific equation.

BODY TYPES ACCORDING TO TRADITIONAL MEDICINE



Your Digestive Fire

In Ayurveda, Greek Medicine and Islamic Medicine, your metabolism is known as your digestive fire and is the central home of good health. Your metabolism is responsible for various acids and enzymes that break down foods by heating them up for assimilation. Proper absorption (assimilation) of nutrients and efficient functioning of organs are dependent upon the heat of metabolism.

If your digestive fire is too cold or too hot, an imbalance will arise that will begin manifesting itself as common, often-ignored ailments such as:

- Dry or oily skin, dry hair, dry nails.
- Digestion - bloating, indigestion, belching, abdominal aches, excessive gas, gas with foul odor.
- Intestines and stool — hemorrhoids, intestinal polyps, constipation, diarrhea, foul odor, yellowish stool, loose form of stool.

- Breast tumors, ovarian cysts
- Food allergies
- High cholesterol, high blood pressure
- Fatty liver, IBS, leaky gut
- Cancer, benign tumor growths.

We do not all metabolize foods the same way. Each person's metabolism is dependent upon his/her body type/body constitution.

In Ayurveda, there are three body constitutions known as Pitta, Vata and Kapha. In Greek and Islamic Medicine, there are four body types known as Sanguine, Yellow Bile, Phlegmatic and Black Bile. In Traditional Chinese Medicine, there are five body types. It is not possible to list every traditional medicine, and each body type, but I want to clearly illustrate that the notion of body constitutions and metabolism dates back to thousands of years and continues to this day.

Some people can eat horribly and remain thin because their metabolism is so fast. A lot of calories ingested is simply flushed out and very little remains in their body. This does not mean that they are healthy because weight is not the only indicator of health. Likewise, someone can eat a very healthy diet and still struggle to lose weight.

By understanding our body type, we can learn to eat according to our temperament and begin to recognize that our body speaks to us when it is out of balance.

Four Body Types

In Greek Medicine, it is believed that there are four body temperaments that determine our constitution, and thus how we metabolize food. Although all four humors (or temperaments) — blood, yellow bile, black bile and phlegm — exist in all of us, in different quantities, there is usually one that is the dominating humor and which affects what we crave and how we respond to food. Whichever humor is dominant within a person reflects their body type.

SANGUINE TEMPERAMENT BLOOD - DAMM

Sanguine (Blood) is considered to be the most natural, balanced constitution, although it can become unbalanced due to our diet and lifestyle.

Humor: Blood

Constitution: Hot and Wet (warm and moist)

Traits:

- Oval faced
- Not too fat or too thin
- Medium frame and build
- Hearty appetite
- Moderate, balanced metabolism
- Good digestion when not eating in excess
- Good elimination (stool), well-formed, neither hard or soft when in balance
- Sweats moderately

Predisposition: If out of balance, the following health concerns arise

- Congested liver and pancreas
- Sluggish metabolism
- High cholesterol
- Diabetes
- Gout
- Congested blood, excessive menstruation in women
- Respiratory congestion
- Urinary issues
- Skin conditions

Foods that aggravate: excessive consumption of proteins (meats), rich fatty foods and sweets may lead to Sanguine excesses of the blood, like uremia and gout, diabetes or high cholesterol.

www.greekmedicine.net/b_p/Four_Temperaments

CHOLERIC TEMPERAMENT YELLOW BILE - SAFRA

Choleric is considered to be the most catabolic, the hottest and most active of all temperaments. Choleric is already off balance by its nature and thus diet and lifestyle are instrumental in creating balance.

Humor: Yellow Bile

Constitution: Hot and Dry

Traits:

- Broad jaw, sharp nose, high cheekbones, angular facial structure
- Compact, lean, small frame and build
- Sharp, ravenous appetite
- Strong, fast metabolism
- Cast iron stomach / digestion when in balance
- Short transit time for elimination (stool), tends to be loose stool
- Sweats profuse in heat or physical activity

Predisposition: If out of balance, the following health concerns arise

- Fevers
- Hives
- Inflammation
- High cholesterol
- Cardiovascular disorders
- High blood pressure
- Headaches / migraines
- Infections
- Middle GI tract conditions (hyperacidity, ulcerative etc)

Foods that aggravate: salt and salty foods, fats and cholesterol, fried foods, vinegar, alcohol, excessive sour or fermented foods, aged cheeses, excessive hot spices and chillies, excessive beef and red meat.

www.greekmedicine.net/b_p/Four_Temperaments

MELANCHOLIC TEMPERAMENT BLACK BILE - SAUDA

Melancholic is considered to be the most problematic because it is opposite to our natural balance, but with proper care it can be healthy.

