

سردى كے بارے ميں دلچسپ معلومات

Sardi kay baray mayn dilchasp ma'loomat

Interesting facts about winter

THIS booklet was presented in Urdu by Majlis Al-Madinah-tul-'Ilmiyyah. **Translation Department** (Dawat-e-Islami) has translated it into English. If you find any mistake in the translation or composing, please inform the Translation Department on the following postal or email address with the intention of earning reward [Sawab].

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Interesting facts about winter

The English translation of 'Sardi kay baray mayn dilchaspma'loomat'



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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
أَتَابَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Du'a for Reading the Book

Read the following Du'a (supplication) before you study a religious book or an Islamic lesson, you will remember whatever you study, **إِنْ شَاءَ اللَّهُ**:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَانْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Translation

O Allah **عَزَّوَجَلَّ**! Open the door of knowledge and wisdom for us, and have mercy on us! O the One Who is the Most Honourable and Glorious! (*Al-Mustatraf*, vol. 1, pp. 40)

Note:

Recite Salat upon the Holy Prophet **ﷺ** once before and after the Du'a.

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Du'a of Attar

O Allah Almighty! Whoever reads or listens to the 22-page booklet '*Interesting facts about winter*', save him from all the punishments of Hell, especially the severe punishment of the cold, and admit him in Jannat-ul-Firdaus without accountability.

اٰمِيْنَ بِجَاہِ النَّبِيِّ الْاَمِيْنِ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Virtue of Salat upon the Prophet ﷺ

In his book '*Al-Qaul-ul-Badi*' which is written about Salat upon the Prophet, Sayyiduna 'Allamah Muhammad Bin 'Abdur-Rahman Sakhaawi رَحْمَةُ اللهِ عَلَيْهِ says: 'A pious man lived in Egypt, who was called by the name 'Abu Sa'eed Al-Khayyat'. He would stay away from people and not meet them. Then, all of a sudden, he started to punctually attend the gathering of Sayyiduna Ibn-e-Rasheeq رَحْمَةُ اللهِ عَلَيْهِ. People were astonished and asked him the reason for this, to which he replied: 'The final Messenger of Allah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ came in my dream and

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said: ‘Attend his gathering, as he recites Salat upon me in abundance in his gathering.’ (*Al-Qaul-ul-Badi*, p. 60)

When Sayyiduna Ibn-e-Rasheeq رَحِمَهُ اللهُ عَلَيْهِ passed away, upon being seeing in a good state in the dream, he was asked: ‘What is the reason for these rewards?’ He replied: ‘Reciting Salat upon the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ in abundance.’ (*Al-Silaat wal Bushar*, p. 108)

Zaat-e-wala peh bar bar durood

Bar bar aur bay-shumar durood

Baythtay uthtay jagtay sotay

Ho Ilahi mayra shi'aar durood

Cold was alleviated by the Du'a of the Prophet ﷺ

The heavenly Sahabi, Sayyiduna Bilal رَضِيَ اللهُ عَنْهُ said: ‘On an extremely cold night, I called out the Azaan (call to prayer) but no one came to the Masjid. A little while later, I called out the Azaan again but even then, no one came.

When the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ saw this, he said: ‘What has happened to people?’

I said: ‘The extreme cold weather has stopped people from coming to the Masjid.’

He صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ supplicated: ‘O Allah Almighty, remove cold from the people.’

Sayyiduna Bilal رَضِيَ اللهُ عَنْهُ said: ‘(I saw that the cold was removed such that) I saw people using fans in the morning due to heat.’ (Kitab-ul-Du’afa-lil-Uqayli, vol. 1, p. 129)

Ijabat ka sehra ‘inayat ka jora

Dulhan ban kay nikli du’aye Muhammad

Ijabat nay jhuk kar galay say lagaya

Barhi naaz say jab du’aye Muhammad

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

The blessing of four seasons

Dear Islamic brothers! Allah Almighty has made 4 seasons: Winter, Spring, Summer and Autumn. Every season has its own speciality, each season has its own benefits and special fruits and vegetables. In the summer months, some crops grow which are from the important needs of a human, and through perspiration, many illnesses get removed. Whereas in the winter, many dry fruits grow, which are immensely beneficial to the human body. In spring, not only does greenery prevail everywhere, but colourful flowers also bloom that soothe the eyes.

