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SHABAAN 1446 / 2025

# الكوثر *Al Kausar*

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Gaza- Palestine – At the time of going to print, more than 300,000 people had returned to their devastated homes in the north of Gaza which had been destroyed by Israel. They had been forced to flee to the south of the region amid relentless bombings from Israel as it sought to eliminate Hamas. After negotiations brokered by Qatar were repeatedly vetoed by Israeli Prime Minister Benjamin Netanyahu, he finally relented as Hamas returned some hostages and Israel freed some Palestinian prisoners. As the forced exodus continued to be reversed, United Nations warned that the humanitarian needs of food, shelter and medical attention in the harsh winter remained critical. But even as Israeli troops withdrew from Gaza, the country intensified its attacks in the occupied West Bank, leading to some analysts saying that it was determined to continue its planned genocide. Israel's war on Gaza has killed almost 48,000 Palestinians and wounded over 112,000 since October 7, 2023. At least 1,139 people were killed in Israel during the Hamas-led attacks that day and more than 200 were taken captive.

Telegram. The statement included pictures of the meeting with Catholic, Orthodox and Anglican clerics.

Mogadishu, SOMALIA - Over 20 people were killed and more than 10 others wounded during two days of fighting between Islamic State (IS) fighters and security forces from Somalia's Puntland region, officials confirmed to the Voice of MAfrica's Somali Service. Puntland security operations spokesman, Brigadier General Mohamud Mohamed Ahmed, said IS fighters used improvised explosive devices to protect their hideouts near the Ufeyn area. As soldiers were clearing landmines, one of the devices exploded, killing six soldiers and wounding three, he said. The spokesperson said that during the operation, soldiers killed eight Islamic State militants.

London, UK - Zara Mohammed, who became the first female general secretary of the Muslim Council of Britain in 2021, shared the challenges she faced during her term with the BBC as she handed over the reins this month. She described an "unbelievable tidal wave of Islamophobia" in the UK, which she said was made more difficult to tackle due to the ongoing policy of government non-engagement. "You're constantly firefighting. Did we make British Muslims lives better? On one hand, yes, because we raised these issues, we took them to a national platform. But with Islamophobia, we're still having the same conversation. We still haven't been able to break through, whether it's government engagement, Islamophobia, social mobility," she said.

Damascus, SYRIA - Syria's de facto leader Ahmed al-Sharaa met senior Christian clerics amid calls for the head of Hayat Tahrir al-Sham (HTS) to guarantee minority rights after ousting the dynastic leader Bashaar al-Assad and seizing power last month. "The leader of the new Syrian administration, Ahmed al-Sharaa, met a delegation from the Christian community in Damascus," Syria's General Command said in a statement on

Uttar Pradesh, INDIA – As the year 2025 dawned this month, All India Muslim Jamaat national president Maulana Shahabuddin Razvi issued a fatwa ordering Muslims in the state to stay away from New Year celebrations, news agency PTI reported. The Moulana said that greeting each other on the New Year and having parties was un-Islamic, since starting the year from January and having New Year celebrations are a Christian practice. The fatwa states that such practices and programmes are strictly prohibited under Islam. Congress Party leader Surendra Rajput told PTI that the fatwa was against the concept of 'unity in diversity' in India. "India is a country of unity in diversity. Every religion is respected here, festivals are celebrated together. There is no need to react much to such matters," he said.

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## Remember, remember because it is going to be hard to forget every day of Genocide since October 8th

by: Iqbal Suleman

So, you sit there on your couch, sipping on coca cola and munching a MacDonald's burger, switching channels. You come to 406 Al Jazeera and pause and watch. You see people in Gaza celebrating the truce and temporary cessation of fighting. You are relieved. You did not watch Al Jazeera for months. You deleted whatever clips and videos friends and families forwarded to you on social media showing the killing, humiliation, slaughter and rape of Palestinians. "It's too much, it's too gory, I can't handle it, I can't watch" you shrieked. Pause for a moment and ponder, if it is too painful for you to watch for a minute, imagine how painful the actual suffering is for the occupied people of Gaza. The toddler in Gaza burning to death, a woman sexually assaulted, the baby freezing to death, the hungry child starving to death, the doctor being tortured in Israel prison cells, the mother that can't recognize her baby blown to bits by the Israeli Army, searching in the rubble, picking up a finger here, part of an ear splattered with blood, a baby head shredded to bits?

It is easier to forget and not to remember. To carry on with life as usual in a capitalist world of accumulation and instant gratification. But when you enter your bathroom and enjoy the privacy and dignity of your own space, it hits you that Palestinian women have been deliberately humiliated to live an existence without the private space of a bathroom and without water for more than a year. You say to yourself I will die if I had to live without water. Your body shudders as you remember how Palestinian women had to boil sewer water.

Now that there is a truce, it's easier on your conscience to abandon BDS, double up on your MacDonald's burgers and Coca Cola's and throw in a few extra packs of fries and milkshakes while you watch your premier league football match. You engage in passionate dialogue with your friends about Pep Guardiola's decline and the troubles at Old Trafford. You marvel at Mo Salah's striking prowess. But then it hits you, this man Mo Salah, one of the most celebrated and revered athletes in the world lacked the courage to speak out against the Genocide in Gaza.