Humor: Black Bile

Constitution: Cold and Dry

Traits:

- Rectangular face, prominent cheekbones
- Tends to be thin, lean
- Variable to poor appetite
- Slow, erratic metabolism, prone to dehydration
- Digestion varies according to mental/nervous/emotional state
- Constipation, irritable bowel is common
- Scanty sweat can be due to poor immunity

Predisposition: If out of balance, the following health concerns arise

- Anemia
- Poor appetite
- Nervous colicky digestive disorders
- Blood sugar problems
- Hypoglycemia
- Dizziness, vertigo, ringing in ears
- Depression
- Arthritis, rheumatism

Foods that aggravate: old, dry, stale foods, excessive beans, soy, nuts, astringent foods, peanuts, rancid fats and nightshade vegetables such as peppers, tomatoes, potatoes, and eggplants.

www.greekmedicine.net/b_p/Four_Temperaments

PHLEGMATIC TEMPERAMENT

PHLEGM - BALGHAM

Phlegmatic is considered to be the coldest, most passive, energy conserving constitution.

Humor: Phlegm

Constitution: Cold and Wet

Traits:

- Round face, full cheeks, often dimpled, double chin, pug nose
- Heavy frame with ample flesh and well-developed, often plump or overweight
- Cool, clammy perspiration especially in hands and feet
- Slow, steady appetite often craving sweets, dairy, and starchy foods
- Slow to sluggish digestion, sleepiness/drowsiness common after eating
- Cold, wet and slow metabolism, anabolic metabolism
- Sluggish bowels, though well-formed but slightly soft and loose
- Sweats profuse in heat or physical activity

Predisposition: If out of balance, the following health concerns arise

- Phlegm congestion
- Water retention
- Lymphatic congestion
- Poor venous circulation
- Slow digestion
- Hypothyroid
- Adrenal hypofunction
- Weight gain, obesity
- Frequent colds and flus
- Chronic respiratory conditions

Foods that aggravate: milk, dairy products, fresh cheeses, refined sugar, refined starches and flours, wheat and glutinous foods, cold foods, ice cold drinks, and moist, creamy rich foods.

www.greekmedicine.net/b_p/Four_Temperaments

What does Islam say about body constitution?

There is no direct mention of body types/constitutions in the Qur'an or Sunnah, however the Prophet Muhammad ﷺ did eat foods together that had opposite energetics — which was accepted medicine of that time — as a method of balancing foods. Energetics does not refer directly to types of foods, but rather to their composition and their effect on the moisture, dryness, heat and coldness of the body. It is important to note that the doctor of the Prophet ﷺ was Al Harith Ibn Kalada ؓ. He was a companion and the oldest known Arab physician who was educated in and practiced Greek Medicine. (Body constitutions were part of their medical practice).

Reference: Sh. Omar Suleiman's lecture on the Prophet's Doctor

Narrated `Abdullah bin Ja'far ؓ:

"I saw the Prophet ﷺ eating fresh dates with snake cucumbers."

(Sahih Al Bukhari, Vol. 7, Book 65, Hadith 358)

However, there is clear evidence that the energetics of food was mentioned by the Prophet Muhammad ﷺ as stated in the following hadith:

Umm Al-Mundhir ﷺ said:

"The Messenger of Allah ﷺ entered upon me, while 'Ali ﷺ was with him, and we had a cluster of unripe dates hanging." She said: "The Messenger of Allah ﷺ began eating, and 'Ali ﷺ ate with him. The Messenger of Allah ﷺ said to 'Ali: 'Stop, stop, for you are still recovering.' So 'Ali sat and the Prophet ﷺ ate." She said: "I made some chard and barley for them, so the Prophet ﷺ said: 'O 'Ali eat from this, for indeed it will be more suitable for you."

(Graded Hasan, Jami' At-Tirmidhi, Vol. 4, Book 2, Hadith 2036)

It was known that the illness Ali ﷺ was suffering from was due to excessive heat in the body, but dates only increase heat, while swiss chards are cooling and reduce this heat.

From the book Healing with the Medicine of the Prophet by Ibn Al Qayyim رحمه الله, the four temperaments are mentioned as well as the energetics of plants and food.

Based on how the book is written, and the casual mention of Phlegm, Blood, Choleric and Melancholic, one can infer that the accepted and practiced medicine of the time was that of Ibn Sina (Avicenna) who adopted the four temperaments from the works of Hippocrates.

Ibn Qayyim رحمه الله writes: There are internal reasons for the abnormal state the body passes through for the body consists of coldness, hotness, wetness and dryness. Also there are external reasons for the abnormal state, which could find the body susceptible and affect it. Abnormal state of the body means illness, or imbalance.

Reference: page 21, Healing with the Medicine of the Prophet.