There are not many countries in the world where all these four seasons come in a year. It either stays cold or hot throughout the whole year or for most part of the year. May we be

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sacrificed upon the mercy of Allah Almighty that we have all 4 seasons in our beloved country (Pakistan).

All the seasons and everything created by Allah Almighty is good and the changes in the seasons have many wisdoms of Allah Almighty behind it. Weak people like us quickly become worried. When it is extremely hot, we say that the cold weather is better, I wish winter would arrive quickly; and when it is very cold, we say that it would be better if the summer arrives.

Whether it is extremely hot or extremely cold, we should observe patience in every state. It is very inappropriate to refer to summer or winter as bad. The one who complains about the weather is in one sense complaining about the Lord Almighty who has created all the seasons. It is as though he is saying, look! how hot or cold Allah Almighty has made it!

How is it to say the time is bad?

Sahih Bukhari, Hadees number 6181, Allah Almighty states: 'Man swears at the time, but I am the Creator of the time and its days and nights are in My divine power. (*Bukhari, vol. 4, p. 150, Hadees 6181*)

Sahih Muslim, Hadees number 2246, the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: 'Do not call the time bad, because Allah Almighty created the time.'*(Muslim, p. 951, Hadees 5862)*

Commentator of *Sahih Muslim*, Sayyiduna Imam Sharaf-ud-

Deen Nawawi رَحْمَةُ اللهِ عَلَيْهِ writes: ‘The scholars say that the usage of ‘time’ referring to Allah Almighty is in a metaphorical sense, it is because it was a habit of the Arabs that they would blame the time upon a death, old age or at a loss of wealth and other such occurrences and afflictions, and say: ‘Alas! May time be destroyed’. So, the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: ‘Do not refer to the time as bad, because Allah Almighty Himself is the time, meaning the Creator of all these occurrences and afflictions is Allah Almighty, and He Almighty sends them down, so when you call the afflictions bad, in actual fact, this will be calling Allah Almighty bad, because He is the one who creates them and Allah Almighty is the one who changes the circumstances.’ (Sharh Sahih Muslim, vol. 3, p. 15)

Sab ka payda kernay wala, mayra maula mayra maula

Sab say afzal sab say a’la, mayra maula mayra maula

Jag ka khaliq sab ka maalik, woh hi baqi, baqi haalik

Sacha maalik sacha aaqa, mayra maula mayra maula

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

How does summer and winter come?

Dear Islamic brothers! Do you know the actual cause of summer and winter? It is stated in *Bukhari*, Hadees number 537 and 538: ‘Hell complained to its Lord saying, some of my

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parts have eaten some other parts of mine. So, Allah Almighty allowed it to breathe twice, once in the winter and once in the summer. This is the same severe heat and cold that you feel. And the following is stated in one of the narrations of *Bukhari*, ‘The hot weather you attain is the hot breath of Hell and the severe cold that you gain is its cold breath.’ (*Bukhari, vol. 1, p. 199, Hadees 537-538*)

Mufti Ahmad Yar Khan رَحْمَةُ اللهِ عَلَيْهِ says: When Hell breathes inwards, then the world faces severe cold, and when it breathes out, then intense heat is felt in the world. This Hadees is absolutely according to its apparent meaning, there is no need of an explanation or interpretation. Allah Almighty has granted life and comprehension in everything. (*Mirat-ul-Manajih, vol. 1, p. 380*)

Wonders of divine power

Sayyiduna Imam Abu Hamid Muhammad Bin Muhammad Bin Muhammad Ghazali رَحْمَةُ اللهِ عَلَيْهِ says: ‘In the centre of the sky, look at the sun incline here and there, it is because of this reason that the winter, spring, summer and autumn seasons change. When the sun is in the centre of the sky and it declines, the air gets cooler and the weather gets colder. When the sun halts in the centre of the sky, then it becomes extremely hot, and when it remains in between both these stages, then the weather is mild. (*Ihya-ul-'Uloom, vol. 5, p. 466*)

