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تَقَبَّلَ اللَّهُ مِنَّا وَمِنْكُمْ

TAQABALLAHU MINNA WA MINKUM

MAY ALLAH (SWT) ACCEPT (THIS WORSHIP) FROM YOU AND US

عيد الفطر

EID MUBARAK

Gaza, PALESTINE – There was no respite during Ramdan for embattled Palestinians, many of them facing starvation because of the destruction caused by Israel since October. Despite consensus at the UN Security Council calling on Isarel to enter into a ceasefire, Israeli leader Benjamin Netanyahu remained adamant that he would eliminate Hamas completely and continued with his genocidal plans. An average of 80 Palestinians were killed in indiscriminate Israeli bombardments each day on the first 20 days of Ramadan, while hundreds more were wounded. Many valiantly tried to maintain their fasting even though food supplies are scarce, with Israel hampering relief aid and aid agencies saying that Gaza is on the verge of facing huge deaths caused by poor health and sanitary conditions as well.

NEW DELHI (AP) — India has implemented the controversial Citizenship Amendment Act, which speeds up the process of naturalising Hindus, Parsis, Sikhs, Buddhists, Jains and Christians who sought asylum in India on grounds of alleged religious persecution in their home countries. But the law excludes Muslims, including some sects that have also claimed similar persecution in their countries. Human rights watchdog Amnesty India has decried the move, saying that it legitimises discrimination based on religion. The Indian government has dismissed the allegations of the law discriminating against Muslims, despite opponents saying that it violates the secular principles enshrined in the Indian constitution. The 200 million

Muslims in India are considered a minority in the mainly Hindu nation.

Ahmedabad, INDIA – Five men were arrested after a mob disrupted Taraweeh prayers which foreign students, mainly from African nations, were performing outside their hostel on the premises of Gujarat University. Police who arrived at the scene after the students were attacked by youth from the Hindu extremist group Vishwa Hindu Parishad (VHP) confirmed that the mob had also vandalised the Muslim students' rooms and destroyed their motor bikes because they did want them to pray at the university. A senior VHP member, Dharmendra Bhavani, told local media that his organisation had no problem with Muslims offering their prayers, but that they should not do so on university premises but rather go to local mosques to do so. The African students accused their compatriots of displaying the racist attitudes that they had been harbouring for some time now.

London, UK – The government made available an additional 117 million pounds (about R2,8 trillion) for security measures to protect the Muslim community after increased attacks on them since the war in Gaza started last October. The money will be used to install security cameras, alarms, and fences at mosques, madrassas and Muslim community centres across the country. The UK has a Muslim population of about four million.

Kuala Lumpur, MALAYSIA – A major chain store apologised after it was petrol-bombed for stocking socks

bearing the words 'Allah'. Irate Muslims, who make up about 70 per cent of Malaysia's population, said the affront was not only blasphemous but also ill-timed at the start of Ramadan. Directors of the company and the managers at the branch in question were arrested and charged with incitement to hurt religious feelings. They were released on bail and are now suing the Chinese supplier of the socks for deliberately sabotaging their stores.

Berlin, GERMANY - The parliamentary commissioner for the German armed forces, Eva Högl, wants the army's 3 000 Muslim soldiers to have a military chaplaincy. The US, Canada, France, the Netherlands, Switzerland, Austria and Norway are among the countries that provide Islamic religious care with most of them even having imams as soldiers. Germany, however, has resisted this, saying that there is no umbrella organisation that represents all Islamic denominations in the country.

Stockholm, SWEDEN – Iraqi-origin Salwan Momika, who is facing deportation from Sweden for repeatedly burning the Holy Qur'an, has applied for asylum in neighbouring Norway. Videos of Momika's Qur'an burnings angered Muslims worldwide, including violent protests in some countries that forced the Swedish government to withdraw Momika's residency despite his claims that he was acting within the freedom of speech laws of the country. Norway did not react to his claim that he had been accepted there as an asylum seeker.

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Iran's Historic Attack is Rooted in Palestine's Freedom Struggle

by: Iqbal Jassat - Media Review Network

The eve of 14 April, 2024, and the hours that followed will be recorded in history as momentous, because the Islamic Republic of Iran launched an aerial assault directly from its home soil against apartheid Israel's settler-colonial regime. Israeli citizens attested that the tense hours when Iran's drones and ballistic missiles came over the occupation state's night skies were bewildering, shocking and alarming. Many claimed to have spent the night in bunkers and safe rooms, anxious and sleepless.

Being on the receiving end of an aerial attack was a new reality that they were confronted with. It was very different to being cheerleaders for the slaughter of thousands of innocent Palestinians in Gaza and the anti-Palestinian pogroms in the occupied West Bank.

A columnist in Forward described the sombre reality of the effects of Iran's attacks in the following words: "Sunday is the start of the Israeli work week, but schools and many government offices were closed for the day. This cosmopolitan city's typically crowded light rail was sparse and remarkably silent, with the few passengers glued to their smartphones looking for answers nobody could seem to find."

