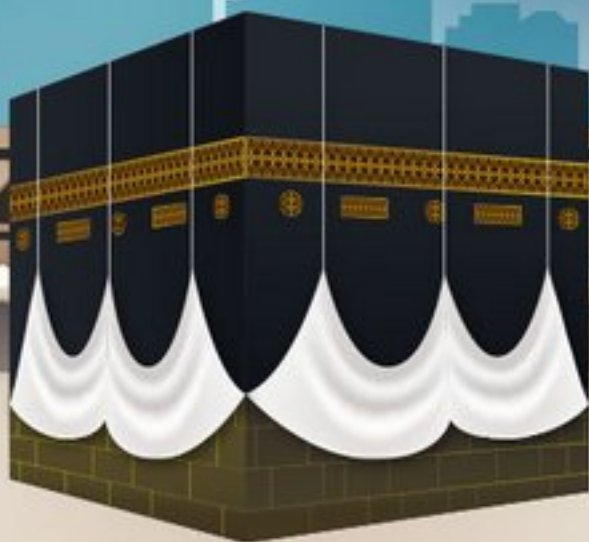


The Exalted First  
10 Days of the month of  
**HAJJ**



Thought-provoking speech of weekly  
sunnah-inspiring ijtima

(For Islamic Sisters)

**Muballighah must read the Bayan at least 3 times before delivering speech**

أَخْبَدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةَ وَالسَّلَامَ عَلَى سَيِّدِ الْمُرْسَلِينَ  
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## The Exalted First 10 Days of the month of Hajj

وَعَلَى إِلِكِ وَأَصْحِكِ يَا حَبِيبَ اللَّهِ      الصَّلَاةَ وَالسَّلَامَ عَلَيْكَ يَا رَسُولَ اللَّهِ  
وَعَلَى إِلِكِ وَأَصْحِكِ يَا نُورَ اللَّهِ      الصَّلَاةَ وَالسَّلَامَ عَلَيْكَ يَا نَبِيَّ اللَّهِ

*Please note that this speech was originally written for Islamic brothers, we have done necessary changes for Islamic sisters. It may be possible that some words could have been remained unchanged! If so, Muballighah should change the wordings accordingly at the time of delivering this speech. (Translation Department)*

## Excellence of Salat upon the Holy Prophet ﷺ

The Holy Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said:

زَيِّنُوا مَجَالِسَكُمْ بِالصَّلَاةِ عَلَيَّ فَإِنَّ صَلَاتَكُمْ عَلَيَّ نُورٌ لَكُمْ يَوْمَ الْقِيَامَةِ

*Adorn your gatherings by reciting Salat upon me, as your reciting of Salat upon me will be Noor for you on the Day of Judgement.*

*(Jami' Sagheer, pp. 280, Hadees 4580)*

Dear Islamic sisters, whenever we are blessed to participate in a gathering of Zikr and Na't and the pure name of the Beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ is mentioned, we should recite Salawat in order to attain blessings, so that our recited Salawat becomes Noor for us on the day of Judgement and a means of forgiveness.

صَلُّوا عَلَى الْحَبِيبِ      صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Dear Islamic sisters! Before listening to the Bayan, let's first of all make good intentions for attaining the Divine pleasure and earning rewards. The Beloved

Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ has said, 'يَبَةُ الْمُؤْمِنِ خَيْرٌ مِّنْ عَمَلِهِ' *The intention of a Muslim is better than his action.* (Al-Mu'jam-ul-Kabeer, vol. 6, pp. 185, Hadees 5942)

## An important point

For righteous and permissible work, the more we make good intentions, the more we attain reward.

