

امیر اہلِ سنّت کے 113 ارشادات

113 Statements from the Amir of Ahl al-Sunnah

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An English translation of Amir-i-Ahl-i-Sunnat kē 113 Irshādāt

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ٱلْحَمْدُ لِلْهِ رَبِّ الْعُلَمِيْنَ وَالصَّلُوةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِيْنَ الْحَمْدُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِيْنَ أَمَّا اَبْعُدُ فَأَعُودُ بِاللَّهِ مِنَ الشَّيْطُنِ الرَّحِيْمُ فِي اللَّهِ الرَّحْلِنِ الرَّحِيْمُ فَيَاللَّهِ الرَّحْلِنِ الرَّحِيْمُ فَيَا اللَّهِ الرَّحْلِنِ الرَّحِيْمُ فَيَا اللَّهِ الرَّالِ اللَّهِ الرَّالِيَالِيْنَ الرَّالِيَ فَيْ اللَّهُ الرَّالِيَالِيْنَ الرَّالِيَالِيْنَ اللَّهُ الرَّالْمُ اللَّهُ الرَّالُولِيْنَ الرَّالِيَالِيْنَ الرَّالِيَّةِ الرَّالِيَّةِ الرَّالِيَّةُ الرَّالِيَّةُ الرَّالِيِّةُ الْمُؤْمِنُ اللَّهُ المَّالِقُولُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ المُؤْمِنُ اللَّهُ الللَّهُ اللَّهُ الللَّهُ الللَّهُ الللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ الْمُؤْمِنُ اللَّهُ اللللَّهُ اللْمُؤْمِنِينَ اللَّهُ اللَّهُ اللَّهُ اللْمُؤْمِنِينَ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ الْمُؤْمِنِينَ اللَّهُ اللَّهُ الْمُؤْمِنُ اللَّهُ الْمُؤْمِنِينَ اللَّهُ الْمُؤْمِنِينَ اللَّهُ اللْمُؤْمِنِينَ اللَّهُ الْمُؤْمِنِينَ اللَّهُ الْمُؤْمِنِينَ الللللِّهُ اللْمُؤْمِنِينَ اللَّهُ الْمُؤْمِنِينَ الللَّهُ الْمُؤْمِنِينَ الللللْمُ الْمُؤْمِنِينَ الللْمُؤْمِنِينَ اللَّهُ الْمُؤْمِنِينَ اللَّهُ الْمُؤْمِنِينَ الللْمُؤْمِنِينَ الللْمُؤْمِنِينَ الللللْمُؤْمِنِينَا الللْمُؤْمِنِينَ اللللْمُؤْمِنِينَ اللْمُؤْمِنِينَ اللللْمُؤْمِنِينَ اللْمُؤْمِنِينَ اللْمُؤْمِنِينَ اللْمُؤْمِنِينَ اللْمُؤْمِنِينَ اللْمُؤْمِنِينَ اللْمُؤْمِنِينَ اللْمُؤْمِنِينَ اللْمُؤْمِنِينَ ا

Du a for reading this book



Translation

O Allah عَزَّوَعَلَّ ! Open the doors of knowledge and wisdom for us and have mercy on us! O He Who is the most glorious and honourable! (*Al-Mustatraf*, vol. 1, p. 40)

Note:

Recite *ṣalāt* upon the Prophet once before and after.

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113 Statements from the Amir of Ahl al-Sunnah

The prayer of Attar's successor

O Lord of the Prophet! Whoever reads or listens to the 20-page booklet, "113 Statements from the Amir of Ahl al-Sunnah," grant them love of the awliyā' and ability to emulate their saintly examples! I also ask You to protect their faith!