While uncertainty about the result of Iran's historic attack has preoccupied military analysts keen to find answers, they certainly cannot ignore the fact that Israel's deterrence capacity has been severely compromised. Former French military mission chief to the UN, General Dominique Trinquand, made an important point: "The significant development in this conflict is that Iran has directly hit Israel."

Although advanced American defence technology intervened on behalf of Israel to intercept many of the drones and missiles, the Iranian attack "carries significant weight," he said. "One cannot underestimate the number of missiles and drones fired at Israel from Iran, Iraq, Yemen and Lebanon, with strikes on the Golan Heights."

An equally important observation has been made by Didier Leroy, a researcher at the Royal Military Academy of Belgium. According to Leroy, "We have crossed a qualitative threshold that changes the dynamics and repositions Iran on the map as an active military player."

From his vantage point as a former director of Israeli military intelligence, Amos Yadlin predicts that the Iranian attack may lead to a strategic change in "the war in Gaza, and even to its end."

The military decree issued by Israel's war cabinet to block information on the damage caused by Iran's attacks has gagged local and international media platforms and denied access to verify independently the claims that "minimal" damage was incurred. Such repressive conduct unfairly censors news content.

This has given the apartheid regime carte blanche to disseminate propaganda couched as "information" but far removed from truth and accuracy.

Iranian analyst Professor Sayed Mohammed Marandi insists that Iran's main targets were two air bases, and that 20 or more missiles struck their targets. "The other drones and older generation missiles were inexpensive decoys that depleted the

Israeli air defence systems of most of their very expensive missiles."

Sceptics argue that Iran's attack was a failure, but they either ignore or deliberately obfuscate the new reality of deterrence injected by the Islamic Republic. From an Iranian perspective, the attack on its consulate in Damascus was a red line which demanded retaliation, otherwise it would erase any notion of deterrence, opening the door for even more brazen Israeli military action, up to and including direct attacks on Iran.

No wonder that former US Marine Corps intelligence officer Scott Ritter has described Iran's retaliatory attack as one of the "greatest victories of this century." He added that, "Operation True Promise will go down in history as one of the most important military victories in the history of modern Iran, keeping in mind that war is but an extension of politics by other means. The fact that Iran has established a credible deterrence posture without disrupting major policy goals and objectives is the very definition of victory."

This point was emphasised by Palestinian academic Professor Sami Al-Arian. He insists that the theory of Israeli deterrence has been greatly undermined. "The strategic situation of the Zionist regime after 7 October is not the same as it was before. Similarly, the regional strategic situation after 14 April is not the same either."

No matter how Israel's racist, right-wing regime attempts to spin its lock down as a "victory", the facts dispute this narrative.

Moreover, Iran's prestige as the foremost supporter of Palestine's freedom struggle has been bolstered enormously. It is a position it has not shied away from nor concealed. In fact, part of the strategic calibration that went into its attack was to ensure that Gaza's plight is neither overshadowed nor forsaken.

Unsurprisingly, Palestinian Islamic Resistance Movement Hamas has backed Iran's attack and affirmed "the natural right" of countries and peoples in the Middle East to defend themselves in the face of Zionist aggression. "The military operation carried out by Iran against the Zionist entity is a natural right and a due response to the crime of targeting the consulate in Damascus," said the movement.

The most important lesson to be gleaned from Iran's heroic mission is that the struggle for liberation, defending sovereignty and resisting occupation and oppression is a just and legitimate cause.

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Al Fawaz



THE RELATIONSHIP BETWEEN PHYSICAL & MENTAL HEALTH



by: **By Faatimah Zahraa Mia Sayed**

Mental and physical health are equally important components of overall health. Mental health is the state of your mind, feelings, and emotions, while physical health is the state of your body.

Mental health can affect physical health, and vice versa. For example, depression can increase the risk of long-term physical health problems like diabetes, heart disease, and stroke. Mental disorders can also directly lead to physical illness by weakening and/or altering the immune response.

Physical health problems can also increase the risk of developing mental health problems. Nearly one in three people with a long-term physical health condition also has a mental health problem, most often depression or anxiety. Mental health disorders like depression and anxiety can also affect people's ability to take part in health-promoting behaviours, including physical activity.

Regular physical activity can improve your brain health, help with weight management, reduce disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Often times, one would find that if a person suffers with depression or anxiety, they would develop eating disorders. They would either find themselves under eating or over eating. Eventually, this would lead to serious physical health conditions.

In our communities and cultures, there isn't as much importance placed on mental health as there is on physical. However, we tend to forget this correlation. Our mind is the driving force behind the proper function of every limb in our body. If our state of mind is not in the correct place, it has adverse effects on our entire body.

In certain parts of the world where there is a shortage of medical care and treatment due to a lack of funds, doctors are forced to treat patients with placebos. What does this mean? The doctors would give patients sweets that resemble medication for the specific illness and steer their minds to tell them that it is going to help cure their illness. It actually does! This is the power of our mindset.

It all starts with your mental health. .