سُبْحَانَ اللَّهِ the wonders of divine power are amazing.
سُبْحَانَ اللَّهِ الْعَظِيمِ وَيَحْمَدُهُ meaning: *Glory be to Allah, the Great, and all praise is due to Him.*

The brother of Imam Ahl-e-Sunnat, Maulana Shah Imam Ahmad Raza Khan رَحْمَةُ اللَّهِ عَلَيْهِ, Maulana Hassan Raza Khan رَحْمَةُ اللَّهِ عَلَيْهِ, has mentioned such a beautiful couplet:

Har shay say hayn 'iyaan mayray sani' ki san'atayn

'Aalim sab ai`non mayn hay aa`inah saaz ka

Aflaak-o-arz sab tayray farman pazeer hayn

Haakim hay tu jahan kay nashayb-o-faraaz ka

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Foolish Person

O devotees of the Prophet! Think about it! How foolish is a man who unlocks a car with a key even before getting to it, he arranges for warm clothes before the winter arrives, he buys food provisions for the following day's breakfast before coming home in the evening, he buys clothing for his children even before their birth, he starts preparing for Iftar even before the time of 'Asrin the month of Ramadan-ul-Kareem, he gets an umbrella before going out in the rain, he checks the petrol, oil, water and air pressure of a car before setting off on a long journey, he picks up a torch before going out in the dark, but

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for death which can come at anytime, he does not prepare at all. Winter and summer seasons come and go at their set times, but why do we not prepare for our grave and the Hereafter!!!

The revered Taabi'i saint, Sayyiduna Abu 'Abdullah Sunabihi رَحْمَةُ اللّٰهِ عَلَيْهِ would say: 'We depart from this world whilst looking at the summer and winter seasons (meaning we do not do any actions for the Hereafter).' (*Allah walon ki Baatayn, vol. 5, p. 166, slightly amended*)

*Kis bala ki may say hayn sar-shar ham
Din dhala hotay nahin hoshiyar ham*

Commentary of the poetry of Raza

O Allah Almighty! Satan has kept us inebriated in the intoxication of sins and needless activities such that life is passing by and we are not awakening from it at all.

*Kuch naykiyan kama lay jald aakhirat bana lay
Bhai nahin bharosa hay koi zindagi ka*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Every difficulty becomes easy

Sayyiduna Sulayman Daarani رَحْمَةُ اللّٰهِ عَلَيْهِ states: 'Opposing your Nafs is one of the greatest actions.' (*Tafseer Kabeer, vol. 1, p. 431*)

The summary of the statement of Mufti Ahmad Yar Khan Na'eemi رَحْمَةُ اللهِ عَلَيْهِ is as follows: 'Whoever attains the sweetness of Iman (faith), he bears the biggest difficulties (i.e., difficult tasks) happily, such as Salah in winter; the land of Karbala is an everlasting example of this.' (*Mirat-ul-Manajih, vol. 1, p. 30*)

Spring for a believer

O devotees of the Prophet! Winter is the season of spring for a believer, as when the winter comes, a believer can fast without bearing the difficulty of hunger and thirst during the day. Since the days are shorter and cooler in winter, hence, the difficulty of the fast is not felt as much.

The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ has stated: 'The fasts of winter are a cold blessing.' (*Tirmizi, vol. 2, p. 210, Hadees 797*)

In another place, the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ states: 'Winter season is the 'spring season' of a believer, because the days are shorter in it, so believers fast in it, and its nights are longer, so they do 'Qiyam' (meaning offer nawafil) in it.' (*Shu'ab-ul-Iman, vol. 3, p. 416, Hadees 3940*)

Greeting the winter

The Heavenly Sahabi, Sayyiduna 'Abdullah Bin Mas'ood رَضِيَ اللهُ عَنْهُ would say at the arrival of winter: 'Welcome to the winter, Allah Almighty's blessings descend in this season; the nights are longer for those who worship and the days are