The excellence of reciting *ṣalāt* upon the Prophet

The final Prophet of Allah صَلَّى اللَّهُ عَلَيْهِ وَاللهِ وَسَلَّم declared, "Whoever recites ṣalāt upon me ten times in the morning and evening will receive my intercession on the Day of Judgement." المحافظة المحافظة



¹ Majma' al-Zawa'id, vol. 10, p.163, Hadith 17022

The excellences of sacred knowledge and Islamic scholars have been described in Quran and hadith. This leads us to not only love knowledge and the Islamically knowledgeable, but also kindles passion within us to act upon the words of the latter. By doing so, we better our worldly lives and matters of the Hereafter. Amongst the famous scholars of contemporary times is Mawlana Ilyas Attar al-Qadiri بناف من المنافقة المنافقة

- 1. It is incorrect to wish for your parents to love you more than your siblings. Yet, you can wish for them to love you a lot. To achieve this, one should fulfil every permissible task for them immediately, and serve them wholeheartedly.¹
- 2. Consider the circumstances at hand and take permission when you want to ask a scholar a question. If he declines, do not be displeased.²
- 3. Love of being praised is not a commendable trait. It is an

¹4th Ramadan 1437 AH after 'aşr-10th June 2016

²7th Ramadan 1437 AH after 'asr-13th June 2016

ailment of the heart and a person can fall into many sins due to it.¹

- 4. One should praise Allah upon sneezing. There is no harm in suppressing the sound by placing a tissue or a handkerchief upon the mouth; rather, this is a good practice.²
- 5. One should be pleased with the way Allah created him. Fair skin is not a necessity for beauty.³
- 6. The person who shows love for all, gives importance to each individual, and honours every person accordingly, will be everybody's favourite.⁴
- 7. If a person sins, he should fear lest Allah is displeased with him. If he has the honour of performing a good deed, he should fear concerning its acceptance or non-acceptance.⁵
- 8. If someone criticises you, rather than being angry with him and mentioning him badly in front of others, be patient. Send him a gift in fact. Hatred will disappear and love will

¹ 7th Ramadan 1437 AH after 'asr-13th June 2016

² 7th Ramadan 1437 AH after 'asr13th June 2016

³ 7th Ramadan 1437 AH after 'asr-13th June 2016

⁴ 7th Ramadan 1437 AH after 'asr-13th June 2016

 $^{^5}$ 12th Ramadan 1437 AH after tarāwīḥ-17th June 2016

increase through this.1

- 9. One should worship profusely whilst young. Strenuous worship is difficult in old age; there is neither the strength nor resolve of youth.²
- 10. Troubling one's parents is a cause of loss in this world as well as in the Hereafter.³
- 11. Acts of cleanliness carried out with the intention of acting upon the sunnahs of purification are rewardable.⁴
- 12. The successful intellectual is he who uses his intellect to obey Allah and His Messenger صَلَّى اللَّهُ عَلَيْهِ وَاللهِ وَسَلَّمَ. 5
- 13. . Considering any act of disobedience to Allah as minor renders it an enormity. 6
- 14. If anyone does a favour, completes a task, or felicitates ease for us, we should show gratitude by saying, "Thank you, المُعْفَالُ اللهُ خَالُ اللهُ خَالُهُ اللهُ خَالُ اللهُ خَالُهُ اللهُ عَلَيْهُ اللهُ عَالِمُ اللهُ عَلَيْهُ اللهُ اللهُ خَالُهُ اللهُ عَلَيْهُ اللهُ عَالِمُ اللهُ اللهُ عَلَيْهُ اللهُ عَلَيْهُ اللهُ اللهُ عَلَيْهُ اللهُ عَلَيْهُ اللهُ اللهُ عَلَيْهُ اللهُ اللهُ اللهُ عَلَيْهُ اللهُ عَلَيْهُ اللهُ اللهُ عَلَيْهُ اللهُ اللهُ اللهُ عَلَيْهُ اللهُ اللهُ عَلَيْهُ اللهُ اللهُ اللهُ عَلَيْهُ اللهُ اللهُ اللهُ اللهُ اللهُ عَلَيْهُ اللهُ اللهُ