As Muslims, we are fortunate enough to have mental health aids readily available to us. These aids that I am about to mention doesn't only benefit us physically and mentally, it benefits us spiritually as well! We are able to reap its fruits in this world and the next

1.. The recitation of the Quran is proven to improve symptoms of depression, anxiety and the sense of purpose. Even merely listening to the Quran helps calm the soul and the mind.

2. Talbina: the consumption of this porridge consisting of barley milk and honey is a Sunnah of our Beloved Prophet Muhammad (SAW). It is also used to treat those who experience anxiety and depression.

3. Praying the 5 daily prayers: by completing the 5 daily prayers our bodies release serotonin as we have achieved our goals for that day. This fulfils our need for purpose and direction in life. The ground also absorbs negative energies from our bodies and minds as we meet in sujood. The postures and positions of Salaah also has positive effects on our physical health. It creates better posture and allows for better blood flow to our brains every time we place our heads on the ground. Better blood flow to the brain means better overall brain function as more oxygen is able to reach it.

4. Acts of charity: to give in charity grants us gratitude. We are able to feel content with the blessings that we have been granted and this does wonders for our mental health. According to the Mayo clinic health department, expressing gratitude has many mental and physical benefits. It allows us to feel positive emotions, In fact, studies have found that a single act of thoughtful gratitude produces an immediate 10% increase in happiness and a 35% reduction in depressive symptoms.

5. To resist negative emotions and to see the good in people: we know to recite Ta'awuth (A'uthubillahi minash shaytaanirajeem) when we develop negative thoughts and emotions as we realise that it is Shaytaans whisperings. By always looking to see the good in people, we develop the skill of being optimistic in life. Optimists live a much more fulfilling life as being the adverse (pessimistic) is mentally exhausting.

Alhamdulillah we are so fortunate to be able to have so many resources readily available to us because of our beautiful religion of Islam. May Allah keep us in the best of health, physically and mentally. Aameen.

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ZIONISM

A threat to world peace

by: Dr. Firoz Osman - Media Review Network



"Just as apartheid was declared a crime against humanity and a threat to world peace, there cannot be peace in the world with the presence of Zionism" writes Dr Firoz Osman

Even before creation of Israel from the rib of terrorism, this settler colonial entity, weaved a web of lies and myths to hide its litany of crimes against humanity.

This apartheid entity developed a very sophisticated propaganda machine known as hasbara. Hollywood played a role in spreading these myths, producing films such as the Exodus and Ben Hur.

Mainstream media spread lies such as "land without people for a people without land"; that Zionism was a "national liberation movement"; it called resistance by the indigenous occupied people "terrorism", and in all this ethnic cleansing and collective punishment were enabled by the United States of America, Britain, Germany, France, and other settler colonial states such as Australia, New Zealand and Canada.

All the above countries were settler colonial entities that decimated its indigenous populations. And these are the very same countries that continue to support the apartheid Zionist entity with arms, diplomatic cover and financial aid.

What possesses a people, themselves erstwhile victims, that can perpetrate such horrendous crimes we have been witnessing for the last six months?

The Zionist ideology is a fundamental pillar of Israel. It is a racist, apartheid settler colonial state that believes Palestine should be exclusively Jewish, without any Palestinians, Muslim, or Christians. They needed to be expelled from that land.

It perfected an ideology that dehumanized the indigenous population. It regards the indigenous population as sub-human, unleashing its military who would inflict death and destruction on the innocent, infants and women, without a conscience, without remorse and with impunity.

Zionism indoctrinated into its Jewish people a toxic mix of fear, anti-Palestinian narratives, rewarding Israeli settler colonialists for aggression against Palestinians, all of which has bred a lack of empathy in Israelis toward Palestinians.

Fear amongst Israelis is sustained through militarization, reframing resistance as "terrorism," remembering past atrocities such as the holocaust, constant accusations of anti-Semitism, and focusing on perceived and manufactured threats, ensure the settler population's continued support for aggressive, expansionist, racist and genocidal policies.

All settler colonial endeavors, including South Africa, typically depend on depicting the targeted territory as "uninhabited" and its existing inhabitants as inhuman barbarians unworthy of any land.

This portrayal allowed Zionists to displace the indigenous population of Palestine without moral qualms, portraying the establishment of Israel not as the destruction of a people but as the construction of a civilized "villa in the jungle."

And if there is any resistance by the indigenous population, call them simply: terrorist, and we South Africans know very well that the label of terrorist is in fact is a badge of honor. Our former president Nelson Mandela was on the terrorist list of the United States of America right up until 2008.

Zionism is a racist, settler-colonialist movement, which opportunistically coopts aspects of Judaism. This enterprise based on the mass expulsion of the Palestinian people and the usurpation of their land for Jews exclusively.

Zionism means: occupation, ethnic cleansing, regular massacres,

bombardment of entire civilian populations, wars of aggression, dispossession, exile, systematic racism and apartheid-style separation.

Zionism means that there will be massacres until the establishment of a Jewish-only state in Palestine, 'Jewish' in the sense of giving privileges to Jews and denying many rights of the indigenous Palestinians.