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shorter for those who fast.’ (*Firdaus-ul-Akhbar, vol. 2, p. 349, Hadees 6808*)

Virtues upon every step

‘Banu Salimah’ was a tribe of Ansaar. Their houses were far away from Masjid-e-Nabawi. They would try and attend the Masjid to offer Salah with congregation even in the dark night, freezing cold, and rain. The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ gave them the glad tiding: ‘For every step of yours, virtues are written.’ (*Mirqat-ul-Mafatih, vol. 2, p. 404, under the Hadees 770; Muslim, p. 262, Hadees 1519*)

Past and future sins forgiven

The Heavenly Sahabi, the third leader of the Muslims, Sayyiduna Usman-e-Ghani رَضِيَ اللهُ عَنْهُ made the intention to go to offer Salah on a cold night. He رَضِيَ اللهُ عَنْهُ asked for water for Wudu. He رَضِيَ اللهُ عَنْهُ then washed his face and both his hands.

His servant humbly said: ‘May Allah Almighty suffice you, the night is very cold.’

He رَضِيَ اللهُ عَنْهُ replied: ‘I heard the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ say, ‘Whoever performs a complete Wudu, his past and future sins will be forgiven.’ (*Attargheeb Wattarheeb, vol. 1, p. 93, Hadees 11*)

2 sayings of the Holy Prophet ﷺ

1. Whoever performs a complete Wudu in the freezing cold,

he has two shares of reward. (*Majma'-uz-Zawaid, vol. 1, p. 542, Hadees 1217*)

2. The one who performs Wudu at the time of struggle, on the Day of Judgement, he will attain the shade of the 'Arsh. (*Ithaf, vol. 10, p. 385, Hadees 10100*)

*Day shauq-e-tilawat day zauq-e-'ibadat
Rahon ba-wuzu mayn sada ya Ilahi*

*Mayn panchon namazayn perhon ba-jama'at
Ho taufeeq aysi 'ata ya Ilahi*

*Mayn perhta rahon Sunnatayn waqt hi par
Hoon saaray nawafil ada ya Ilahi*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Virtuous thoughts

Sayyiduna Hassan Basri رَحِمَهُ اللَّهُ عَلَيْهِ said: 'How great a time winter is for a believer! The nights are long, the believer stands in 'Qiyam' for Salah in the night and the days are shorter, so a person fasts in it.' (*Lataaif-ul-Ma'arif, pp. 372-373*)

Sayyiduna 'Ubayd Bin 'Umayr رَحِمَهُ اللَّهُ عَلَيْهِ said: 'When winter comes, it is said to the people of the Quran, 'the nights have become longer for your Salah and the days have become shorter for fasts.' (*Ahadees Al-Shita` lil Suyuti, p. 97*)

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Dear Islamic brothers! Life is very short; we are nearing death at all times. Consider the remaining breaths of your life as a blessing and spend them in the remembrance of Allah and His Prophet ﷺ. Observe patience over the hardships of cold and earn reward, as *أَفْضَلُ الْأَعْمَالِ أَحْمَرُهَا* (meaning, *the best deed is that which is more difficult*).

Perform worship in abundance, act upon the Sunnahs, convey the call to righteousness, travel in the Madani Qafilahs and fill the booklet of Pious deeds and gradually increase your practice upon them. If you are feeling cold and your body is shivering due to cold, perform Wudu and make special arrangements to offer Salah with congregation.

Sayyiduna Ibraheem Bin Adham رَحِمَهُ اللهُ عَلَيْهِ said: ‘The more difficult an action is in this world, the heavier it will weigh on the scale of deeds.’ (*Tazkira-tul-Awliya*, p. 95)

Did not miss a single fast

In the month of Ramadan-ul-Kareem, once Sadr-ush-Shari’ah Maulana Mufti Muhammad Amjad ‘Ali A’zami رَحِمَهُ اللهُ عَلَيْهِ caught a severe temperature due to cold. He would feel extremely cold and his fever would also intensify. Moreover, he would feel intense thirst that was unbearable. After Zuhr, he would feel extremely cold, and his fever would rise again. But may we be sacrificed upon him! Even in this state, he did not miss a single fast. (*Tazkirah Sadr-ush-Shari’ah*, p. 23)