¹ 14th Ramadan 1437 AH after tarawiḥ-19th June 2016

 $^{^2}$ 15th Ramadan 1437 AH after tarāwīḥ-20th June 2016

 $^{^3}$ 15th Ramadan 1437 AH after tarāwīḥ-20th June 2016

 $^{^4}$ 15th Ramadan 1437 AH after tarāwīḥ-20th June 2016

 $^{^5}$ 15th Ramadan 1437 AH after tarāwīḥ-20th June 2016

 $^{^6}$ 16th Ramadan 1437 AH after tarāwīḥ-21st June 2016

⁷ 16th Ramadan 1437 AH after 'aşr-22nd June 2016

- 15. Listening to parents is a form of thankfulness for their favours.¹
- 16. Visas for foreign countries should only be obtained through completely truthful statements.²
- 17. Letting the tongue loose upon Sunni scholars can endanger one's faith.³
- 18. Devotees of the Messenger of Allah should clothe their daughters in full sleeved and feminine attire.⁴
- 19. If Allah bestows any status upon us, we should be humble, so we can be gentle to those around us. Whenever we begin to become harsh, we should think, "Did the Prophet صَلَّى اللَّهُ عَلَيْهِ وَاللَّهُ عَلَيْهُ وَاللَّهُ عَلَيْهِ وَاللَّهُ عَلَيْهِ وَاللَّهُ عَلَيْهُ وَاللْهُ عَلَيْهُ وَاللَّهُ عَلَيْهُ عَلَيْهُ وَاللَّهُ عَلَيْهُ وَالْعَلَالِي وَاللَّهُ عَلَيْهُ وَاللَّهُ عَلَيْهُ وَاللَّهُ عَلَيْهُ وَاللَّهُ عَلَيْهُ وَاللَّهُ عَلَيْهُ وَاللَّهُ عَلَيْهُ وَالْعَلَاهُ عَلَيْهُ عَلَيْهُ
- 20. Everyone who holds a position should think, "Allah has granted me this status and He can take it away from me at any moment." In this manner, he should remain fearful of

¹ 16th Ramadan 1437 AH after 'asr-22nd June 2016

² 17th Ramadan 1437 AH after tarāwīḥ-22nd June 2016

³ 17th Ramadan 1437 AH after tarāwīḥ-22nd June 2016

⁴ 17th Ramadan 1437 AH after 'aṣr-23rd June 2016

 $^{^5}$ 19th Ramadan 1437 AH after tarāwīḥ-24th June 2016

Allah's hidden plan.¹

- 21. Whoever receives multiple blessings should think, "What if the recompense of my good deeds is given to me in this world and I do not benefit from them in the Hereafter?"²
- 22. Every sinner should hope in the mercy of Allah, whilst every pious person should fear the fact that Allah is free from need.³
- 23. If, to the fullest extent, one remembers Allah is watching, this reality will help him avoid sin.⁴
- 24. Bring joy to the hearts of children by allowing them to choose their favourite clothes, as long as there is nothing opposing Islamic law, such as pictures of living creatures or issues relating to quality. النَّهُ عَالِمُهُ You will be rewarded for bringing happiness to them and they will enjoy wearing them.⁵
- 25. Fear of Allah should also be cultivated in the hearts of hildren.⁶

¹ 19th Ramadan 1437 AH after tarāwīḥ-24th June 2016

²19th Ramadan 1437 AH after tarāwīḥ-24th June 2016

³ 19th Ramadan 1437 AH after 'aṣr-25th June 2016

⁴ 19th Ramadan 1437 AH after 'asr-25th June 2016

⁵ 20th Ramadan 1437 AH after tarāwīḥ-25th June 2016

⁶ 20th Ramadan 1437 AH after tarāwīḥ-25th June 2016

- 26. Some things should not be told to children, such as a child's sin not being recorded etc. Knowing this may make them reckless and can lead to Satan taking them astray. Children begin acts of worship when there is fear of Allah in their hearts.¹
- 27. If only we are successful in subduing our *nafs* before we die.²
- 28. A masjid is a place of worship. Playing around with a mobile phone inside one is deprivation itself.³
- 29. The heart becomes sullied due to sins. It is purified by recital of the Quran, remembrance of death, fear of Allah, and crying in love for the Prophet صَلَّى اللَّهُ عَلَيْهِ وَاللهِ وَسَلَّمَ . 4
- 30. Calamities are averted by remaining in ablution.⁵
- 31. Drivers should drive their vehicles in the state of ablution.⁶
- 32. Nowadays, few people know the correct method of performing ablution. They do not complete the obligatory acts. Even if they do, they leave the sunnah actions. We will only receive the