It is not surprising then that they would ignore the United Nations, the International Court of Justice, international humanitarian law, and arrogantly dismiss any judgments by any international institution that rule against Israel.

Just as white supremacy in SA gave rise to apartheid, Bantustans, inferior education, job reservation, group areas, etc. Jewish supremacy in Palestine gave rise to Zionism, apartheid, exclusivity, expulsion, and now genocide.

Until and unless one "de-Zionizes" the occupiers of Palestine, injustice against the Palestinians will prevail. There will be no end to the killings because it has become embedded into the psyche of the Zionist to dominate and enslave those it perceives as lesser human beings. They have done so for the last 75 years without accountability.

It is the courage of the South African government that for the first time in Israeli history, they have been taken to task for its egregious crimes against humanity.

And this challenge is not only against the racist Israeli entity, but also against those western states that back Israel and the shameless Arab countries who care more about protecting their illegitimate thrones than human rights and justice.

The world today is divided between a minority of powerful imperialist white supremacists and their puppets who support the genocide of the Palestinians and the majority of the people who do not.

The ICJ decision places Israel squarely in the company of genocidal white colonial-settler societies.

As South Africa's moral voice Archbishop Desmond Tutu stated: "If you are neutral in situations of injustice, you have chosen the side of the oppressor."

The Palestinian struggle for liberation, self-determination and self-rule is actually a war they fight on behalf the liberation of the exploited masses in the Global South.

The blood of the Palestinians martyrs, and the tears of their children will always remain an eloquent, if tragic, testimony to the utter hypocrisy of western human rights and the prevalent world order.

Just as apartheid was declared a crime against humanity and a threat to world peace, there cannot be peace in the world with the presence of Zionism.





Side effects of High Blood pressure medication: Do these medicines have any side effects?

by: Hasina Begum Sayed

All medicines can have side effects. Some possible side effects of high blood pressure medicines include the following:

- * Chest pain, heart palpitations (the feeling that your heart is racing) or arrhythmia (irregular heartbeat)
- * Cough, fever, congestion, upper respiratory tract infection, or "flu-like" symptoms
- * Diarrhea or constipation
- * Dizziness or lightheadedness
- * Headache
- Nausea
- * Nervousness or increased anxiety
- Problems with erections and sexual function
- * Skin rash
- Tiredness, weakness, drowsiness or lethargy (lack of energy)
- * Unintended weight loss or gain
- * Vomiting

Tell your doctor as soon as possible if your side effects become severe or bothersome.

If High Blood Pressure Drug Side Effects Bother You:

- it may help to avoid standing for a long time in the sun. In some cases, side effects such as fatigue or diarrhea may subside with time. In other cases, your doctor may change the dosage or prescribe another high blood pressure medication. A combination of medications sometimes works better than one medication alone by not only improving high blood pressure control but also by reducing side effects.

Also, when you first start a new high blood pressure medicine, be aware of rare allergic reactions. Call for help right away if you develop hives, wheezing, vomiting, light-headedness, or swelling in your throat or face.

Natural lifestyle changes to lower blood pressure.

Avoid smoking:

The nicotine in cigarettes and other tobacco products causes your blood vessels to constrict and your heart to beat faster, which temporarily raises your blood pressure. If you quit smoking or using other tobacco products, you can significantly lower your risk of heart disease and heart attack, as well as help lower your blood pressure.

What about losing weight and exercising?

If you're overweight, losing weight usually helps lower blood pressure. Regular exercise is a good way to lose weight. It also seems to lower high blood pressure even if you don't lose weight.

Does stress affect my blood pressure?

Stress may affect blood pressure. To help combat the effects of stress, try relaxation techniques.

Controlling your blood pressure:

Types of food that may help include:

- * fruits, such as kiwi and oranges
- * vegetables, for instance, green leafy vegetables and beets
- * nuts, for example, pistachios and walnuts
- * oily fish, such as mackerel
- * spices, such as cinnamon

Reduce salt (sodium) in your diet

Even a small reduction of sodium in the diet can improve heart health and reduce high blood pressure by about 5 to 6 mm Hg.

The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is ideal for most adults.

To reduce sodium in the diet:

Read food labels. Look for low-sodium versions of foods and beverages.

Eat fewer processed foods. Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.

Don't add salt. Use herbs or spices to add flavor to food.

Cook. Cooking lets you control the amount of sodium in the food.

Get a good night's sleep

Poor sleep quality — getting fewer than six hours of sleep every night for several weeks — can contribute to hypertension. A number of issues can disrupt sleep, including sleep apnea, restless leg syndrome and general sleeplessness (insomnia).



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Sayyadush Shuhada

HAZRAT HAMZAH

(The brave uncle of the Prophet of Islam)



Hamzah was a warrior, a hunter and a sportsman, and was little interested in the day-to-day affairs of the city. But Abu Jahl's conduct toward his nephew so roused his anger that he seized his bow, went into the assembly of the Quraysh where he (Abu Jahl) was reviewing the events of the day to his compeers, struck him at his head with his bow, causing it to bleed, and shouted: "I too have become a Muslim."