**Note:** *The intentions mentioned below can be modified as per situation*

## Intentions of listening to the Bayan

1. Lowering my eyes, I will listen to the Bayan attentively.
2. Instead of resting against a wall etc., I will sit in reverential posture like that in Tashahhud as long as possible with the intention of paying respect to religious discourse.
3. I will make room for other Islamic sisters by folding my hands and limbs and by moving slightly.
4. If someone pushes me, I will remain patient and calm and avoid staring, snapping, and arguing with them.
5. When I hear تُؤَبُّوْا إِلَى اللَّهِ، اذْكُرُوا اللَّهَ، صَلُّوا عَلَى الْحَبِيبِ etc., I will reply in low voice with the intention of gaining reward and encouraging others to also recite.
6. After Ijtima, I will take the lead to say Salam and shake hands and make individual effort.
7. During the speech, I will avoid the unnecessary use of mobile phone.
8. Neither will I record the speech, nor any kind of voice as it is not permitted.
9. Whatever I listen I will act upon it and later on convey it to others. In this way, I will be privileged to propagate the call towards righteousness.

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Dear Islamic sisters! The topic of today's bayan is 'The Exalted First 10 Days of the month of Hajj', in which we will listen to the virtues of the month of Zul-Hijjah, the virtues of Ritual animal sacrifice, and the health benefits of meat alongside the harms of over eating it. We will also hear about worship in the first 10 Days of Zul-Hijjah, and the virtues of Zikr and Nafl fasts. May we gain the blessing of listening to the complete bayan with good intentions.

اٰوِيْنَ بِجَاہِ النَّبِيِّ الْاَوْمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوْا عَلَى الْحَبِيْبِ

## What has encouraged you to fast?

Sayyidatuna Aishah Siddiqah رَضِيَ اللهُ عَنْهَا states: There was a youngster who would listen to the prophetic Ahadees. When he saw the new moon of Zul-Hijjah, he kept a fast. When the Messenger of Allah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ heard of this, he صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ called him and asked: 'What has encouraged you to fast in these days?'

He replied: 'O Messenger of Allah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ! May my parents be sacrificed upon you, these are the days of Hajj and Ritual animal sacrifice, perhaps Allah Almighty will include me within the Du'as [of the pilgrims].'

The Messenger of Allah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ replied: 'The reward for each day of your fasting will be equivalent to the reward of freeing 100 slaves, sacrificing 100 camels, and giving 100 horses in the way of Allah Almighty. For the 8<sup>th</sup> day of Zul-Hijjah you will receive for the fast of that day the reward of freeing 2000 slaves, sacrificing 2000 camels, and giving 2000 horses as conveyance in the way of Allah Almighty. For the 9<sup>th</sup> day of Zul-Hijjah you will receive for the fast of that day the reward of freeing 1000 slaves, sacrificing 1000 camels, and giving 1000 horses in the way of Allah Almighty as conveyance.' (*Al-La'Ali Al-Masnoo'ah lis-Suyooti, vol. 2, pp. 91*) (However, 'it is Makruh for Hajjis (those performing Hajj) at 'Arafah to keep a fast on [the day of] 'Arafah (i.e. 9<sup>th</sup> Zul-Hijjah'). (*Bahar-e-Shari'at, part 5, vol. 1, pp. 1010*)

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوْا عَلَى الْحَبِيْبِ

## What should you do in the first 10 days of Zul-Hijjah?

سُبْحَانَ اللَّهِ You have heard the extent to which the first 10 days of Zul-Hijjah are full of blessings and mercies, in which the mercy of Allah Almighty descends in abundance upon the bondsmen. Whichever fortunate Muslim is successful in keeping fasts from the 1<sup>st</sup> of Zul-Hijjah to the 9<sup>th</sup> of Zul-Hijjah for the sake of Allah Almighty, Allah Almighty gives her the reward equivalent to freeing thousands of slaves, sacrificing (performing Ritual animal sacrifice of) thousands of camels, and giving thousands of horses in the way of Allah Almighty.