Most of the superstars and athletes like Mo Salah chose the same selfish path to chase the dollar, pound, riyal and shekels. Others, the few like Anwar al Ghazi, took a principled stand for truth and justice and lost their income and their employment. Remember the principled celebrities like Susan Sarandon, Roger Waters and Mackelmore but never forget the many who were complicit in genocide. Then you switch on the CD, the nasal voice of Dylan from "Blowin in the Wind", "How many years can some people exist before they allowed to be free, how many deaths will it takes till he knows too many people have died" But Palestinians have been struggling since 1948 for freedom but Dylan has been silent as he has been silent on the genocide with 65 000 deaths which is not enough for him to speak out. You pull out the CD which was given to you by your late father and throw it out of the window.

Within yourself, you can't see Salah as a hero, as a man. You then think about the country of Salah. Egypt which borders Gaza. An Arab and Muslim country that did nothing to assist the Palestinians. It colluded with the Israeli policy of using starvation as a weapon of war. The same is true about Jordan, Syria, Saudi Arabia, U.A.E, Qatar and Turkey that demonstrated their hypocrisy. They could not even send in a bottle of water to the people of Gaza, let alone send in their soldiers and weapons to defend the Palestinians and resist the genocide.

You have always admired the West and its scientific advancement and progressive institutions. But now you are faced with the fact, that all of the Western Governments militarily, financially and diplomatically supported the Israeli genocide in Gaza. As did their media outlets like CNN and BBC push out Israeli propaganda. The Palestinians were not

fighting only against Israel but against the whole world allied to Israel and complicit in Genocide. When you see this truth clearly, how epic, singular, defiant, unparalleled and fearless was the solidarity resistance of his eminence, the martyr of our lifetime, Hassan Nasrallah (R.A) which he led from the 8th October and every day thereafter till he was killed in September 2025 by Israel using 8 F15 jets and more than 80 000 kilograms of bombs to kill this devout disciple of Muhammad (p.b.u.h). Never in the history of warfare has this amount of lethal force been used to kill one man.

But still, you want to visit Disneyland, it's on your bucket list. You had an angry argument with your cousin Fatima who blasted another family member for going on a holiday to Germany. Fatima screamed out "How can you even think about supporting an economy of a country that actively finances the genocide in Gaza". You were enraged and entered the argument "What the hell, the whole world, all the countries of the world have not helped the people of Gaza, so then there is no place to go on holiday, we should just sit around, how does that help the Palestinians? Fatima's reply to you was sharp, hitting your mind and hurting your heart "How can we even think about holidaying in these white and western countries with the blood of the Palestinian children on their hands. If you want to go on holiday, there's only two countries to go to, South Africa and Iran, both countries blessed with majestic natural beauty and freedom loving people. Both of these countries had the courage to stand in solidarity with Gaza and are paying the price for their principled positions.

Then you are reminded of the image and video clip of the Chief Rabbi Warren Goldstein, praise singing the Israeli Defence Forces and handing over love letters from Zionist children in South Africa to the IDF in Israel. The images of the IDF activity flood your mind. The Israeli soldiers laughing as they bomb the houses of Palestinians. The Israeli soldiers with their guns wearing the lingerie of Palestinian women in Palestinian homes laughing, mocking and taunting them. Stripping, handcuffing and humiliating Palestinians every day. The videos of Israeli Zionist Jews mimicking starving Palestinians. Women burnt to death under refugee tents. The cries of dying Palestinians shot dead at point black range by Israeli Zionist soldiers. Bare hands used to dig out bodies from the rubble. The white cloth reddened by blood shrouding the dead children of Gaza. The Israeli soldiers pumping 335 bullets to kill a little girl Hind Rajab. The many South African Israeli Zionist Jews that went to Israel to join the IDF and take part in the genocide. The knife of a South African Zionist Jew Grayson Beare that plunged 15 times into the body and killed an innocent South African Muslim woman. The words of South African Zionist Jew, Ben Hamoo on the 7th October, we will drink the blood of your (Palestinian Children) in Gaza. South African Zionist Gareth Cliff who opined that Palestinians are not human. The Israeli defence minister Gallant who referred to Palestinians as human animals. Sixty-five thousand people of Gaza killed by Israeli Zionist Jews after October 7th according to Lancet.

The blood of the children of Gaza has not dried. The rubble is still red. The screams of burning bodies and raped Palestinians can't be silenced. It's going to be hard to carry on as normal and forget to remember every day of Genocide in Gaza since October 8th. Even if you try to forget, the potent stench of Genocide will force you to remember. Remember. Remember. Remember today, remember tomorrow and remember till eternity, we dare not forget to Remember.

Iqbal Suleman

Suleman is a social justice lawyer and former head of the law clinic for Lawyers for Human Rights in Pretoria and Research Associate: Media Review Network



By: Faizul Khamker

We are aware of the ceasefire which brought about a much-needed relief to the people of Gaza from the relentless genocidal programme of the Zionist entity. Commentators had mentioned many possibilities for the agreement which in fact could have been concluded in May 2024 when the same agreement which has now been signed was put on the table and agreed to by HAMAS. The current agreement consists of three stages, the first stage has relative clarity whilst the remaining two stages are clouded at a high level of uncertainty.

The ceasefire without a doubt was needed. It has provided that relief actions can be enacted. For many Gazans who had lost loved ones it has allowed them to get closure. For the ill it has made possible that a certain level of medical attention in more conducive conditions are obtainable. It has bought about a higher level of ease for the starving. The joy expressed by the Gazans must be celebrated by us as well. At the same time we should be joining our Syrian brothers in their happiness resulting from the overthrowing of the vicious tyrant that caused untold hardship and misery.