¹ 20th Ramadan 1437 AH after tarāwīḥ-25th June 2016

 $^{^2}$ 20th Ramadan 1437 AH after tarāwīḥ-25th June 2016

³ 20th Ramadan 1437 AH after tarāwīḥ-25th June 2016

⁴ 20th Ramadan 1437 AH after 'aşr-26th June 2016

 $^{^5}$ 22nd Ramadan 1437 AH after tarāwīḥ-27th June 2016

 $^{^6}$ 22nd Ramadan 1437 AH after tarāwīḥ-27th June 2016

blessings of ablution if it is performed correctly.¹

- 33. By way of exaggeration, I must have told my daughter a hundred times to listen to her father in-law and mother in-law, considering them her parents. Likewise, I tell my maternal grandchildren to comply with their paternal grandparents wholeheartedly.²
- 34. Serving pious elders certainly bears fruit.³
- 35. Allah being pleased is the greatest bounty. He will admit into Paradise whoever He is pleased with.⁴
- 36. The method of being steadfast in performing good deeds is to ask Allah for steadfastness. Strive to incline the heart to acts of righteousness, even if it has no longing for them. النَّهَ عَاللُهُ The heart will follow suit. One should also continue to read the virtues of good deeds.⁵
- 37. A gathering of Quranic recital or poetry extolling the Prophet should be arranged on a child's birthday. Music, mixing of men and women, and clapping should be completely avoided. Only that should be done which

¹ 22nd Ramadan 1437 AH after tarāwīḥ-27th June 2016

 $^{^2}$ 22nd Ramadan 1437 AH after tarāwīḥ-27th June 2016

³ 23rd Ramadan 1437 AH after tarāwīḥ-28th June 2016

⁴ 23rd Ramadan 1437 AH after 'aṣr-29th June 2016

 $^{^5}$ 24th Ramadan 1437 AH after tarāwīḥ-29th June 2016

pleases Allah.1

- 38. Whoever is traveling to perform hajj or umrah should be congratulated. It should be said: May Allah accept your journey. May He protect you from disrespectful people and allow you to have utmost manners for where you visit. Pray for me! Present my salam to the Messenger of Allah عَلَى اللهُ عَلَيْهِ وَاللهِ وَسَلَّمُ and the Shaykhayn (our masters Abū Bakr and 'Umar عَنِي اللهُ عَلَيْهِ وَاللهِ وَسَلَّمُ . Please also convey my salam to the people of Baqī' and Maṭāf," etc.²
- 39. Whoever has firm intention of losing weight should have a lipid profile, cholesterol, and sugar tests performed first and gradually try to lose weight every month.³
- 40. If you are cautious of sugar, fat, etc., in your youth; your old age will pass well. Avoiding these in old age is very important.⁴
- 41. The habit of chewing betel leaf, with and without tobacco, is tantamount to spending money to become ill.⁵

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 $^{^1}$ 26th Ramadan 1437 AH after tarāwīḥ-1st July 2016

 $^{^2}$ 21st Ramadan 1437 AH after tarāwīḥ-16th June 2016

³ 16th Ramadan 1436 AH after tarāwīḥ-3rd July 2015

⁴ 4th Dhu al-Ḥijja 1436 AH-18th September 2015

⁵ 7th Dhu al-Ḥijja 1436 AH-21st September 2015

- 42. The best remedy for obesity is exercise and avoiding overeating.¹
- 43. Medicine can be acquired from a doctor, but not cure. It is only if Allah wills that the medicine will become a means of cure.²
- 44. An unwell person is shaded by Allah's mercy.³
- 45. Along with taking medicine, pray to Allah to become well.⁴
- 46. Rather than taking medicine of your own choice, take the advice of doctor.⁵
- 47. If no cure manifests or pain increases from the treatment of a herbalist, homeopathist, doctor, or hospital; remain patient. Without true need, informing others whilst mentioning someone's name is not a rewardable act. Rather, there is a danger of falling into sins, such as backbiting and disheartening others, etc.⁶
- 48. The maladies of sin are more dangerous than bodily illnesses.⁷