Dear Islamic Sisters! Just think! If this is the reward attained for keeping a single fast within these blessed days, then what would be the reward for the fortunate Islamic sisters who spend these days performing different types of worship like fasting in the day and worshipping in the night, and who can imagine the various bounties Allah Almighty will bestow upon them with! Therefore, do not by any means spend these 10 days in negligence. We should busy ourselves in worship and we should fast every day except for the 10<sup>th</sup> of Zul-Hijjah, as it is Makruh Tahreemi and a sin to fast on the 10<sup>th</sup> of Zul-Hijjah. *(Bahar-e-Shari'at, vol. 1, pp. 967, summarised; Durr-e-Mukhtar, vol. 3, pp. 391, summarised)*

Dear Islamic Sisters! There are countless religious and worldly benefits of keeping Nafil fasts and the reward for them is so immense that one feels like devoting oneself to fasting continuously. For example, protection of one's Iman, salvation from the Hell-fire, attaining of Paradise, saving money and time by fasting which are spent on eating within the daytime, keeping the stomach healthy, and protection from numerous illnesses. The greatest benefit is that Allah Almighty becomes pleased with the fasting person, thus we should attempt to keep some fasts every month, especially on Mondays, Thursdays and on Ayyam-ul-Bid' (meaning the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of every Islamic month) as it is also a Sunnah.

Umm'-ul-Mu'mineen Sayyidatuna Aishah Siddiqah رَضِيَ اللَّهُ عَنْهَا states: The Messenger of Allah صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would fast on Mondays and Thursdays. *(Tirmizi, vol. 2, pp. 186, Hadees 745, summarised)*

Sayyiduna Ibn Abbas رَضِيَ اللهُ عَنْهُمَا narrates: The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would always fast during 'Ayyam-ul-Bid' whether he was in the state of travelling or not. (Nasa'ee, pp. 386, Hadees 2342)

The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ stated: If you want to fast three days in a month, fast on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup>. (Tirmizi, vol. 2, pp. 193, Hadees 761)

Ameer-e-Ahl-e-Sunnat, Allamah Maulana Muhammad Ilyas Attar Qadiri رَضِيَ اللهُ عَنْهُمَا, whilst developing an enthusiasm to perform voluntary worship in the Madani In'amaat, encourages us to keep a fast every Monday, thus Madani In'aam number 50 states: *Did you observe Fast on Monday (or any other day if you could not on Monday) this week?*

أَلْحَمْدُ لِلَّهِ many Islamic sisters observe fast on Mondays. Therefore, we should also make it a habit to fast on Mondays and be included amongst those attaining its benefits.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

## Madani In'aam Number 17

Dear Islamic sisters! In these 10 days of Zul-Hijjah, recite the Holy Quran in abundance, keep your tongues moist in Zikr and Durood, perform Nafil worship abundantly, stay awake in the nights worshipping Allah Almighty, refrain from sinning and save others from sins, and spend wholeheartedly in the way of Allah Almighty. Partake in the Madani work of Dawat-e-Islami yourself and invite other Islamic sisters to do the same through individual efforts. We gain the pleasure of partaking in individual efforts and other Madani work as well with the blessing of the Madani In'amaat. Thus, Madani In'aam number 17 states: Today, did you try to convince at least two Islamic sisters through Infiradi Koshish [individual effort] towards Madani In'amaat, the Sunnah-inspired Ijtima', and other Madani activities?

May Allah Almighty give us the enthusiasm to do the Madani work of Dawat-e-Islami and encourage others to also do the same!

أُوْمِيْنَ بِجَاهِ النَّبِيِّ الْأُوْمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Dear Islamic sisters! Zul-Hijjah is the 12<sup>th</sup> month of the Islamic year and is included amongst the sacred months, meaning the months of reverence which are four (4): (1)Zul-Qa'dah (2) Zul-Hijjah (3) Muharram-ul-Haraam and (4) Rajab-al-Murajjab. The greatest of these is Zul-Hijjah, and the virtues of its first 10 days and nights in particular are abundant.