However, the burning question remains that: What happens now? Donald Trump who was given the credit for forcing the satanic Netanyahu to accept the ceasefire agreement has publicly stated that he does not expect the ceasefire to hold. He is an erratic and inconsistent person whose actions and words cannot be taken for granted. Furthermore, in his first term Netanyahu had played him easily and if that will materialise in his second term is not known. Many other commentators are also not hopeful of a lasting peace solution. Some of these commentators regard this ceasefire deal as the first loss the Zionist entity experienced. One of the reasons advanced is the public statements of the Zionist entity and many European political heads expressed on the 23rd October i.e., a complete annihilation of the Palestinians. The radicalism has not dwindled either.

If a lasting solution is to found it can only be credibly done by including two cornerstones of justice i.e., accountability and a just reparation. This will never be agreed to by the arrogant political leadership in support of the Zionist ideology.

This would lead to further genocidal acts which may be more

diluted as a result of the hostage deal and the lies which the Zionist has peddled that HAMAS has been broken as a military force. Having trapped themselves in a corner with their own deceit, to sell to a more informed world a justification for the extreme barbaric acts will not be possible.

It would therefore require a determined approach by all decent minded people that the ultimate object of ensuring the removal of the oppressiveness which denies the Palestinians the right to their lands, their freedom, their dignity, their lives and their safety be pursued with vigour. The ceasefire deal must act as a step to the cessation of this colonial settler project permanently.

The mass mobilization of the last sixteen months must continue. The effect of these actions made a massive impact which may not be quantifiable but effective. It placed enough pressure on the political establishment whose reaction expose them for their hypocrisy. The economic boycott should continue and must be extended to the sports and cultural environment. The education and countering the false propaganda machine must continue. Having attended the opening of Fathima mosque in Orange Farm after the ceasefire deal and experiencing the dawah efforts which underpinned a passion for justice and the zeal to continue with the support of the Palestinian cause gives me every reason to believe that the Palestinian cause is on a strong path to the cessation of the oppression. We need to continue supporting and building institutions such as these, institutions who underpins justice within the fabric of society. The resilience of the Palestinians which forced the ceasefire deal to be signed must be mirrored in our actions.



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# RSS HATRED BEYOND BORDERS: ARE SUPREME LEADERS' DICTATES BEING IGNORED

By: Ram Puniyani



After RSS was formed it went on creating many organizations steeped in its ideology of Hindutva or Hindu Nationalism, a concept based on Aryan race, Brahminical values and the land from Sindhu to Seas. It has given birth to many organizations which are more than 100. Many other organizations have sprouted which may not be a formal part of Sangh Parivar, as known popularly, but are having the same ideology. These include many others like association of Sadhus and saints outside the VHP, the cow vigilantes and those out to initiate violence at the drop of hat in the name of Hinduism. It seems that by now many such aggressive organizations are spouting things which go much beyond what limits RSS wants to put on its followers.

For Cow vigilantes Modi had given a statement that murder in the name of cow is not acceptable, and just a few hours later a Muslim man was done to death on this issue. Apart from the phenomenon which is continuing. "Prime Minister Narendra Modi on Monday said that the significance of love, harmony, and brotherhood are central to the teachings of Lord Christ. He also urged people to strengthen these values." Just a couple of days later the vigilante groups and even Bajrang Dal groups attacked a person in Ahmedabad who had dressed as Santa Clause and was distributing gifts. A video is going viral where two men dressed as Santa Claus being beaten up by hooligans at the Kankaria Carnival in Ahmedabad. This probably is the first year where people dressed as Santa Clause are being hauled up.

Already we had seen that Carol Singers were beaten up and since BJP came to power Carol singing has been stopped in Rashtrapati Bhavan. Bajrang Dal has also issued warnings to Hindus for their attending Christmas parties. How come these acts at the time of Christmas are seeing a new low currently?

Recently we also saw the claims on mosques that there was such a temple so it must be dug up a la Babri Masjid style. Seeing the spate of such made up claims, RSS chief Mohan Bhagwat himself said that we should not keep looking for Shivling under every mosque. It is amazing that the claim is made, and dispute created in Kashi where a fountain looking structure is claimed to be a Shivling and demand for converting the mosque into a temple boosted. After the Sambhal claims, the violence followed.

Probably shaken by this and the feeling that the Supreme Leader of the supra political outfit felt it will bring loss of face for 'RSS Combine' and so he gave a sane looking call, "The Ram Temple was about faith, and Hindus wanted it built. But raising disputes about new sites out of hate is unacceptable," he said. "Some people think they can become leaders of Hindus by creating new controversies. How is this allowed?" And lo and behold most of the fringe organizations of Hindutva politics are coming forward to oppose it. One knows that RSS is a strict disciplinarian

organization, and its members do not violate the commands of its leader. So who are these Senas, Dharma Sansads springing up by a dozen and going against the appeal of Bhagwat? To cap it all, RSS's unofficial mouth piece Organizer itself came forward to articulate the fringe elements' demands and wrote that "Temple restorations are a quest for our identity! (TOI Dec 27, 2024). It also claims that temple restorations are for our national identity and to seek civilizational justice.

How come the hate is so pervasive that it is crossing the limits set by its own leaders? Is it that the leaders like Prime Minister Modi want the actions leading to hate to continue, as it strengthens their politics? If not then why are the perpetrators of violence are enjoying impunity? Why does the whole system from spreaders of hate speech, to those responsible for maintaining law and order and even to some extent even the judiciary have a soft corner for these criminal elements.

Having enjoyed the impunity for destroying Babri Mosques and lynching in the name of cow/beef or on killings and torture on the charge of 'love-jihad', now they know they can get away with their illegal acts. They feel that law may be bent to ensure that they are exonerated.