It was at this point in my journey, while reading this book, that I began to wonder why the common knowledge of readers 700 years ago about health, nutrition and medicine, differed so vastly from the understanding of our bodies now.

Today, around the world, medical practice still falls into two, albeit quite different, categories: there is mainstream Western medicine, which slowly deviated

EMPOWERING THE SOULS TO SUCCEED

BY ASKARINI HASBI

Asqarini was born in Jakarta, Indonesia. She is a dreamer, poet, writer and volunteers in community projects. She has published many articles, short stories and poetry. She is fluent in English and can understand French.



Books4Care Community



Books4Care Community was established in 2017 in Depok, West Java, Indonesia. The Founder was Mr Lufti Avianto with members Miss Fara V. Syahrini and Miss. Asqarini. The objective of Books4Care is to encourage common people/amateur writers to write any kinds of writing and to elaborate with fellow writers/gaining cooperation with other institutions in doing some project about literacy.

These kinds of activities eventually will stimulate writers to make his/her writing, allow and support them to use their ideas and also creativity in doing writing activities.

The Premiere Project:

The Books4Care worked together with the Sekolah Master Indonesia (Masjid Terminal School Indonesia) in Depok, West Java last October 2018. It held the school extracurricular "Writing Class" for the students which lasted for 6 months.

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Activities at Sekolah Master Indonesia, Depok, West Java, Indonesia

The 14 Days Writing Challenge (14DWC)

The Books4Care launched its second project an online writing project entitled " The 14 Days Writing Challenge (14DWC): Let's Write A Memoire", on 1-14 September 2018.





Books vote to cover the memoir '*It's Me*'

This project was participated by 8 writers from many cities in Indonesia. Their work was published by Ellunar Publisher entitled "*It's Me : Our Life's surprises are always different*" at the mid-September 2018.



The Book Cover "*It's Me : Our Life's surprises are always different*"



How Books4Care empowers the diversity of amateur writers to gain success not only for personal achievements but also as a community. With its Islamic point of view, they are committed to the 3 (three) main objectives:

1. Writing:

- To urge many people to write, no matter what kind of writing they work on.

2. Sharing :

- To make plenty of writing workshop, discussion about writing, a seminar about writing and also doing some collaboration to write books or blogs.

3. Caring:

- To do an act of kindness, caring for other people, doing some writing activities cooperate with other social institution and focus on a humanity project.



The Spirits of Books4Care:

The spirits of this community had been reflected from the first verses of Allah (The Most High) revelation in The Holy Quran : [Q.S Al- 'Alaq (96:3-5)]: which emphasize the meaning *"to write is to attain knowledge"*.

"(Read! And your Lord is the Most Generous. Who has taught by the pen. He has taught man that which he knew not.)"

Therefore, the spirit is to understand the meaning of Allah (The Most High) statements on informing His creation to what He has favoured them with by teaching them the skill of writing, through which knowledge is attained.


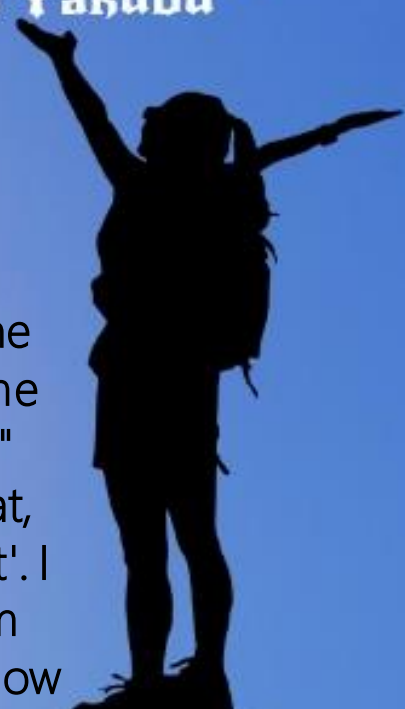
In the future, Books4Care Community hopes that they can expand a wider and larger-scale project, working with other Writer Communities in other parts of the world, sharing the Spirit of Joy and "inspiring and empowering people throughout the world". And as what was beautifully said by the famous Muslim scholars Ibn-Al-Qayyim :

"If you could hear the sound of the pens of the Angels writing your name among those who remember Allah (The Most High), you would die out of joy".

(Ibn-Al-Qayyim).

The road to Triumph

By Fatima Yakubu



In the past, when I read through the translation of the Qur'an and I come across the verse "أَن اللّٰهُ مَعَ الصّٰبِرِينَ" The translation of which means that, 'Allah is with those who are patient'. I ponder over it and realize that I am indeed not patient and I do not know how to be, but I learnt to be patient and Allah was with me through it all.