O devotees of the Prophet! It is mentioned in a Hadees: 'Whoever completes the Quran at the beginning of the day, the angels seek forgiveness for him till the evening, and whoever completes it in the beginning of the night, the angels seek forgiveness (for him) till the morning.' (*Ghunyah-tul-Mutamalli*, p. 496)

It is stated in *Bahar-e-Shari'at*, volume 1, page 551: 'Since the days are longer in summer, hence, the Istighfar (i.e., Du'a of repentance of the angels) will be more in completing the Quran in the early part of the day; and since the nights are longer in winter, hence, the Istighfar will be more by completing the Quran in the early part of the night.'

If Allah Almighty wills

Sayyiduna Abu Sulayman رَحْمَةُ اللَّهِ عَلَيْهِ saw a noble saint رَحْمَةُ اللَّهِ عَلَيْهِ during the journey of Hajj who, in extreme cold, was wearing old ripped clothes that were drenched in sweat.

He asked about his state, to which he replied: 'Summer and winter are two creations of Allah Almighty. If Allah Almighty commands that the cold and heat overcome me, then they will definitely overcome me, and if He Almighty commands, the hot and cold cannot even come near me.'

He رَحْمَةُ اللَّهِ عَلَيْهِ goes on to say: 'I have been in this jungle for the past 30 years. Allah Almighty bestows upon me the heat of His love in the cold and the coolness of His love during the heat.'
(*Lataaif-ul-Ma'arif*, p. 376; *Islami Mahinon kay Fazaail*, p. 110)

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*Mahabbat ghayr ki dil say nikalo ya Rasoolullah
Mujhay apna hi diwanah bana do ya Rasoolullah*

An extremely virtuous action

O devotees of the Prophet! It is narrated: ‘To donate things to the poor that prevent cold in the winter is an extremely virtuous action.’ (*Lataaif-ul-Ma’arif*, p. 378)

Allah Almighty says in the Holy Quran, part 6, Surah Al-Maa’idah, verse 32:

وَمَنْ أَحْيَاهَا فَكَأَنَّمَا أَحْيَا النَّاسَ جَمِيعًا ط

And whosoever gave life to a human (by saving a life), it is as if he had given life to (i.e. saved) all mankind.

[Kanz-ul-Iman (translation of Quran)] (Part 6, Surah Al-Maa’idah, Verse 32)

Imam Fakhr-ud-Deen Raazi رَحْمَةُ اللهِ عَلَيْهِ says: ‘وَمَنْ أَحْيَاهَا’ means a person who keeps another person alive by protecting him from things that lead to destruction, i.e., burning, drowning, extreme hunger or extreme hot or cold weather. (*Tafseer Kabeer*, Surah Maa’idah, under the verse 32, vol. 4, p. 344)

*Hamayshah hath bhalai kay wasitay uthayn
Bachana zulm-o-sitam say mujhay sada ya Rab
Rahayn bhalai ki rahon mayn gamzan har dam
Karayn na rukh mayray paaon gunah ka ya Rab*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Sadaqah of shirt in extreme cold

The Taabi'i saint, Sayyiduna Sulayman رَحْمَةُ اللَّهِ عَلَيْهِ said: 'A person from Shaam came to me and said: 'Tell me about Sayyiduna Sulayman Bin Zuhri رَحْمَةُ اللَّهِ عَلَيْهِ. I saw him entering Paradise.' It was asked: 'Due to which action?' He replied: 'Due to providing someone a shirt to wear.' When a person mentioned that shirt to Sayyiduna Safwan Bin Sulaym Zuhri رَحْمَةُ اللَّهِ عَلَيْهِ, he رَحْمَةُ اللَّهِ عَلَيْهِ said: 'Once, I came out of the Masjid on an extremely cold night and saw a naked person. I took off my shirt and put it on him.' (*Hilya-tul-Awliya, vol. 3, p. 188, Raqm 3655; Islami Mahino kay Fazaail, p. 110*)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Pious minister

Read an account of treating the creation of Allah Almighty nicely: 'A pious minister was told that a woman's four orphan children are hungry and without clothes. The minister ordered a person to immediately go and provide them with the clothes and food they need.