The phenomenon of Organiser opposing Bhagwat arouses curiosity. Is there a split within RSS on the issue? Bhagawat trying to talk peace and harmony and the managers of Organiser feeling that the path of Hate and violence should be pursued to its fullest depth.

There is another aspect which needs to be understood. When such phenomenons are unleashed for political benefits, initially the leaders congratulate themselves for their success in the electoral arena. From top to bottom diverse elements spring up and as Mr. Bhagawat said some of them ape for higher political position and influence. They are the one's continuing their earlier political roots of which were sown by their leaders. One recalls that previous top RSS leader K. Sudarshan, who later became RSS Chief, was on the stage when Babri mosque was being demolished. This has been a classical case of crime and no punishment. All the guilty of this dastardly crime of babri demolition were finally given 'not guilty' chit and the judge who did this for the communal politics, got a plum job after his retirement.

As they say, 'as you sow, so you reap', the demolition of Babri process as a whole tells us that it was not just a spreading of fake narratives of temple destructions, and many myths against Muslims. The result is there for us to see, where even the Supreme authority of RSS is not being listened to. The anti Christian campaign is just a continuation of the decades old propaganda against Christians that they are converting by force, fraud and allurements.

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# DEEPENING CRISIS

by: Moulana Muhammad Hussain Noori



On January 25, 2025, former Prime Minister Imran Khan had an extensive discussion from Adiala Jail with his lawyers and media representatives, where he expressed his concerns and outlined strategies to address Pakistan's ongoing political and democratic challenges.

Imran Khan accused the establishment of orchestrating the events of May 9, 2023, through false flag operations. He claimed that the peaceful protests were deliberately disrupted by planted agents to create the illusion of a PTI-led public disorder. Thousands of PTI workers and leaders were abducted, tortured, and pressurized to denounce the party and resign. He reported that 16 workers were killed, four were disabled, and there was widespread misinformation from the very beginning, along with fake cases filed to suppress dissent.

Imran Khan highlighted PTI's clean sweep in the February 8, 2024 elections as evidence that attempts to discredit the party through propaganda had actually failed. Despite government-imposed restrictions and efforts to delegitimize PTI, public support remained very strong.

Imran Khan condemned the government and military for allegedly using violence against peaceful protests on November 26, 2024. According to him, PTI's rally was intended to advocate for democratic values for it was a Call for Democratic Restoration and that the establishment reportedly used Excessive deadly force against unarmed protesters, further demonstrating its efforts to stifle dissent and silence opposition.

Imran Khan believes that negotiations are crucial to gaining clarity on both events of May the 9th and November the 26th. Imran Khan emphasized that these talks should not be misunderstood as a sign of weakness but as a necessary step towards understanding the political turmoil surrounding the PTI.

Imran Khan accused the government of undermining democracy through unconstitutional means:

With regards to the PECA Amendment Act, He labeled the amendments to the Prevention of Electronic Crimes Act (PECA) as draconian, designed to suppress political dissent and freedom of expression.

With regards to the Media Crackdown, he stated that Independent media was silenced through abductions, torture, and censorship.

Imran Khan referred to the assassination of journalist Arshad Sharif and the targeting of other journalists as part of this strategy.

With regards to the 26th Constitutional Amendment, This amendment extended the tenure of the Chief of Army Staff, which Imran Khan claimed was motivated by fears that an independent judiciary could actually expose the entire election fraud.

Imran Khan called for a nationwide protest on the 8th of February to mark the day he claims the public's mandate was stolen. He instructed that there be Regional Protests where the Residents of Khyber Pakhtunkhwa and northern Punjab gather in Swabi, while other regions should hold demonstrations locally.

Imran Khan also called for Global Advocacy where Overseas Pakistanis were urged to amplify their voices globally against alleged injustices.

Imran Khan reiterated his call for overseas Pakistanis to withhold foreign remittances to the government. He argued that sending money would strengthen an oppressive regime, thereby indirectly harming the public.

While speaking of restoring democracy Imran Khan stressed the importance of Collaborating with Other Political Parties that PTI should reach out to other political groups to build a united front for restoring basic democratic values.

There was one important Organizational Change that was witnessed where Junaid Akbar Khan was appointed as the President of PTI Khyber Pakhtunkhwa to strengthen party operations within the region for Ali Amin Gandapur faced immense pressure in governance as Chief Minister.

Imran Khan's message reflects his deep concerns about the erosion of democracy, freedom of expression, and judicial independence in Pakistan. He accused the government and establishment of resorting authoritarian tactics in order to suppress PTI and its supporters. His call to action emphasized nationwide protests, international advocacy, and a continued push for democratic restoration through political alliances and organizational reforms.

Currently all negotiations are on halt for the government was given a seven day deadline to announce a judicial commission which it failed to establish and the Anti-Terrorism Court rejected the acquittal plea of Imran Khan in the May 9 General Headquarters attack case for there are testimonies of 12 witnesses that have already been recorded.

## NATIONAL INDEPENDENT HALAAL TRUST



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# I WOULD LIKE TO REPENT, BUT...

BY SHEIKH MUHAMMED SALIH AL-MUNAJJID



## Risks involved in treating sins too lightly

You should know, may Allah (Azzawajal) have mercy upon you and me, that Allah (Azzawajal), glorified be He, has made repentance obligatory saying: "O you that have believed, turn to your Lord in a goodly way." (Al-Tahrim:8), and has granted us time to repent until the Scribes register the sin in our names. The prophet has said: "The Scribe on the left hand delays registering the sin of a Muslim for six hours. If he repents (within these six hours), and seeks Allah's forgiveness, they drop if off. If he doesn't, they write is down as a single sin." That is the first respite.