² 15th Jumada al-Ukhra' 1444 AH-7th January 2023

¹ 5th Muḥarram 1437 AH – 19th October 2015

 $^{^3}$ 15th Jumada al-Ukhra' 1444 AH-7th January 2023

 $^{^4}$ 15th Jumada al-Ukhra' 1444 AH-7th January 2023

⁵ 15th Jumada al-Ukhra' 1444 AH-7th January 2023

⁶ 15th Jumada al-Ukhra' 1444 AH-7th January 2023

 $^{^7}$ 15th Jumada al-Ukhra' 1444 AH – 7th January 2023

- 49. No illness is without cure. Yet, doctors have not been able to identify cures for many of them.¹
- 50. One should focus his hope in Allah's mercy and not a doctor. The latter may provide many good treatments, but wellbeing is only attained if Allah wills.²
- 51. As much as possible, it is appropriate to take treatment from a single doctor, as he knows your bodily condition. If you change them, each will start treating you afresh and you may fall into difficulties.³
- 52. If massaged with any type of oil, the soles of the feet will remain soft, be protected from cracking, and lead to an increase in mental faculties. This is because the soles are connected to the brain.⁴
- 53. Make a habit of drinking 12 glasses of water daily; you will not suffer from constipation and your skin will remain soft. Water is drunk less in winter, as a result, causing issues like constipation and dry skin.⁵

 $^{^1}$ 15th Jumada al-Ukhra' 1444 AH-7th January 2023

² 15th Jumada al-Ukhra' 1444 AH-7th January 2023

³ 15th Jumada al-Ukhra' 1444 AH-7th January 2023

⁴ 8th Şafar 1437 AH-21st November 2015

⁵ 8th Şafar 1437 AH-21st November 2015

- 54. Ṣafar is a blessed month. The death anniversaries of many great pious elders occur in it.¹
- 55. Most people overeat. Doing this hardens the heart.²
- 56. Sugar is sweet poison.³
- 57. Eat less to gain strength for worship.⁴
- 58. Jaggery tea is good. I drink it myself.⁵
- 59. A healthy person should have a lipid profile blood test every 92 days.⁶
- 60. Avoid placing hot food in plastic plates.⁷
- 61. Practitioners of traditional medicine and physicians should be empathic with patients.⁸
- 62. The cure for every illness is in litanies and invocations.9

¹ 15th Safar 1437 AH-21st November 2015

² 4th Rabi' al-Akhir 1437 AH-14th January 2016

³ 18th Jumada al-Ula 1437 AH-27th February 2016

 $^{^4}$ 18th Jumāda al-Ūlā 1437 AH-27th February 2016

 $^{^5}$ 18th Jumāda al-Ūlā 1437 AH-27th February 2016

 $^{^6}$ 18th Jumāda al-Ūlā 1437 AH-27th February 2016

⁷ 24th Jumāda al-Ukhrā' 1437 AH-12th April 2016

⁸ 8th Rajab 1437 AH-16th April 2016

⁹ 8th Rajab 1437 AH-16th April 2016

- 63. Start being cautious with what you eat and drink during your youth, so you suffer less in old age.¹
- 64. There is wellbeing in avoiding kebabs and samosas.²
- 65. 80% of illnesses are from eating to a full stomach.³
- 66. Smoking is very damaging and can increase the risk of tuberculosis. Smokers also go on to face steep difficulty in old age, so make sure to stay far away from cigarettes.⁴
- 67. Be patient upon wounds, illness, anxiety, lack of sleep, poverty, and every type of bodily and financial loss. As you persevere, avoid making these apparent to others without a reason. You will attain glad tidings of forgiveness.⁵
- 68. Drinking water immediately after eating is medically harmful. In particular, the habit of consuming cold drinks after eating is extremely damaging.⁶
- 69. *Kachi lassi* (made with milk) and lemon sekanjabin are two drinks especially beneficial in summer.⁷

¹ 29th Rajab 1437 AH-7th May 2016

² 29th Rajab 1437 AH-7th May 2016

³ 3rd Ramadan 1437 AH after 'asr-9th June 2016

⁴ 4th Ramadan 1437 AH after tarāwīḥ-9th June 2016

⁵ 5th Ramadan 1437 AH after 'aşr-11th June 2016

⁶ 6th Ramadan 1437 AH after tarawiḥ-11th June 2016

⁷ 6th Ramadan 1437 AH after tarāwīḥ-11th June 2016

- 70. Exercise is a means of avoiding many illnesses.¹
- 71. Remedy for joint pains: Take a piece of okra, split it from top to bottom, and soak it in a vessel of water for at least twelve hours. Take it out and squeeze all its water into the same vessel. Drink this water and your joint pain will be alleviated النَّهْ اللهُ
- 72. Keeping long hair is sunnah. Children should also be made to do this. My advice is they keep their hair up to half the ear, neither to the bottom of the ear or the shoulders.³
- 73. Trees are beneficial for people's health. They work for humanity. It is helpful to have them around the home.⁴
- 74. When the sun is rising or setting, staying in sunlight for twenty or twenty-five minutes is advantageous for both young and old.⁵
- 75. When carrots are in season, eating one daily is provides benefits for eyesight.⁶