I grew up in a small town where my family struggled to raise me. At the time, I was bedwetting and everyone despised me. I prayed fervently to Allah (The Most High) to cure me of this unknown sickness, at the age of seven Allah (The Most High) gave me the gift of supplication to Him alone, but I did not understand what it meant. I just wanted to stop bedwetting that's it.

Every time I supplicate, I did not wet the bed, it felt wonderful to know that a Lord existed somewhere that would listen and answer me.

الله

Though the bedwetting did not stop, my parents were worried about me going to university with the same problem. I continued to pray and somehow made it into the university. I continued to pray to Allah (The Most High) to protect me from shame, so the day I bed wetted in the university, my roommate was not around and it allowed me to clean up without being disgraced. SubhanAllah I realized how much Allah (The Most High) loved me. I cannot remember when I stopped bedwetting but I stopped completely all praise to Allah (The Most High).

I graduated from law school with a good grade, however, getting a job was difficult, my prayers came in handy. I prayed, cried and sought forgiveness tirelessly and at a time I least expected I got a job at age 27.

However, I faced another problem, no one was coming for my hand in marriage. My parents were worried and everyone else was concerned about my feelings but Allah (The Most High) alone. I remained steadfast and was committed to my prayers, my situation was so bad in the eyes of people that some invited me to seek help from a scholar. I refused and focused on my relationship with Allah (The Most High) and determined never to turn away from Him no matter what happens.

Allah (The Most High) taught me how to depend on Him alone. I was in a distant place and so was the man that was to become my spouse out of nowhere. Someone just introduced my husband to me, I dedicated a lot of my night praying istikhara to Allah (The Most High) to guide me through. All Praise to Allah at the moment I am married to the best man in the world just two months after I got my job. All through this, I have come to realize that trials are a blessing in disguise.

At the end of the whole ordeal, my waiting on Allah (The Most High) was worth it. I did not need to consult any scholar and Allah (The Most High) came through for me.

Never lose faith in Allah and never stop praying.

She a Woman

By Umm Afraz Muhammad

Umm Afraz Muhammed is an author, book reviewer, freelance graphic designer, and the Redefined Muslimah Coach.

She is your mother,
Your sister,
Your daughter,
Your friend.

Created from a man's rib,
She is your support,
Your confidant,
Your wife.
She is your garment,
And you are hers.
Protect her with your
manliness,
Not that she has any less.
On equal footing she may
be,
In faith and deeds,
But in other walks of life,
She is high above.

As a mother,
She has three times the right,
As your father.
Under her feet is Jannah,
Paradise,
Treat her kindly,
And you will arise,
A generation of children,
Who will be pious.