The Holy Quran has taken an oath by the first 10 days of this month. In verse 1-2 of Surah Al-Fajr in Part 30 Allah Almighty states:

وَالْفَجْرِ ۝  
وَلَيَالٍ عَشْرٍ ۝

**By that dawn. And by the ten nights.**

*[Kanz-ul-Iman (translation of Quran)] (Part 30, Surah Al-Fajr, Verse 1-2)*

Sayyiduna Abdullah Bin Abbas رَضِيَ اللهُ عَنْهُمَا states: The ten (10) nights intended here are the first 10 nights of Zul-Hijjah as this is the time when the actions of Hajj are carried out. *(Khaazin, Al-Fajr, Taht-al-Ayah, vol. 4, pp. 401)*

الْحَمْدُ لِلَّهِ In various places in the blessed Ahadees the virtues of these ten (10) days and nights have also been mentioned. Let's hear 5 blessed sayings of the Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ for encouragement:

1. No day is more Beloved to Allah Almighty than the 10 days of Zul-Hijjah, and no good deed performed on any other day is more beloved to Allah Almighty than the good deed performed in these days, therefore recite تهليل (i.e. لَا إِلَهَ إِلَّا اللَّهُ), تكبير (i.e. اللَّهُ أَكْبَرُ) and تحميد (i.e. الْحَمْدُ لِلَّهِ) in abundance within these days. *(Musnad Ahmad, vol. 2, pp. 365, Hadees 5447)*
2. No day is greater in the court of Allah Almighty than the ten days of Zul-Hijjah. *(Ibn-e-Habbaan, vol. 6, pp. 62, Hadees 3842)*
3. Worship of Allah is more liked during the (first) ten days of Zul-Hijjah than any other day. The fast of each one of these days (excluding 10<sup>th</sup> Zul-Hijjah) is equivalent to a year's fasts and the standing for Salah during any one of these nights (including 10<sup>th</sup> Zul-Hijjah) is equivalent to standing for Salah on Layla-tul-Qadr. *(Tirmizi, vol. 2, pp. 192, Hadees 758)*

4. There is no other day greater and more favoured to Allah Almighty than these 10 days of Hajj, thus within these days recite **أَلْحَمْدُ لِلَّهِ، سُبْحَانَ اللَّهِ، لَكَ إِلَهَ إِلَّا اللَّهُ** and **اللَّهُ أَكْبَرُ** in abundance. It is stated in one narration that recite **لَكَ إِلَهَ إِلَّا اللَّهُ، أَلْحَمْدُ لِلَّهِ، سُبْحَانَ اللَّهِ** and do Zikr of Allah in abundance in these days, fasting for one of these days is equivalent to fasting for one year and actions in these days are multiplied by 700. (*Shu'ab-ul-Iman, vol. 3, pp. 356, Raqm 3758*)
5. The good deed done in the ten days of Hajj is more beloved to Allah Almighty than the good deed done on other days. The Sahabah **رَضِيَ اللَّهُ عَنْهُمْ** asked, 'O Messenger of Allah **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ**, Not even fighting in the way of Allah Almighty?' He replied: 'Not even fighting in the way of Allah Almighty, except for the one who leaves with his life and wealth but doesn't return with either of these.' (*Bukhari, vol. 1, pp. 333, Hadees 969*)

**صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ**

Dear Islamic sisters! Try to increase your good deeds as much as you can within these 10 days of Zul-Hijjah. Protecting your tongue from uttering useless talk, keep it moist in the Zikr of Allah as there are numerous benefits of doing the Zikr of Allah Almighty. Let us listen to some of them:

- These words are beloved to Allah Almighty: **أَلْحَمْدُ لِلَّهِ، سُبْحَانَ اللَّهِ، لَكَ إِلَهَ إِلَّا اللَّهُ، اللَّهُ أَكْبَرُ** (*Tirmizi, Bab 60, vol. 5, pp. 286, Raqm 3473*)
- By reciting any of these **اللَّهُ أَكْبَرُ، لَكَ إِلَهَ إِلَّا اللَّهُ، أَلْحَمْدُ لِلَّهِ، سُبْحَانَ اللَّهِ** a tree gets planted in Paradise. (*Ibn-e-Majah, vol. 4, pp. 252, Raqm 3807*)
- 20 good deeds are written for reciting **سُبْحَانَ اللَّهِ** and 20 sins are removed. (*Mustadrak, vol. 2, pp. 192, Raqm 1929*)
- 20 good deeds are written for reciting **لَكَ إِلَهَ إِلَّا اللَّهُ** and 20 sins are removed. (*Ibid*)
- 20 good deeds are written for reciting **اللَّهُ أَكْبَرُ** and 20 sins are removed. (*Ibid*)

- 30 good deeds are written for reciting **الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ** and 30 sins are removed. *(Ibid)*
- **لَا إِلَهَ إِلَّا اللَّهُ** is the key to Paradise. *(Musnad Ahmad, vol. 8, pp. 257, Raqm 22163)*
- Reciting **سُبْحَانَ اللَّهِ** fills half the *Meezan* (scale of deeds).
- Reciting **الْحَمْدُ لِلَّهِ** fills the whole *Meezan* (scale of deeds).
- **لَا إِلَهَ إِلَّا اللَّهُ** is the greatest form of Zikr. *(Ibn-e-Majah, vol. 4, pp. 248, Raqm 3800)*
- **الْحَمْدُ لِلَّهِ** is the greatest Du'a. *(Ibid)*

**صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ**

Dear Islamic sisters! We have just heard the virtues of doing the Zikr of Allah Almighty. From the Ahadees mentioned prior to that, we come to know that the first ten (10) days of Zul-Hijjah are very dignified. The deed carried out on these days is very much favoured by Allah Almighty, these days are highly virtuous, the fast of each of these days, apart from the prohibited day, is equivalent to fasting for a year, and standing for worship in any of these nights is equivalent to standing for worship on Layla-tul-Qadr. The actions carried out within these days are very sanctified and rewarding. A good deed carried out on one of these days is multiplied by 700. In summary, the first ten (10) days of Zul-Hijjah are filled with many virtues, blessings and specialities.

These days arrive every year after eleven (11) months in the sacred month of Zul-Hijjah and leave after distributing their blessings. How regretful it is that some people spend these days, like all the other days, in negligence. Rather they are, **مَعَاذَ اللَّهِ** deprived from their Farz Salahs and performing many good deeds. May Allah Almighty have mercy on the helpless condition of the Muslims, wake them from the sleep of negligence and make them value these ten (10) days of Zul-Hijjah, granting them the *Taufeeq* to spend these days performing the maximum amount of good deeds.

اٰمِيْنَ بِجَاہِ النَّبِيِّ الْاَمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

**صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ**

Dear Islamic sisters! As soon as Zul-Hijjah arrives, it awakens the memories of the Sunnah of Sayyiduna Ibrahim عَلَيْهِ السَّلَام. Every year millions of Muslims in this blessed month are seen willing to fulfil the command of Allah Almighty, the Sunnah of the Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ and Sayyiduna Ibrahim عَلَيْهِ السَّلَام. Therefore the Muslim who has the ability to perform Ritual animal sacrifice, should, with the intention of gaining the pleasure of Allah Almighty and fulfilling the Sunnah of Sayyiduna Ibrahim عَلَيْهِ السَّلَام, perform the obligation of Ritual animal sacrifice from Halal wealth, as this is a very great blessing.