The second respite, even if it is registered, is until the appearance of death before our eyes. (If a man repents sincerely before that hour, it is taken off the records then).

But the problem with most people, is that they estimate not the Majesty of the Lord as they should. They disobey Him in multiple ways - day and night. To make things worse, there are some that are misled by the notion of what they call "minor sins", so that you will see them treating certain sins as inconsequential saying, for instance: "Of what harm will be a look (at that woman), or of what consequence a hand-shake with her?" In consequence, they stare freely at pictures of women in the magazines, or those appearing in the television. Some of them, when told about the sin in it, go a step further and inquire amusingly: "O.K. What's the magnitude of the sin involved? Is it a major one or minor?"

Compare this attitude with that of the Companions of the Prophet, on whom be peace, as recorded by Bukhari in his Sahih: 1. Said Anas, may Allah be pleased with him (to one of the followers): "You imagine certain sins to be more insignificant than a straw. But, at the time of the Prophet we used to count them among those that can destroy a man." 2. Ibn Mas'ud says: "A believer treats a sin as if it is a mountain over his head that may fall on him any moment. Whereas a regular violator looks at them as a fly that perked on his nose and he waived it away with his hand."

Will these people then learn something from the above, and from the hadith of the Prophet who said: "Beware of the minor sins. For the example of the minor sins is like that of a group of travelers who broke their journey in a valley. Then one of them brought in a straw. Another came up with another (and a third with one more) until with their collection they were able to gather enough to cook their food. Remember! If a man is held for questioning (on the day of Judgment) for his minor sins, surely they will destroy him." In another version he is reported to have said: "Beware of minor sins. For they add on until they destroy the man."

The scholars say therefore that when minor sins are committed without any remorse, without the fear of Allah, and accompanied by contempt then they there is all the fear they will be counted as major sins. Hence the saying: "There isn't a minor with persistence, and there isn't a major with repentance." Hence we say to him who commits minor sins: 'Do not look at the sins if they are small or big. Look at Him in whose defiance you are committing them.'

It is hoped that these words about taking sins lightly will benefit those who are true in their faith, are not seduced by their delinquencies, nor are of those that insist upon their wrongs. These words will in fact benefit those who believe in the following words of Allah: "Tell My slaves: that I am very Forgiving, very Kind," (Al-Hijr: 49), and those who believe in: "But My chastisement is a severe chastisement indeed." (Al-Hijr: 50)

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# Sufi Women: The Legacy of Rabe'ah al-Adawiya



By Shireen Ismail

In the prologue of "Sufi Women" Javad Nurbakhsh highlights the spiritual significance of women in Sufism, particularly emphasising the life and contributions of Rabe'ah al-Adawiya. He notes that Rabe'ah was renowned for her unparalleled spiritual engagements and profound understanding of God, earning the respect of notable men of her time. Despite her humble beginnings and the challenges she encountered, including being sold into slavery after her parents' death, Rabe'ah's devotion to God remained steadfast. Her life serves as a testament to the vast spiritual potential of women, challenging traditional narratives that often overlook their contributions in the spiritual realm.

A lack of worldly comforts marked Rabe'ah's early years; it is said that there was not even a wrapping to swaddle her on the night she was born. Her life took a transformative turn as she dedicated herself to prayer and fasting, often spending her nights in devotion and her days in service. This commitment to God was so profound that she would usually express her longing for Divine closeness, famously stating, "O God, if I worship You out of fear of Hell, burn me in Hell; and if I worship You in the hope of Paradise, exclude me from Paradise. But if I worship You for Your own sake, do not deny me Your eternal beauty".

Rabe'ah's spiritual transactions and gnosis of God were unparalleled in her time, earning her the respect of the eminent men of her era. A profound yearning for God characterised her life, manifested in her poetry. One of her notable poems reflects her intense longing: "The pitcher crashed and smashed to the earth — Her insides were set afire. Dazed, her sighs suspired, Her heart aflame, stirring a universe ablaze". This imagery captures the depth of her emotional and spiritual turmoil, illustrating her passionate pursuit of Divine Love. Throughout her life, Rabe'ah upheld a lifestyle of simplicity and austerity. She owned little more than a cracked pitcher, a brick for a pillow, and a mat for prayer. Her rejection of worldly possessions was a testament to her commitment to spiritual ideals. She famously remarked, "I do not need the world," emphasising her focus on the Divine. Rabe'ah's dedication to God was so profound that she often prayed throughout the night,

permitting herself only to doze lightly before dawn.

Her poetry often reflected her deep spiritual insights and her relationship with God. In one poignant verse, she laments, "Your every ambition we'll grant you in heaven and earth, from Fish to Moon. Yes, yet the grief of endless years Forever from your heart will disappear". This line encapsulates the Sufi belief that true devotion requires a surrender of worldly desires in favour of Divine Love. Rabe'ah's legacy extends beyond her poetry and personal sacrifices; she is also remembered for her profound teachings on love and devotion. She once remarked, "O children of Adam! Your eyes provide no passage to perceive the Truth, nor is there any access to Him by tongue speech. The true work is in the heart". This statement underpins the Sufi emphasis on inner experience and cultivating an awakened heart.