This was a challenge to Abu Jahl but he figured that silence was the best part of valor, and did not tangle with Hamzah, even restraining his friends who wished to rise in his defense.

Hamzah, the uncle of the Prophet of Islam, was one of the bravest men of Arabia and a well-known officer of Islam. It was he, who insisted earnestly that the army of Islam should go out of Madina and fight against Quraysh. It was Hamzah, who protected the Prophet in Makkah during the delicate moments with all his might. Hamzah accepted Islam in the fifth year of the Proclamation. May God be pleased with him, and bless him.

He was the same senior and valiant officer who killed the brave champion of Quraysh Shaybah and others and also wounded a group of the enemies in the Battle of Badr - the first battle of Islam. He had no object in mind except to defend truth and virtue and to maintain freedom in the lives of human beings.

Hamzah had killed Utbah, the father of Hinda, in the battle of Badr. In the battle of Uhud, she slaked her thirst for vengeance which had given her no rest since the battle of Badr.

Hinda, the wife of Abu Sufyan and the mother of Muawiya, nursed a grudge against Hamzah and was determined to take her father's revenge on the Muslims at any cost.

Wahshi, an Ethiopian warrior, was the slave of Jabir Mut'am and an uncle of Jibir had also been killed in the Battle of Badr. He (Wahshi) had been appointed by Hinda to help achieve her object by hook or by crook. She asked him to kill one of the three persons (viz. the Prophet, Imam Ali or Hamzah) so that she might avenge her father's death.

The Ethiopian warrior said in reply: "I cannot approach Muhammad at all, because his companions are nearer to him than anyone else. Ali too is extraordinarily vigilant in the battlefield. However, Hamzah is so furious that, while fighting, he does not pay any attention to any other side and it is possible that I may be able to make him fall by some trick or by taking him unawares". Hinda was contented with this and promised that if he was successful in performing the job she would set him free. Some believe that Jibir made this promise with his slave (Wahshi) as his (Jibir's) uncle had been killed in the Battle of Badr.

Wahshi, the slave, says: "On the Day of Uhud I was pursuing Hamzah. He was attacking the centre of the army like a ferocious lion. He killed every one whom he could approach. I hid myself behind the trees and stones, so that he could not see me. He was too busy in fighting. I came out of ambush. Being an Ethiopian, I used to throw my weapon like them (i.e. like the Ethiopians) and it seldom missed the target.

I, therefore, threw my javelin towards him from a specific distance after moving it in a particular manner. The weapon fell on his flank and came out from between his two legs. He wanted to attack me but severe pain prevented him from doing so. He remained in the same condition till his soul departed from his body. Then I approached him very carefully and having taken out my weapon from his body returned to the army of Quraysh and waited for my freedom.

In the battle of Uhud the Muslims were defeated. After their rout, Hinda and the other harpies she had brought with her from Makka, mutilated the bodies of the slain Muslims. Hinda cut open Hamzah's abdomen, plucked out his liver and chewed it up. Muhammad ibn Umar Waqidi, the historian, says that she made a fire in the battlefield, roasted Hamzah's heart and liver and ate them. Not satisfied with this, she cut the limbs, the ears and the nose of Hamzah, strung them into a "necklace," and entered Makka wearing it as a "trophy" of victory.

Muhammed Mustafa, the Apostle of God, was deeply aggrieved at the death and at the mutilation of the body of such a stalwart of Islam as Hamzah. He bestowed upon him the titles of the "Lion of God," and the "Chief of the Martyrs." After the Battle of Uhud, I continued to live in Makkah for quite a long time until the Muslims conquered Makkah. I then ran away to Ta'if, but soon Islam reach that area as well. I heard that however grave the crime of a person might be, the Prophet forgave him. I, therefore, reached the Prophet with Shahadatayn on my lips (i.e., I testify that there is no god but Allah and I also testify that Muhammad is His Prophet). The Prophet saw me and said "Are you the same Wahshi, an Ethiopian?" I replied in the affirmative. Thereupon he said: "How did you kill Hamzah?" I gave an account of the matter. The Prophet was moved and said: "I should not see your face until you are alive, because the heart-rending calamity fell upon my uncle at your hands". It was the same great spirit of the Prophet of Islam which made him set this man free although he could execute him on many grounds.

Wahshi says: "So long as the Prophet was alive I kept myself hidden from him. After his death the battle with Musaylimah Kazzab took place. I joined the army of Islam and used the same weapon against Musaylimah and succeeded in killing him with the help of one of the Ansar. If I killed the best of men (i.e. Hamzah) with this weapon, the worst man, too, did not escape its horror".

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OBEDIENCE

by: Faizul Khamker



We inadvertently isolate obedience as a principle to children, and having that mindset we tend to lose focus on important aspects of our lives. Obedience of the mindful is of two kinds, the first obedience in goodness and secondly obedience to evil. Fundamentally when it comes to obedience two principles will always be found. The first is the trust factor and the second being what personal goals are intended to be achieved.