¹ 17th Ramadan 1437 AH after 'aṣr-23rd June 2016

² 21st Ramadan 1437 AH after tarāwīh-26th June 2016

³ 21st Ramadan 1437 AH after 'asr-27th June 2016

⁴ 30th Dhū al-Qa'dah 1437 AH-2nd September 2016

⁵ 29th Dhu al-Ḥijja 1437 AH-2nd October 2016

⁶ 1st Muḥarram 1438 AH – 3rd October 2016

- 76. It is said that the most nutritious fruit is apple.¹
- 77. Eating one or two cloves from a bulb of garlic first thing in the morning lowers cholesterol and alleviates tooth ache.²
- 78. If eating raw garlic leaves a bad smell in the mouth, chewing carom seeds removes it.³
- 79. There is no need to peel ginger; use it with its skin.⁴
- 80. It is better to not eat and regret, than to eat and regret.⁵
- 81. Eating seven figs daily alleviates back pain.⁶
- 82. Do not put hot foodstuff in plastic tableware, as chemicals mix into the food due to this and can damage your health.⁷
- 83. Grilling fish on coals is best. Fish dishes are also good for health. Frying reduces their benefits.⁸

¹ 1st Muharram 1438 AH-3rd October 2016

² 2nd Muḥarram 1438 AH-14th October 2016

³ 2nd Muḥarram 1438 AH-14th October 2016

⁴ 1st Rabī' al-Awwal 1438 AH-30th November 2016

⁵ 3rd Rabī'al-Awwal 1438 AH-2nd December 2016

⁶ 6th Rabī' al-Awwal 1438 AH-5th December 2016

⁷ 1st Jumādā al-Ūlā 1438 AH-29th January 2017

 $^{^{8}}$ 1st Jumādā al-Ūlā 1438 AH-29th January 2017

- 84. According to medical research, those who eat less live longer.¹
- 85. Cucumber should be consumed with its skin, which is also valuable for health.²
- 86. Return home and sleep within two hours of the 'ishā' salah congregation at your local masjid.³
- 87. Whenever you begin to perform ablution, recall the corresponding intention in this manner; "I will make ablution (wuḍū) to act upon Allah's command."⁴
- 88. Stay away from social media. It wastes much time and carries strong probability of causing sin.⁵
- 89. If a wife makes her husband happy whilst intending to please Allah by doing so, this action is considered an act of worship.⁶
- 90. One solution for domestic issues is for one of the two sides to be patient.⁷

¹ 1st Ramadan 1437 AH after tarāwīh-6th June 2016

² 2nd Dhu al-Ḥijja 1437 AH-4th September 2016

 $^{^3}$ 9th Jumādā al-Ukhrā'
1437 AH-19th March 2017

 $^{^4}$ 16th Jumādā al-Ukhrā' 1437 AH-26th March 2016

 $^{^{5}}$ 16th Jumādā al-Ukhrā'
1437 AH-26th March 2016

 $^{^6}$ 15th Rajab 1437 AH-23rd April 2016

⁷ 15th Rajab 1437 AH-23rd April 2016

- 91. A person falls into many sins due to anger. This is why dealing with and remedying it is vitally important. For this purpose, read Maktaba-tul-Madinah's booklet *Cure for Anger*.¹
- 92. Older people should not mention their illnesses unnecessarily.²
- 93. Taking part in *l'tikāf* conducted in the religious environment of Dawat-e-Islami is an excellent means of becoming pious.³
- 94. I love the Arab people, as the Prophet Muhammad مَلَّى اللَّهُ عَلَيْهِ وَاللهِ وَسَلَّمَ was Arab. 4
- 95. The beauty of one's face is increased by remaining in the state of ablution. May Allah grant us the light of righteous deeds.⁵
- 96. Imams who lead prayer should recite the supplication after salah in a lower voice, as many people are still praying then.⁶