In her later years, Rabe'ah continued to embody the principles of Sufism, often engaging in deep contemplation and prayer. She would dig a grave for herself and stand by its edge to remind herself of mortality and the importance of devotion. Her life was a continuous journey toward God, marked by a profound understanding of love, sacrifice, and the quest for spiritual truth. Rabe'ah al-Adawiya remains an enduring symbol of spiritual devotion and love in the Sufi tradition. Her life and poetry continue to inspire countless seekers on the path to Divine Union, reminding us of the transformative power of love and the importance of surrendering to the Divine Will. She poignantly expressed, "O my Lord, the stars are all set; all eyes are fast asleep. Yet, before Your face, I stand alone". This encapsulates her solitary yet profoundly connected relationship with the Divine, a theme that resonates throughout her life and works.

Rabe'ah's story powerfully reminds us of the spiritual potential inherent in women, challenging the conventional narratives that often marginalise their contributions. Her legacy reflects her personal journey and invites all seekers to pursue a deeper connection with the Divine, transcending the limitations of gender and societal expectations.

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# HAZRAT SHEIKH ABU SAEED MUBAARAK MAKHZOOMI



**HIS POSITION IN THE SILSILA:** Sultanul Awliyah, Burhanul Asfiyah, Qutb-e-Aafira, Qibla-e-Saalika, Waaqif-e-Haqeeqat, Jaami Uloom-e-Ma-rifat, Hazrat Sheikh Abu Saeed Mubaarak Makhzoomi t is the sixteenth Imam and Sheikh of the Silsila Aaliyah Qaaderiyah Barakaatiyah Razviyah Nooriyah. He was also appointed as a chief justice, but he later left his position. He spent all his time in the Zikr of ALLAH.

**BIRTH:** Hazrat Abu Saeed Mubaarak Makhzoomi ؒ was born in Baghdad Shareef.

**NAME:** His blessed name is Mubaarak bin Ali bin Hassan bin Bandaar Al Baghdadi Al Makhzoomi and he was known as Abu Saeed. [Masaalikus Saalikeen]

**PEER-E-TARIQAT:** He is the mureed and Khalifa of Sheikh Abul Hassan Ali Hakaari ؒ. The Shijra (tree) of his Khirqa Mubaarak is as follows: Hazrat Sheikh Abu Saeed Mubaarak Makhzoomir ؒ was blessed with the Khirqa by Hazrat Sheikh Ibrahim Abul Hassan Ali Hakaari ؒ, He received this from Sheikh Abul Farah Tartoosi t, who received it from Sheikh Abul Fadhl Abdul Waahid bin Abdul Aziz ؒ, who received it from Sheikh Abu Bakr Shibli ؒ. [Maqamaat Dastageeri]

**HIS EXCELLENCE:** His spiritual sight was so powerful, that when he embraced anyone, or placed his sight on him, then he would become so pure, that his heart would divorce itself from the world and everything in it. He was one of the greatest Imams of Fiqh in his era. He was a muqalid of Imam Ahmed bin Hambal ؒ.

Hazrat Abu Saeed Mubaarak Makhzoomi t is the founder of Baabul Azj, the most famous madrassa in Baghdad Shareef. He handed this madrassa over to Hazrat Ghaus-e-Azam Jilani ؒ in his physical life. Huzoor Ghaus-e-Azam ؒ taught at this Madrassa, and his beloved children taught in it after his wisaal.

Hazrat Abu Saeed Mubaarak Makhzoomi ؒ says, "Sheikh Abdul Qaadir t wore the Khirqa from me and I from him, and each of us attained blessings from the other."

He was also a great Saahib-e-Karaamat and held a very exalted position in the chain of wilayat. The incident relating to how Huzoor Ghaus-e-Azam ؒ attained the Khirqa from his Peer, can be found in the next chapter, which deals with Huzoor Ghaus-e-Azam ؒ.

**HIS FORESIGHT:** Hazrat Sheikh Hamaad ؒ who is from amongst the Masha'ikh of Huzoor Ghaus-e-Azam ؒ says, "Once Huzoor Ghaus-e-Azam ؒ presented himself in the Darbaar of his Peer-o-Murshid. He sat with great respect in the court of his Peer. When he woke up and went outside, His Peer, Hazrat Abu Saeed Mubarak Makhzoomi ؒ said, 'The foot of this non-Arab is such, that in his era, his foot will be on the shoulders (necks) of all the Awliyah Allah, and this will occur when he says, This foot of mine is on the shoulders of all the Awliyah ALLAH, he will say this, and all the Awliyah will lower their necks!'"

**HIS KHULAFAT:** Many of the predecessors have remained silent concerning the names of his Khulafa, but the one name that shines out clearly is that of Huzoor Ghaus-e-Azam, Sheikh Muhiyyudeen Abdul Qaadir Jilani ؒ.

**WISAAL:** He passed away on a Monday, the 27th of Shabaan 513 Hijri, in Baghdad Shareef.

**MAZAAR SHAREEF:** His Mazaar Shareef is situated in his Madrassa "Baabul Azj" and is the place of attaining blessings for the servants of ALLAH.

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# GASSY STOMACH

By: Hasina Begum Sayed



Gas, flatulence, and bloating can be uncomfortable and embarrassing. Fortunately, there are some natural remedies that can help. Before trying any natural remedy, it's important to consult a qualified healthcare provider to rule out other causes.

## Swallowed Air

Some people habitually swallow air, called aerophagia. They're usually unaware they do this, and the cause is often anxiety-related. The gas swallowed is composed mainly of oxygen and nitrogen.