When trust is placed in a being or principle and becomes entrenched in the self and that the placing of the trust is strengthened by the belief that it is the most viable vehicle through which personal goals can be achieved then obedience follows automatically. It is the goals as well as the intensity of obtaining the goals which would then direct the obedience in a direction of goodness and evil. A clear example is the placing of our trust in the divine destiny. We not only have the surety that the trusts given will be principled and no betrayal will take place, and that the outcome of such actions of obedience can only lead to good and the goals then become honourable and dignified with success certain to follow. The same cannot necessarily be said about human beings.

The above has been adequately demonstrated by the Palestinians. Their obedience was to the divine decree with the objective of obtaining an environment of peace and safety from the brutal and illegal forced occupation of not only their land but their lives. Despite the extreme difficulties they face they have willingly agreed to obedience which has ensured them dignity and honour. The goal is clear and established with no room for much deviation. This is the ideal form of obedience. Considering that obedience will take place in one form or another. The choice being which obedience and to whom.

The question which then arises: Is the unwavering obedience given by the American administration to the Zionist entity based on the trusts that the murderous actions are justified? If not then on which fundamental principles has obedience been given. There are no common goals which can be identified other than both being white colonial settlement. Both entities distrust each other intensely knowing that each is as vile as the other. This relationship based solely on conflicting nefarious agendas and has the ultimate purpose of obtaining obedience from elsewhere, creating an objective of fear and having the self-induced illusion that each will obtain obedience. No one can serve two masters. It is clear that the obedience here is one of confusion. There is no clarity as the goal posts keep changing depending on the whims and fancies of the moment. Also, there is a clear lack of serenity as this form of obedience only brings about fear and the creation of enemies within the inner self. It is an act of self-destruction. Furthermore, when a person is subject to obedience and yet expect obedience from others vacuum of all sorts comes into existence resulting in chaos.

The third form of obedience is that of the unmindful who simply obey and have no objectives nor knowledge of who is being obeyed. This should not be the condition of humans and should rather be confined to the animal world. Unfortunately, it appears that most of the populace fall in this bracket. We should rather strive to be in the first category. Awakening the conscience of this category would result in the disobedience of the evil and start the obedience of the good. The universal condemnation of the masses world wide on the Palestinian issue has shown that this can be done and that it is very effective.



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A Jewel of Knowledge

Sayyidatina Nafisa

Sayyidatina Nafisa (ؑ) was the great-granddaughter of Imam Hasan (ؑ) the son of Sayyidatina Fatima (ؑ) and Imam Ali (ؑ) who was known in the ninth century as the 'Jewel of Knowledge'.

The great-granddaughter (ؑ) of Imam Hasan (ؑ) was born in Mecca in the year 760 C.E. and raised in Medina. Her life was the expression of good works and immersion in the worship of Allah (ؑ). Lady Nafisa (ؑ) had a special gift to heal eye ailments. The Egyptian government established a hospital specifically for the healing of eye diseases in the same area as Lady Nafisa's (ؑ) tomb in Cairo. The sanctuary area around her tomb includes a mosque, a library, and several Sufi tekkes. It is considered a great blessing to be buried near Sayyidatina Nafisa (ؑ).

Lady Nafisa (ؑ) was married to Ishaq, the son of Imam Jafar al-Sadiq, and bore two children, Al-Qasim and Umm Kulthum. Lady Nafisa (ؑ) was known for her profound religious knowledge, memorising the Qur'an and its commentaries, and receiving great respect from scholars like Imam al-Shafi'i.

The precious Lady Nafisa's (ؑ) piety extended to her daily life; she fasted regularly and spent her nights in prayer. Her practice



by: Shireen Ismail

of fasting did not waver even during her final days. She declined to break her fast before her death, expressing her lifelong wish to meet Allah (ؑ) while fasting. Lady Nafisa's (ؑ) spirituality was believed to facilitate miracles such as the Nile flood induced by her veil and her intercession healing Imam Al-Shafi'i's ailments.

Sayyidatina Nafisa's (ؑ) compassion was legendary. She assisted a distraught widow, whose livelihood was lost to a bird, by praying for her. The same cloth taken by the bird was later used by sailors to save their ship, and they gratefully offered Lady Nafisa (ؑ) 500 dinars, which she gave to the widow.

Upon her death in 824 CE, Sayyidatina Nafisa (ؑ) was mourned across Cairo. Lady Nafisa (ؑ) was buried in a grave she had prepared herself, which became a pilgrimage site. Her husband had wished to bury her in Medina, but the people of Cairo insisted Lady Nafisa (ؑ) remain among them. Sayyidatina Nafisa's (ؑ) life and deeds left an indelible mark, celebrated by generations.

Reference: Camille, N. (2003). Women of Sufism. A Hidden Treasure. Writings and Stories of Mystic Poets, Scholars & Saints.