Then, the minister removed his warm clothes and took an oath that by Allah! I will not put on clothes and attain any warmth

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until the person comes back and tells me that the orphans have been clothed and they have been fed to their full.

Therefore, when the person came back and informed the minister that the orphans have put on clothes and have eaten to their full, only then the pious minister put his clothes back on. At that time, the pious minister was shivering with cold.'

(Lataaf-ul-Ma'arif, p. 378; Islami Mahino kay Fazaail, p. 111)

Mukhtasar si zindagi hay bhaiyo!

Naykiyan kijiye, na ghaflat kijiye

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

Dear Islamic brothers! The pious servants of Allah Almighty would not let any opportunity of earning reward go to waste, as you have just heard in the aforementioned account. Clothing is also a great blessing among the blessings of Allah Almighty. Clothing carries many virtues. It covers the private body parts, it adorns a person, it saves one from heat and cold, it helps one in offering Salah; therefore, it is among the greatest of blessings. *(Mirat-ul-Manajih, vol. 6, p. 123)*

The way we try to save ourselves from cold or heat during extremely hot or cold weather, how great it would be if we also look after the poor neighbours and relatives living in our surroundings during winter. They should be presented with warm clothes and blankets, etc.; in fact, we should also be

merciful towards the animals too, as who will these helpless beings inform about their difficulties and calamities? Who knows, our kind behaviour towards them may be accepted in the court of Allah Almighty and become a means of our forgiveness. Sayyiduna Shaykh Abu Bakr Shibli Baghdadi رَحْمَةُ اللَّهِ عَلَيْهِ was seen in a dream after his passing away. He رَحْمَةُ اللَّهِ عَلَيْهِ said: Allah Almighty stood me in His court and said: ‘Do you know why I forgave you?’

I started recalling those pious actions of mine which could have been a means of forgiveness. Allah Almighty said: ‘I did not forgive you due to any of these actions.’

I humbly said: ‘O my Beloved Allah, then due to which reason did You forgive me?’

He Almighty replied: ‘Once, you were passing by a street in Baghdad. You saw a cat that had become weak due to cold. Feeling pity for it, you hid it in your clothes so that it is saved from cold. Therefore, due to (you) being merciful to the cat, I have showered mercy upon you today.’ (*Hayat-ul-Haywan, vol. 2, p. 522*)

May Allah Almighty shower His mercy upon him and forgive us without accountability for his sake.

اٰمِيْنَ بِجَاہِ النَّبِيِّ الْاَوْمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Kash! Attar say farmayen qiyamat mayn Huzoor

Lay mubarak kay tujhay bakhsh diya jata hay

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Faith-enlightening longing

The saint of Allah Almighty, Sayyiduna ‘Amir Bin Abdul Qays رَحْمَةُ اللَّهِ عَلَيْهِ, passed away while weeping and uttering these words: ‘I am not crying due to the fear of death or in the love of this world, rather, I am crying thinking that now I am passing away, how will I now relish the thirst of the afternoon of the summer fasts and the night worship of the long winter nights?’
(*Aaina-e-Ibrat*, p. 53)

O devotees of the Prophet! In winter, the Fajr and Isha prayers in particular are quite burdensome upon Nafs-e-‘Ammarah, and an action that contains more hardship is (more) superior.

Sayyiduna Umar Bin Abdul Aziz رَحْمَةُ اللَّهِ عَلَيْهِ states: ‘A superior action is one which the Nafs is compelled to do.’

Sayyiduna Safwan Bin Sulaym رَحْمَةُ اللَّهِ عَلَيْهِ would offer Salah inside the house during summer and on the roof in winter so that he does not feel sleepy. Moreover, he رَحْمَةُ اللَّهِ عَلَيْهِ passed away in the state of Sajdah. (*Zam-ul-Hawa*, p. 56)

May Allah Almighty shower His mercy upon him and forgive us without accountability for his sake.