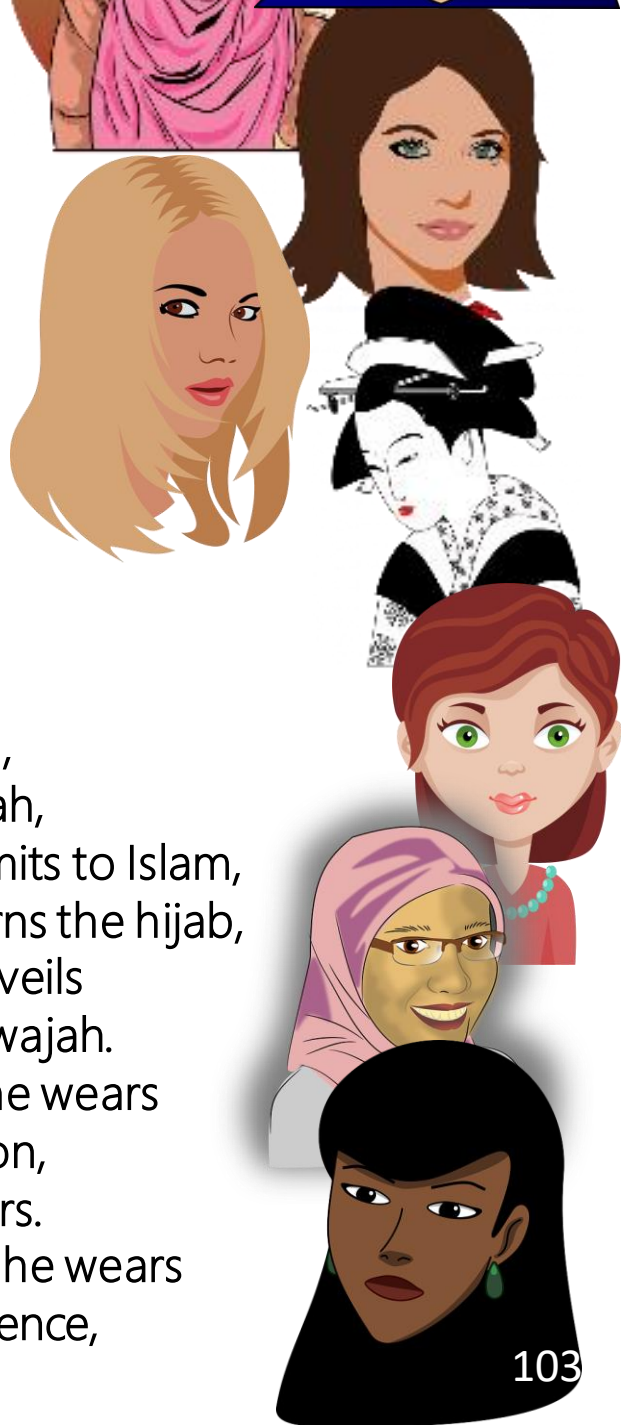
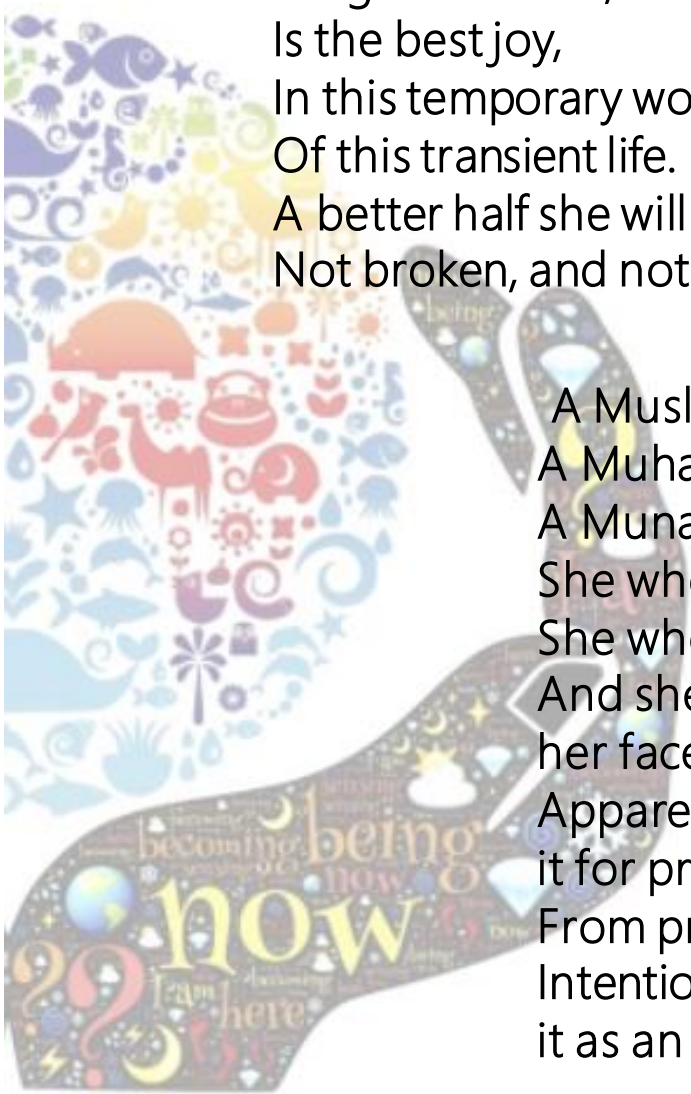




Raise two daughters or more,
Or less,
And you will be close with the
Prophet,
As one of his best.

A righteous wife,
Is the best joy,
In this temporary world,
Of this transient life.
A better half she will be,
Not broken, and not bitter.

A Muslimah,
A Muhajjabah,
A Munaqqabah,
She who submits to Islam,
She who adorns the hijab,
And she who veils
her face, her wajah.
Apparently, she wears
it for protection,
From predators.
Intentionally, she wears
it as an obedience,



[illegible]

She is your mother,
Your sister,
Your daughter,
Your friend.
Created from a rib that is bent,
If you try to straighten her,
She will end up,
Broken.

A nun can be covered
from head to toe in
order to devote herself
to God, right?