PAKISTAN

By: Moulana Muhammad Hussain Noori

On May 6, 2023, the Police had charged PTI founder Imran Khan, Asad Umar and other party leaders for state related crimes at the Margalla police station. The charges included organizing an illegal rally, government interference, and the disturbance of peace.

According to the FIR, the PTI rally at Jinnah Avenue Chowk was initiated by PTI founder Imran Khan and promoted on social media, led by Asad Umar, Khurram Nawaz, and Ali Nawaz Awan. As per details, the Judicial Magistrate, Mureed Abbas after listening to the arguments from lawyers Masroof Khan and Amna Ali, the judge acquitted PTI founder, Asad Umar, Ali Nawaz Awan and others involved in the case

On Monday, the 1st of April 2024 the Islamabad High Court (IHC) suspended the sentence of Pakistan Tehreek-e-Insaf (PTI) founder Imran Khan and his wife, Bushra Bibi, in the Toshakhana case. The sentence was suspended by a two- member bench of IHC headed by IHC Justice Aamer Farooq in light of the National Accountability Bureau (NAB) prosecutor's statement. The NAB prosecutor in his statement before the IHC bench said, he has reviewed the case; it is a matter of sentence suspension.

It is amazing how political leaders are charged in the first place. It always seems as if there is a missing link of evidence in the entire case. On May 6, 2023, the Police had charged PTI founder Imran Khan, Asad Umar and other party leaders for state related crimes at the Margalla police station. The charges included organizing an illegal rally, government interference, and the disturbance of peace.

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It is amazing how political leaders are charged in the first place. It always seems as if there is a missing link of evidence in the entire case, upon investigation, it is found that it is actually the very cause and basis of the case. In all these cases, it seems as if there is some invisible powerful hand that makes all the decisions on behalf of the government and the people of Pakistan against their wishes.

In the meanwhile, while crime is on the rise and working class citizens are struggling to make ends meet due to high prices, Prime Minister Shehbaz Sharif has termed promotion of foreign investment as the top priority of the government in order to turn challenges into opportunities. In a country that is run on debt, it is difficult to understand how the government elite could live a life of luxuries while the working class whose lives are made difficult in order to repay the debts of the country so that the elite can continue living a privileged life are living under high stress and very bad conditions and circumstances.

The Pakistani government and its people are never too late to understand the great potential of Pakistan, considering the geographical position Pakistan holds in world politics. There must surely be a reason why the independence of Pakistan coincided with the 27th of Ramadan, the night of power and decree, a night that is considered as the most important night in the life of a Muslim



HAZRAT POCHEE BAWA QADRI SABRI (RA)

Mohammed Ismail Cassim Pochee Qadri Sabri (alaihrahmah) occupies a prominent place among the spiritual leaders of South Africa. In his temperament, as in the circumstances of his life, Hadrat Pochee Bawa (alaihrahmah) was destined for an extraordinary character.

Hadrat Pochee Bawa (alaihrahmah) was born in Verulam (Durban, South Africa) on the 3rd of Rajab in early 1880 A.D. His father, Cassim Pochee, came to South Africa in the early 1870's and was a great devotee of Hadrat Badsha Peer (alaihrahmah). At first his parents settled in Newcastle and later moved to Charlestown at the request of Hadrat Badsha Peer (alaihrahmah).

Hadrat Pochee Bawa (alaihrahmah) was approximately 7 years old when he was embraced and blessed by Hadrat Badsha Peer (alaihrahmah) who predicted that "this boy will be like me." Hadrat Pochee Bawa's (alaihrahmah) early education was acquired from his father and at a very young age he displayed a great interest in Sufism. Indeed, as predicted by Hadrat Badsha Peer (alaihrahmah), Hadrat Pochee Bawa (alaihrahmah) as a youngster showed characteristics of an ideal saint.

Hadrat Pochee Bawa (alaihrahmah) was a Mureed and Khalifa of Hadrat Shah Mohammed Fazl Hassen (alaihrahmah) in the Qadri Saberi Silsila of Rampur, India. Hadrat Pochee Bawa (alaihrahmah)

was also instrumental in guiding many people towards the Divine Path and gave advice to people on day-to-day matters.

Hadrat Pochee Bawa (alaihrahmah) had an overwhelming love for the Holy Prophet (sallallahu alaihi wasallam) and the Ahle Bait (ridwanullahi ajma'in). He also had great love and respect for Huzoor Sayyiduna Ghous-ul-Azam (alaihrahmah), Hadrat Zindaa Shah Madaar (alaihrahmah) and particularly that of Hadrat Saabir Paak (alaihrahmah).

Having fulfilled his mission as a true servant of Allah, Hadrat Pochee Bawa (alaihrahmah) breathed his last on Thursday, 29th Ramadaan (April 1959) at the age of 75. He was buried on Eid Day, 1st Shawaal (6th April 1959) before Jummah Salaah. A Mazaar has been recently erected over the tomb of the saint which has been attracting the multitude of Muslims and non-Muslims for Ziyarat daily as well as during his annual Ur's Shareef which has been in progress for the past 36 years.