اٰمِيْنَ بِجَاوِزِ النَّبِيِّ الْاَمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

*Bana day mujhay nayk naykoon ka sadaqah
Gunahon say har dam bacha ya Ilahi*

*'Ibadat mayn guzray mayri zindagani
Karam ho karam ya Khuda ya Ilahi*

*Musalman hay attar tayri 'ata say
Ho Iman par khatimah ya Ilahi*

Few Madani pearls for protection from cold

1. Use thick socks and winter shoes.
2. (If possible), eat (free range) boiled eggs. (Consult with your doctor first).
3. Try your best to sit in the sunlight for some time.
4. Take steam in case you have flu or a runny nose.
5. Use Vaseline and Liquid Glycerine to prevent your heels and lips from drying up. (*Mahnamah Faizan-e-Madinah Rabi'-ul-Aakhir 1438 AH, p. 79 Slightly amended*)

Precaution in using heater

Dear Islamic brothers! Shaykh-e-Tareeqat, Ameer-e-Ahl-e-Sunnat, 'Allamah Maulana Muhammad Ilyas Attar Qadiri Razavi Ziyae *داعية بركاته العالوية* states: 'If you turn the heater on, then I would suggest you turn it off before going to sleep once the room has warmed up; because once the room has warmed up, now there is no need for the heater to remain on, and not turning it off is also dangerous. Some people leave the heater

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on and go to sleep by shutting the doors. This is extremely risky because at times, gas leaks and due to unawareness, an unpleasant incident occurs. Many such news get published in newspapers as well that there has been a blast due to a gas leak and these many people died. This precaution is not only for gas heaters, even an electric heater has the risk of catching fire. Therefore, one should turn it off before going to sleep. (*Sardi say bachnay kay tareeqay, p. 3*)

Feed this to your children

Instead of harmful candies and sweets, feed your children fruits and dry fruits in an appropriate quantity according to their age or with the consultation of your doctor. You too, take benefit from these blessings of Allah Almighty. Benefits of a few dry fruits are as following:

Almond

1. All almonds are free of cholesterol.
2. Sour almonds or Irani almonds have the exclusivity of preventing 'cancer'.
3. Almond contains 'calcium' which is important for bones.
4. Almond removes acidity and mitigates the risk of heart diseases.

5. Almonds are beneficial for hair and skin, and beautify one's complexion. (*Bayta ho to aysa, pp. 33-34*)

*Ziyadah gar dimaghi hay tayra kaam
To khaya kar mila kar shehd badaam*

Pistachio

Pistachio strengthens the heart and the mind. It invigorates the body and removes the weakness of the kidneys. It strengthens the memory. Pistachio is beneficial to treat cough. (*Bayta ho to aysa, p. 36*)

Cashew

Cashew provides nutrients to the body and strength to the mind. It invigorates the body. Eating cashew with honey on an empty stomach removes dementia. A leper recovered just by the means of eating cashews in abundance. (*Bayta ho to aysa, p. 37*)

Peanut

Peanut seeds contain a lot of nutrients. Peanut is no less than cashews and walnuts in terms of benefits. Peanut oil is an excellent substitute to olive oil. (*Bayta ho to aysa, p. 37*)

Walnut

Walnut removes indigestion. Roasted walnut is beneficial for

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cold cough. Applying it on a ringworm after chewing it removes the ringworm mark. (*Bayta ho to aysa, p. 39*)

Fig

It is stated in a Hadees: ‘Eat figs, for it eliminates piles and is beneficial for gout (a painful disease of joints).’ (*Al-Tib-e-Nabawi li Abi Nu’aym, p. 485, Hadees 467, summarised*)

1. Figs contain better nutrients as compared to all other fruits.
2. Figs eradicate piles and is beneficial for joint aches.
3. Eating figs on an empty stomach contains astonishing benefits.
4. Figs flatten an obese stomach and remove obesity.
5. Figs contain cure for cough and asthma.
6. Figs beautify the complexion of the face.
7. Figs quench thirst. (*Bayta ho to aysa, pp. 33-43, derived from*)