Most of the oxygen is absorbed by the mucous lining of the gut or is used up by colon bacteria, with very little ending up in flatulence. Nitrogen, on the other hand, is poorly absorbed by the mucous lining and most of the swallowed nitrogen ends up in flatulence. Here are a few treatment strategies:

Becoming aware that air is being swallowed can help. People become conscious of their breathing patterns.

## Relaxation techniques may help to reduce anxiety.

Avoid lying down after eating. Gas from the stomach passes into the intestines more readily in this position.

## Poorly Absorbed Carbohydrates

Hydrogen and carbon dioxide are produced by colon bacteria in the presence of poorly absorbed carbohydrates. If flatulence is accompanied by diarrhea and weight loss, it may indicate a malabsorption disorder such as lactose intolerance or pancreatic insufficiency and should be evaluated by your primary health care provider.

More common is excess flatulence after eating large amounts of poorly absorbed carbohydrates such as beans or foods to which you have a food sensitivity. Common food sensitivities include milk and wheat products. Here are a few treatment strategies:

Chew food carefully. Carbohydrate digestion begins in the mouth. Any work your teeth don't do, your stomach will have to do later.

An alternative practitioner may suggest an elimination and challenge diet. This is a diagnostic diet to help uncover food sensitivities and intolerances.

Consult your primary care provider to rule out malabsorption disorder if you are also experiencing weight loss and diarrhea.

## Gas After High-Fat Meals

Eating a high-fat meal can generate a large amount of carbon dioxide, some of which is released as gas. That's because carbon dioxide is produced in the small intestine when bicarbonate is released to neutralize stomach acid and fat during meals.

It is unclear which types of fat are more likely to cause flatulence and bloating. Although trans fat is considered the prime suspect, other studies suggest that long-chain triglycerides found in many foods (including healthy fish) may be just as problematic.<sup>3</sup>

## Here are a few treatment strategies.

Eat smaller, more frequent meals instead of three large meals. Avoid high-fat meals.

Consult your primary care provider to rule out the possibility of fat malabsorption. Signs of fat malabsorption include loose and light-colored stools.

## Odorous Gas

Gas that has a strong odor usually results from the metabolism of sulfur-containing proteins and amino acids in the intestines. Here are a few treatment strategies.

Chew meat and other protein foods carefully. Avoid excessive protein in your diet.

Taking activated charcoal tablets can help to remove the odor. However, there are side effects associated with activated charcoal, and it can interact with other medications. You should speak with your doctor before taking it.

## Gas-Producing Foods

Certain foods are inherently gas-producing. Gas-producing foods include beans, cabbage, onions, brussels sprouts, cauliflower, broccoli, fluffy wheat products such as bread, apples, peaches, pears, prunes, corn, oats, potatoes, milk, ice cream, and soft cheese.

Foods that produce minimal gas include rice, bananas, citrus, grapes, hard cheese, meat, eggs, peanut butter, noncarbonated beverages, and yogurt made with live bacteria.

## All the Foods Most Likely to Give You Gas

## Other Conditions

When someone has persistent bloating and flatulence, lab tests and X-rays are first conducted to exclude the presence of medical disease. Colorectal cancer often presents with the symptoms of abdominal pain and bloating and needs tests and examinations to exclude it as a cause.<sup>4</sup>

Gas and gas-related pain are common features of many gastrointestinal disorders. Celiac disease and inflammatory bowel disease are both characterized by bloating, flatulence, and abdominal pain and are easily misdiagnosed for the other.<sup>5</sup> To differentiate between similar diseases, always seek the care of a specialist gastroenterologist.

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# Hazrat Bayazid Bustami رحمۃ اللہ علیہ

Perhaps not many know that the concept of Ma'rifah (Recognition of ALLAH) was often taught by Hadrat Dhun Nun al-Misri (Alaihir Rahmah), but it was Hadrat Bayazid Bustami (Alaihir Rahmah) who explained and taught the concept with further perfection and completeness. He helped his successors and eager followers of Sufism to understand the concepts of Fana and Baqa. Hadrat Bayazid Bustami (Alaihir Rahmah) openly spoke about wajid.

These concepts became the core teachings of Sufism. Hadrat Bayazid Bustami (Alaihir Rahmah) always instructed his students to perform five main acts. Practice the obedience of Qur'an and Sunnah. Clean the hearts from hatred and lies. Do not eat illegal materials and avoid wrongful innovations in religion. This is clear evidence that Hadrat Bayazid Bustami (Alaihir Rahmah) considered Shari'ah as the initial step towards finding the love of ALLAH Ta'ala. His quotes and words are so extraordinarily wise and deep that describing each quotation with great details would take years for its full completion. It is reported that once a man asked him about a deed which could take him towards ALLAH Ta'ala. He mentioned that love the Saints of ALLAH, so that they love you in return. He further mentioned that ALLAH Ta'ala looks into the hearts of His Saints and if He witnessed your name, then He will forgive all your sins. This inspirational saying is guidance for a devotee or disciple for unconditionally loving and admiring their righteous and humble master or Sheikh. It also indicates towards the Qur'anic concept of following the paths of those whom ALLAH Ta'ala have blessed. "Guide us on the right path. Path of those you have favoured." [1:5-6]. And ALLAH has favoured "those whom ALLAH has blessed are the Prophets, the Truthful, the Martyrs, and the Righteous..." [4:69] His humility and humbleness increased to an extraordinary level that not a single element of arrogance was left in him. His wise and inspirational sayings were great tools in the realisation of the purpose of one's creation.