Allah Almighty states in Verse number 2 of Surah Kawsar, Part 30:

فَصَلِّ لِرَبِّكَ وَأَنْحَرْ ط

**So you offer Salah for your Lord, and sacrifice.**

*[Kanz-ul-Iman (translation of Quran)] (Part 30, Surah Al-Kawsar, Verse 2*

The famous Mufassir of the Holy Quran, Imam Fakhruddin Razi رَحْمَةُ اللهِ عَلَيْهِ writes under this Verse: The Hanafi scholars have taken this verse as a proof that Ritual animal sacrifice is Wajib. *(Tafseer Kabeer, vol. 11, pp. 318)*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

Dear Islamic sisters! The noble Ahadees are filled with mention of the excellences of Ritual animal sacrifice. Let us listen to four (4) blessed sayings of the Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ regarding the excellences of Ritual animal sacrifice:

1. He who performs Ritual animal sacrifice of an animal attains the reward of one good deed in exchange for each hair of the sacrificed animal. *(Tirmizi, vol. 3, pp. 126, Hadees 1498)*
2. He who wholeheartedly performs Ritual animal sacrifice of an animal for the sake of reward, his Ritual animal sacrifice will serve as a barrier between him and hellfire. *(Mu'jam Kabeer, vol. 3, pp. 84, Hadees 2736)*

3. The Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ told his beloved daughter, Khatoon-e-Jannat: O Fatimah! Stay near your sacrificial animal because your sins will be forgiven as soon as the first drop of its blood falls. *(Sunan Kubra Lil-Bayhaqi, vol. 9, pp. 476, Hadees 19161)*
4. Man does not perform a good action on the day of Ritual animal sacrifice more beloved to Allah than spilling blood. On the Day of judgement, it will appear with its horns, hair and hooves, and indeed the blood of the Ritual animal sacrifice is accepted by Allah Almighty before it even falls upon the earth, so perform the Ritual animal sacrifice wholeheartedly. *(Tirmizi, vol. 3, pp. 162, Hadees 1498)*

‘Allamah Shaykh ‘Abdul Haq Muhaddis Dihlvi رَحْمَةُ اللهِ عَلَيْهِ has said: ‘The Ritual animal sacrifice (sacrificial animal) will be placed on [the side of] the scale of good deeds of the one (Muslim) carrying out the Ritual animal sacrifice, due to which the weight of the scale of good deeds will be heavier. *(Ashi‘a-tul-Lam‘aat, vol. 1, pp. 654)*

Sayyiduna ‘Allamah ‘Ali Qaari رَحْمَةُ اللهِ عَلَيْهِ said: ‘Then the sacrificed animal will serve as his ride by which this [who performed the sacrifice] will pass over the Bridge of Sirat easily and every limb of the sacrificed animal will become Fidyah [an expiation] (for freedom from the hellfire) for every part of its (Muslim) owner’s body.’ *(Mirqat-ul-Mafatih, vol. 3, pp. 574, Taht-al-Hadees 1470; Mirat-ul-Manajih, vol. 2, pp. 375)*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

Dear Islamic sisters! We learn from the aforementioned Ahadees that on Eid day, Allah Almighty grants those fortunate people fulfilling the obligation of Ritual animal sacrifice one good deed in exchange for each hair of their [sacrificed] animal. The ones offering Ritual animal sacrifice gain salvation from the fire of Hell. Their sins are forgiven even before the first drop of blood of the animal is spilt on the earth. On the Day of Judgement, the Ritual animal sacrifice will be placed on [the side of] the scale of good deeds, which will become heavier and the person (Muslim) performing Ritual animal sacrifice will mount his animal and cross the Bridge of Sirat with ease. Therefore, Ritual animal sacrifice is Wajib for every adult Muslim, Muqem

(resident), male and female who is owner of the Nisab (financial threshold amount). An owner of the financial threshold amount is the one who possesses 52.5 Tolas of silver or an equivalent amount in money or business stock or possessions excluding the basic essentials. Further, she must not owe such an amount of debt to Allah Almighty or to the people which if she were to pay, she would no longer remains the owner of the financial threshold amount.

Therefore she should fulfil the obligation of Ritual animal sacrifice wholeheartedly, alongside learning about the matters relating to Ritual animal sacrifice, as whosoever is legally obligated to perform Ritual animal sacrifice, then learning regarding the matters of Ritual animal sacrifice is also necessary for her.