His Mazaar Shareef is to be found in Charlestown Cemetery. To this day his immortal glory continues to inspire thousands of grieved hearts by his spiritual blessings. A monumental miracle for the world to experience and learn lessons of love and peace from such an exalted soul.

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Six months on, Israel's Failure Looms Large

Ebrahim Moosa – Palestine Information Network

"Has Hamas won?" This was the question posed in an op-ed for the Israeli daily, Ha'aretz, on April 9, by Sir Tom Phillips, a former British diplomat who served as Ambassador to the Zionist State from 2006-10.

Hamas has flipped the script of a militarily invincible Israel and exposed the fragility of its international support, prompting hard questions about its long-term sustainability, Phillips synthesised.

On the ground in Gaza, "Hamas has also already demonstrated that it is a force to be reckoned with, merely by surviving the IDF [Israeli army] onslaught for longer than any war Israel has ever fought," Phillips observed.

Regionally, he noted, the effects of the Hamas resistance operation had, at least for the moment, created an effective roadblock in the way of Saudi-Israeli normalization. Furthermore, the appetite among other nations for signing up to the Abraham Accords or anything like them had been greatly reduced.

"The crisis has demonstrated America's waning ability to call the shots in the region and created space for others to seek to expand their influence," Phillips added.

The resistance and the subsequent genocide has also had the effect of catapulting the Palestinian issue squarely back onto the international map, with a wave of previously indecisive countries now actively considering whether the time has come to recognize a Palestinian state.

"Indeed," Phillips surmised, "the head-spinning speed of Israel's post October 7 delegitimization in the eyes of many in the world can be seen as further evidence of Hamas's victory."

Six months into the Gaza genocide, assessments of Israeli failure akin to these of Phillips are hardly the exception.

Also in Ha'aretz, Israeli journalist Chaim Levinson, on April 11, painted a sombre picture of chronic Israeli lies about progress, and ever-shifting military timelines.

"Rafah is the newest bluff that the mouthpieces are plying to fool us and make us think that victory is just moments away. By the time they enter Rafah, the actual event will have lost its significance. There may be an incursion, perhaps a tiny one, sometime – say in May. After that, they'll peddle the next lie, that all we have to do is _____ (fill in the blank), and victory will be on its way. The reality is that the war's aims will not be achieved. Hamas will not be eradicated. The hostages will not be returned through military pressure. Security will not be re-established," Levinson wrote.

"The more the mouthpieces shout that "we're winning," the clearer it is that we're losing. Lying is their craft. We need to get used to that. Life is less secure than before October 7. The beating we took will sting for years to come. The international ostracism won't go away. And, of course, the dead won't be coming back. Nor will many of the hostages."

This sense of Israeli failure is affirmed by the reports of consistent resistance achievements from the ground.

On April 7, Israeli military spokespersons announced the withdrawal of ground forces from the southern Gaza Strip, after a presence lasting four months. At the same time, the Al-Qassam Brigades released footage of what it called the 'Ambush of the Righteous,' a daring surprise attack on invading Israeli soldiers and vehicles on the afternoon of the 27th of Ramadan in the Al-Zana area, east of Khan Younis. Al-Qassam said 14 Israeli soldiers were killed in the incident.

Following the Israeli army's withdrawal from Khan Younis, Hamas was reported to regain control over this largest city in the Gaza Strip. According to Israeli journalist Amos Harel, the army withdrawal came without its two main goals of the Khan Younis operation being achieved, namely, the capture of top Hamas officials, and the rescue of the Israeli captives currently held by the Palestinian Resistance.

"The public should be told the truth: The enormous death and destruction the IDF [Israeli army] is leaving behind in Gaza, alongside quite a few losses on our side, aren't currently bringing us any closer to achieving the war's goals," Harel said.

As significant as these indicators may be, Israeli failures and their long term repercussions should be considered even more broadly than just the battles being fought within Gaza.

An international isolation of Israel and Israelis is unquestionably deepening. Just one measure of this came from a recent survey of Israeli academics whose accounts of cancellation of invitations to conferences, freezing on their appointments in foreign institutions, rejection of scientific articles on political grounds, disruption of lectures internationally, and cessation of collaborative efforts with academics abroad, led observers to conclude that Israel is feeling the brunt of an unprecedented academic boycott, which is only gathering momentum.

As one Israeli academic recounted being told by a European colleague, "I don't intend to work with you ever again. It's not a temporary thing. You are committing genocide in Gaza."

The Israeli genocide has also stirred up a hornet's nest of dissatisfaction in the wider region that is likely to outlive even any onset of relative calm in Gaza.

A mood of revolt in countries surrounding Palestine is now contagious, just as it was at the start of the Arab Spring, observes Middle East Eye editor-in-chief David Hearst. "The rallies in Amman are echoed by mass demonstrations in Morocco and the syndicates in Cairo. The dictators who suppressed the Arab Spring are worried and have begun giving each other support.

"It's clear what is happening, and what will happen if Israel is allowed to continue this war for another six months."