It is said that when he was young, one day, while he was reading the Holy Qur'an he came across an Ayah in which ALLAH Ta'ala said, "Be thankful to Me and be thankful to your parents." Hadrat Bayazid (Alaihir Rahmah) read this Ayah a second time and then thought

about what it meant. He closed the book and immediately ran back to his mother. Now because he came home early from school, his mother became worried. She asked him, "What's wrong, my son? Did you run away from school? Is there something that happened?" "No, mother," Bayazid answered. "I read an Ayah from the Holy Qur'an today that said we have to be thankful to ALLAH and to our parents. This made me a little worried. I'm not real strong so how can I serve two masters? Mother, either keep me in your service or give me up in the service of ALLAH." His mother paused for a second and smiled. Then she immediately grasped his hands in hers and said, "My son, I dedicate you to the service of ALLAH. To me, if you serve ALLAH you're serving me, too." Whenever the name of Hadrat Bayazid Bustami (Alaihir Rahmah) is mentioned, the stories of Karamaat (miracles) are essential. It is reported in "Tazkirat ul Awliya" that he predicted the birth of Hadrat Abul Hasan Kharqani (Alaihir Rahmah) while passing by Kharqan almost 100 years before he was born. Some people failed to understand his comments and beliefs and would exile the great Sufi leader from the city. However, little did they know that Hadrat Bayazid Bustami (Alaihir Rahmah) was a true follower of Prophet Muhammad ﷺ and from his Seerah, learnt the ideas of patience and tolerance. Hadrat Bayazid Bustami (Alaihir Rahmah) fully practiced the Sunnah of the Prophet ﷺ and so therefore became a great example for the modern Muslims. Hadrat Bayazid Bustami (Alaihir Rahmah) passed away in the year 874 CE (15th of Shabaan) and his Mazaar Sharref is in Syria. Nevertheless, it is often said that before he passed away he was asked about his age. He replied with great wisdom that, "I am 4 years old". He further said that "For seventy years I was veiled. I got rid of my veils four years ago". His piety and connection with AALLAH Ta'ala was at the highest level that he did not need any praise or recognition from this world, so hence he openly devalued himself. May ALLAH guide us to follow His Path, act upon the Sunnah of the Prophet ﷺ and learn from the great Sufis. Aameen.

### Some of his sayings:

1. I never saw any lamp shining more brilliantly than the lamp of silence.
2. I went to a wilderness, love had rained and had covered earth, as feet penetrate snow, I found my feet covered with love.
3. I stood with the pious and I didn't find any progress with them. I stood with the warriors in the cause and I didn't find a single step of progress with them. Then I said, 'O ALLAH, what is the way to You?' and ALLAH said, 'Leave yourself and come.'

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After Asr Salaah Recite 70 Times:

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ ط

"Astagh Firullaha Rabbi Min Kulli Zam Bin Wa A'tubu Elay"

Thereafter Recite 70  
Times Durood Shareef

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ ط

"Allahumma Swalle Ala Muhammadew Wa Ala 'ale Muhammadew Wa Barik Wa Sallim"

Thereafter Recite 70 Times

"Yaa Hayyu Yaa Qayyoom"

يَا حَيُّ يَا قَيُّوْمُ ط

Just before Sunset Recite 40 Times

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ ط

"Laa Hawla Walaa Quwata Illa Billa Hil Aliyeel Azeem"

Recite the last 3 verses of Surah Hashr once:

Bismillah Hir Rahmanir Raheem

Huwal Laahul Lazi Laailaaha illaahu,  
A'alimul Ghaibi Wash Shahadati Huwar  
Rahmanur Raheem-Huwal Laahul Lazi  
Laailaaha illaahu, Al Malikul Quddus  
Salaamul Mo'minul Muhayminul Azizul  
Jabbaarul Mutakabbir, Subhaanal Laahi  
Amma Yushrikoon. Huwal Laahul Khaaliqul  
Baari-ul Musawwiru Lahul Asthma-ul-Husna  
Yusabbihu Lahu Mafis Samaawaati Wal  
Ard Wahuwal Azizul Hakeem.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ط  
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ط عِلْمُ  
الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمِ ط  
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ط الْمَلِكُ  
الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ  
الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ط سُبْحَانَ اللَّهِ عَمَّا  
يُشْرِكُونَ ط هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ  
لَهُ الْأَسْمَاءُ الْحُسْنَى ط يُسَبِّحُ لَهُ مَا فِي  
السَّمَوَاتِ وَالْأَرْضِ ط وَهُوَ الْعَزِيزُ الْحَكِيمُ ط

Recite the Dua for Shabe Baraat as many times as possible

(Allahumma) A'oozu bi Afwika Min Iqaabika  
Wa A'oozu Biradaka Min Sakhatika Wa A'oozu  
Bika Minka Jalla Wajhuka Laa Ohsi Sanaa'an  
Alayka Anta Kama Asnaita Ala Nafsik.

O Allah I seek protection in Your forgiveness  
from Your wrath and I seek shelter in Your  
pleasure from Your displeasure and I seek safety  
with You from You. Glory be to You I cannot Fully  
praise You as You have praised Yourself

( اللَّهُمَّ ) اَعُوذُ بِعَفْوِكَ مِنْ عِقَابِكَ  
وَ اَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ  
وَ اَعُوذُ بِكَ مِنْكَ جَلَّ وَجْهَكَ  
لَا اُحْصِي ثَنَاءً عَلَيْكَ اَنْتَ  
كَمَا اَثْنَيْتَ عَلَي نَفْسِكَ ط