¹ 13th Sha'bān 1437 AH-21st May 2016

 $^{^2}$ 13th Sha'bān 1437 AH-21st May 2016

 $^{^3}$ 13th Sha'bān 1437 AH-21st May 2016

⁴ 20th Sha'bān 1437 AH-28th May 2016

⁵ 26th Ramadan 1437 AH after tarāwīḥ - 1st July 2016

 $^{^6}$ 27th Sha'bān 1437 AH-4th June 2016

- 97. When a mindset is formed to acquire rewards for piety and one becomes passionate about this, performing voluntary acts of worship alongside the obligatory acts becomes easy.¹
- 98. The way to subdue the *nafs* is to oppose its demands.²
- 99. We should only take on an amount of work which we can handle and not become embarrassed.³
- 100. There is no book of spiritual wayfaring which does not mention the virtues of hunger.⁴
- 101. May Allah grant us such wellbeing by which we gain strength for worship.⁵
- 102. Recite the entire Quran in Ramadan. Set aside at least one hour daily for the recital of the Quran.⁶
- 103. No book of spiritual wayfaring is devoid of the excellences of silence.⁷

 2 1st Ramadan 1437 AH after tarāwīḥ-6th June 2016

¹ 27th Sha'bān 1437 AH-4th June 2016

³ 23rd Ramadan 1437 AH after tarāwīh-28th June 2016

⁴ 1st Ramadan 1437 AH after tarāwīh-6th June 2016

⁵ 1st Ramadan 1437 AH after tarāwīh-6th June 2016

⁶ 1st Ramadan 1437 AH after 'asr-7th June 2016

⁷ 1st Ramadan 1437 AH after 'asr-7th June 2016

- 104. Unnecessary glances here and there are not good. In fact, avoiding these with a good intention is rewardable.¹
- 105. It is not necessary to wear new clothes on Eid. According to the Sunnah, one can also wear sewn old clothes that have been washed.²
- 106. There is no longer a tendency to treat children with affection and compassion; this trend is not good.³
- 107. One should treat children with love and affection, understanding this to be sunnah and rewardable.⁴
- 108. آئڪنا پله I have natural affinity in showing love to children.⁵
- 109. Every moment is precious for a Muslim. Save them from being wasted.⁶
- 110. The truly wealthy person is he who performs righteousness.⁷

¹ 1st Ramadan 1437 AH after 'asr-7th June 2016

 $^{^2}$ 3rd Ramadan 1437 AH after 'aṣr-9th June 2016 $\,$

 $^{^3}$ 3rd Ramadan 1437 AH after 'aṣr-9th June 2016

⁴ 3rd Ramadan 1437 AH after 'aṣr-9th June 2016

 $^{^{\}rm 5}$ 3rd Ramadan 1437 AH after 'aṣr-9th June 2016

 $^{^6}$ 3rd Ramadan 1437 AH after 'aṣr-9th June 2016

 $^{^7}$ 10th Ramadan 1437 AH after 'aṣr-14th June 2016

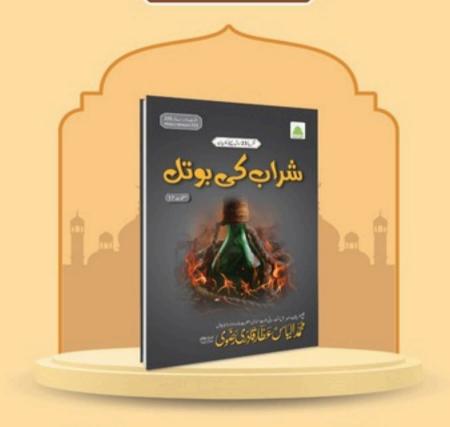
- 111. Children should be taught short and easy to memorise hadith. They should also be told stories of the pious. This will encourage them towards goodness.¹
- 112. If an animal is in pain, it is rewardable to help them.²
- 113. Whether minor or major, any sin can cast a person into Hellfire.³

¹ 9th Ramadan 1437 AH after 'asr-15th June 2016

² 16th Ramadan 1437 AH after tarāwīh-21st June 2016

 $^{^3}$ 16th Ramadan 1437 AH after tarāwīḥ-21st June 2016

Next Week's Booklet







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