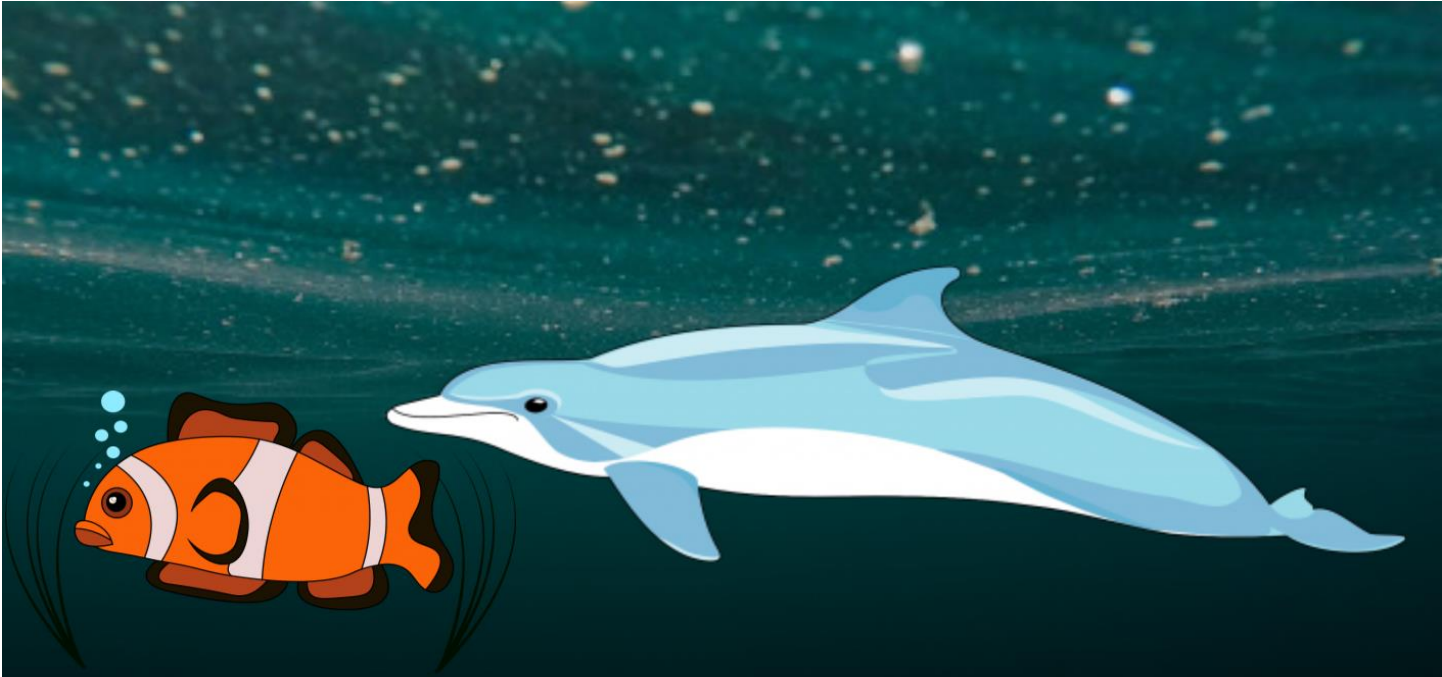
But, then if a muslim girl
does the same, why is she
oppressed?



*You've tried, and failed,
Tried, and failed,
And tried, and failed.
This, is not failure,
This right here, is success.
You've only grown with each trial and error,
Your success being growth and progression.*

UMM AFRAZ MUHAMMED





Nisa is an inspiring blogger who writes about personal, lifestyle, tips and motivation, quotes which are written from the heart since 2010.

<https://powerofmotivationblog.wordpress.com>

<https://manifestocinta.blogspot.com>



Tests brings us
closer to Allah

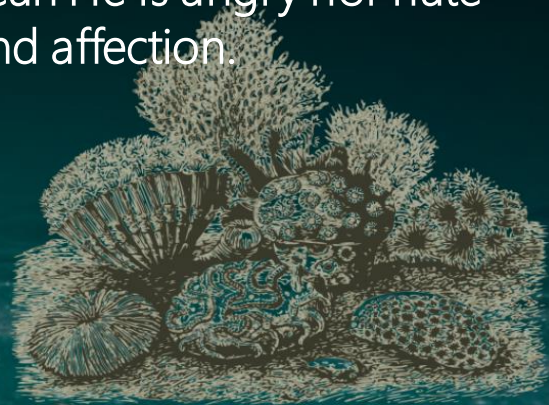
By Nisa Ahmed





Each test was revealed by Allah (The Most High) there is a silver lining. We, as a human should realize and know that He does not give a test more than our ability. Let us reflect for a moment. Indeed, the name of the human is never perfect. Try to look back and think about what mistakes we have ever made?

If possible, before going to bed, make a monologue with yourself. Insha Allah (if Allah wills), whatever we say will be repeated during our sleep. This is the best time for us to reflect on ourselves at night because it is a free and quiet atmosphere. The more tests He gives us does not mean He is angry nor hate us but it is His love, grace and affection.



Undeniably, it is very sad when self-afflicted test. However, there is no need to mourn, cry nor scream. Just be moderate and say:

'From Allah, we come, for Allah, we are returns back'.

Indeed, no one retains in this world. Only pray to Allah (The Most High) and state all His affairs.

From the questions below, let us take some time whether lying down on the bed at night or whilst doing some leisure activities to take a deep breath in. Remember, we are also in dialogue with Allah (The Most High). Indeed, no one can listen to our heart, but Him.

- *What is wrong was me?*
- *Does Allah (The Most High) still want to accept me as His creation?*
 - *Why do more disasters happen?*
 - *Are we approaching apocalypse?*



Calm down. Think carefully and try to be positive. Maybe Allah (The Most High) revealed this to us to guide us and return onto the right path. There are some aspects which we often overlook.

Small sins can increase in size.

I am also human. We are not born perfect, right? Each of us has goals and dreams that vary. So, there is no need to show jealousy or envy when seeing others with luxury. We do not know the situation. Therefore, we need to prevent judging others by investigating first because it can cause uncertainty and aggravate the situation. Be careful of what we say. Perhaps, we are spreading the source of the dispute surrounding the misinformation that we deliver.

Remember, the prayer of the oppressed.

Wrong is wrong but we need to learn to forgive. Prophet Muhammad (peace and blessings be upon him) still forgives despite he received more tests and criticisms. This is the purity of our Beloved Prophet (peace and blessings be upon him). Be mature and rational and listen to both sides.



Kentucky Fried Chicken

Nisa is an inspiring blogger who writes about personal, lifestyle, tips and motivation, quotes which are written from the heart since 2010.

<https://powerofmotivationblog.wordpress.com>

<https://manifestocinta.blogspot.com>

Ingredients

- Chicken has been cleaned (depending on the quantity you want to cook.
- 2 cups Kentucky Fried Chicken flour (e.g. iAyamas) or All-purpose flour.
- A table spoon of salt
- A table spoon of black pepper
- A table spoon of ginger
- A table spoon of dried mustard seeds
- Half a tablespoon of herbs (thyme, basil, oregano)
- Egg yolk (2-3)
- Vegetable Oil for frying

1. Mix the chicken thoroughly with flour containing herbs, black pepper, ginger and dried mustard seeds and salt. Do not a lot of salt.

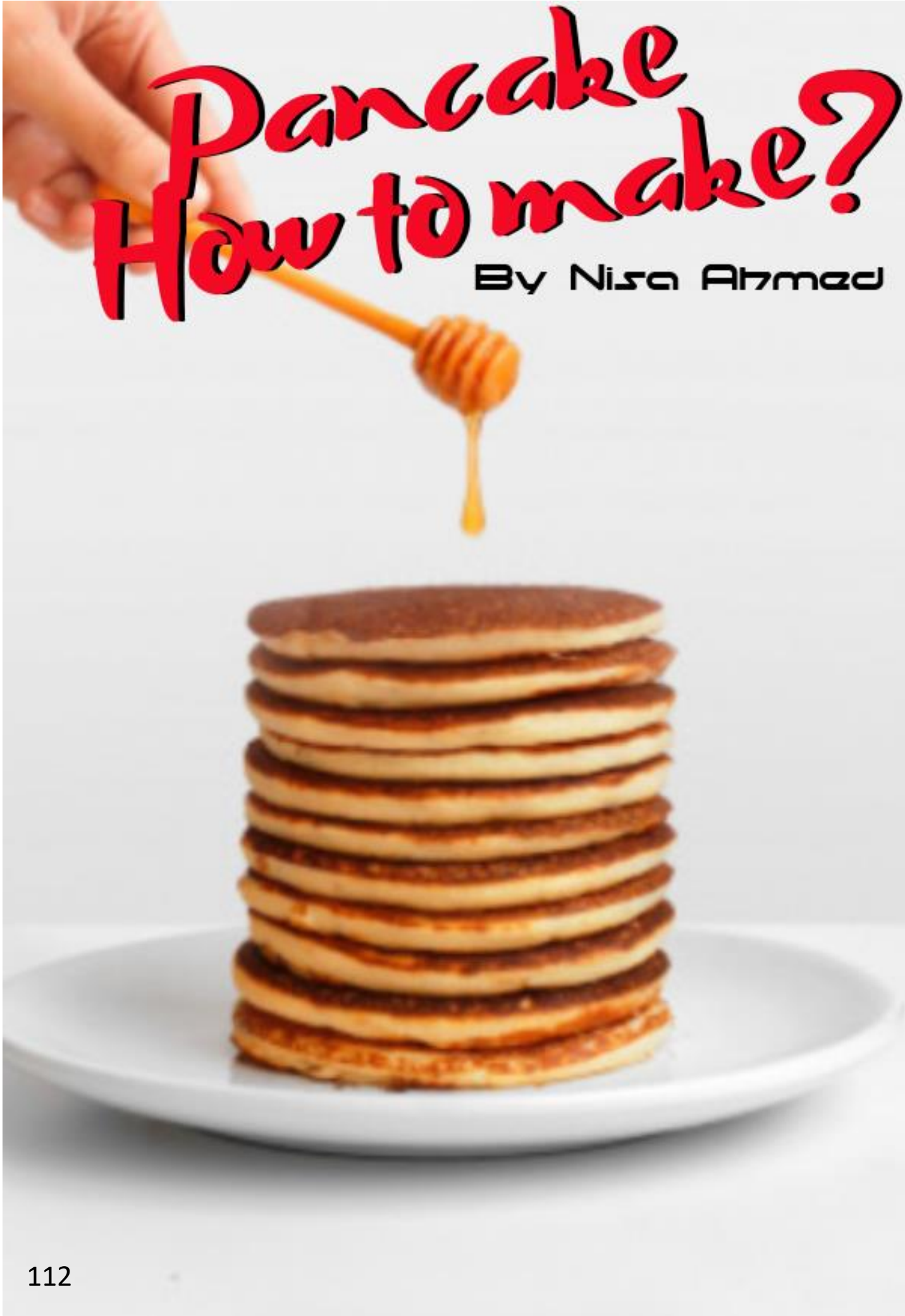
2. Dip the chicken coated with flour and coat it with egg yolk.

3. Heat oil until 300 degrees and fry until a golden colour appears.



Pancake How to make?

By Nisa Ahmed



Simple Doraemon Pancake (12 pancakes)

Ingredients

- 7 cups of all purpose-flour (mall cup).
- 100g caster sugar
- A tablespoon of milk
- 1-2 eggs.
- A teaspoon bicarbonate soda
- Vegetable oil for cooking
- A table spoon of water.

How to make

1. Blend egg and sugar and milk together until smooth.
2. Add biocarbonate soda, flour to the mixture.
3. Gradually add the water.
3. Leave it to rest until the batter becomes light and fluffy.
4. Heat the oil in the pan to cook.
4. Serve with honey.



In
Onto
To

SUCCESS

By Dr Samiha Zubair

Samiha Zubair was born in Riyadh, Saudi Arabia at a young age she moved to Karachi, Pakistan. Here, she graduated with a medical degree and for a few years of fate made her teach O level students. She participated in Plax Jewellery 2015 competition online and was selected as one of commendable writers. In addition, in 2016 and 2018, she participated in UK online prize poetry competition and was shortlisted and was the only one from Pakistan. In 2017 her debut poetry book *Reneging Quiescence* was published. She is currently living abroad.



She is a successful person. Is she? Define success? If someone asks me my reply is always a counter-question, in what sense?

Born in a family, where regardless of occurrences in my surroundings, I was definitely in my cocoon of my parents' love for me. Immeasurable ones, a hug, kiss, playing peek a book, my father combing my hair.

In my teenage years, ironing crease-free clothes, marking my phase as successful. Even though I and my sibling's boat rocked as we left for our hometown and my parents' attention got diverted as they started looking for jobs and my mother trying to pacify her in-law's whims though all these years they had been residing in my father's house.

We were still made to sleep with grandma and even did not have a bed. My grades started getting affected but thanks to my maternal aunt who endorsed me with the love of books complimented with my father's job who worked in the library, hence I read a lot of books from there.



Alas, my father was near retirement age. There was a slight irk, like a sore in my calf muscles after running for a long time, when I saw breakfast minus glass of milk on weekends, the penalty of having rich breakfast. The breakfast diminishing from our plates as bread couldn't be afforded and the remaining slices would suffice for a week.

We were not allowed to have more than one chicken piece and were tutored by our mother in kitchen pre-dinner. Still, I have good memories, of all of us playing together, sitting along on weekend shows as a family.

How I survived to bully in class for being the niece of someone who was in administration, even though I never got any favours from her otherwise I would not be here now. I am still successful because those who were bullying were just showcasing their insecurities and traits. As my father was plagued by diabetes, he suffered a heart attack. I will never forget how at the hospital also he wanted to taste my younger sisters delicacy.



Yes, I was still successful as I survived and bought myself out of the despair his demise left as a gnawing hole. When whole pregnancy I passed in three dresses, trying to finish my post-graduate training, facing threats, everything diminished post-pregnancy when I was blessed with her.

How I tolerated when and especially in Asian countries, as a norm, as a ritual right I was blamed for a relationship that I failed to sustain as if it runs on one wheel. Money, fame all are aspects of needs and those who think it as success have already failed in their dreams of pursuit.

Success will test and entail the boundaries that we and only we set. So start discarding prepositions like over, through etc. How you soar is just one law of perception For if denied landing even flight becomes an inescapable prison

(Reneging Quiescence-Samiha Zubair).