صَلُّوا عَلَى الْحَبِيبِ      صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Dear Islamic sisters! We were listening to the virtues of the month of Zul-Hijjah and Ritual animal sacrifice. Generally, on the occasion of Eid-ul-Adha, due to the abundance of meat, there is almost no trend of cooking lentils and vegetables, and more preference is given to cooking meat. As a result of this, we become deprived of the benefits of meat which we were due to attain, because of its over-consumption. Whilst falling prey to excessive meat consumption, we are left with no choice but to visit the doctors. Therefore, adopt moderation in regards to consuming meat, and in order to minimise the harmful effects of meat, ensure to cook vegetables alongside it. Let us listen to some health benefits of meat and the harms of overeating it.

## Health benefits of Meat

Herbal doctors have said:

- Eating meat supplements 70 strengths (of the body).
- It increases the strength of the eyesight
- Meat beautifies the complexion of the body
- It prevents obesity

- It improves character and traits
- The meat of the neck is the finest, delicious, quickly digestible and light.
- The meat of the foreleg is the lightest, very delicious, quickly digestible and free from illnesses.
- For eating on a general basis, it is better to eat meat cooked with curry (*shorba*).
- The best meat is that of a male goat, the meat of its foreleg and shoulder blade are two places where the meat fibres do not fatten, such meat boils quickly and is delicate.
- The meat fibres in the back fatten less than those in the thigh, the elements which produce blood are found within it.
- Meat provides growth for the body whilst giving it strength.
- The benefits of meat differ according to the animal.
- The meat of a Doe (female goat) produces fresh blood and is beneficial for those with a hot temperament.

## Harms of the over consumption of meat

Let us also listen to the harms of excessively eating meat:

- Remember! Eating meat more than two or three times a week is harmful for the human body.
- Eating the meat of a large animal in excess is asking for trouble as the gums and teeth are damaged by eating it.
- Eating too much meat increases uric acid within the kidneys and the kidneys cannot release it with ease.
- The over-consumption of meat is also harmful for the liver.
- The possibility of cancer is increased by eating a large amount of meat.

Thus wellbeing lies in a person recognizing the value of her health. Do not accustom yourself with pleasurable and tasty delights, those fried in oil or ghee and fatty foods. Keep in mind the destructions caused by overeating meat whilst keeping your *Nafs* in control. Be cautious when eating meat, especially be extra cautious when eating at feasts so that you refrain from the harms of over eating meat. May Allah Almighty grant us the *taufeeq* of adopting moderation in every permissible action, including eating.

أَمِينٌ بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

## Some Madani pearls of cutting nails

Dear Islamic sisters! Let's listen to some Madani pearls from the booklet of Shaykh-e-Tareeqat, Ameer-e-Ahl-e-Sunnat, the founder of Dawat-e-Islami, 'Allamah Maulana Abu Bilal Muhammad Ilyas Attar Qaadiri Razavi دَاعَتْ بَرَكَاتُهُ *'101 Madani Pearls'*

- It is Mustahab [preferred] to cut nails on Friday. However, one should not wait until Friday if the nails have grown long. *(Durr-e-Mukhtar, vol. 9, pp. 668)*  
Sadr-ush-Shar'iah, Badr-ut-Tareeqah, Maulana Amjad 'Ali A'zami عَلَيْهِ رَحْمَةُ اللَّهِ الْقَوِي says, 'It is narrated that whoever cuts his nails on a Friday, Allah عَزَّ وَجَلَّ will protect him from calamities until the next Friday, as well as for three more days after that, i.e., for 10 days. In one narration, it is also stated that whoever cuts his nails on Friday, [for him] mercy will come and sins will go.' *(Durr-e-Mukhtar, Rad-dul-Muhtar, vol. 9, pp. 668; Bahar-e-Shari'at, vol. 16, pp. 225-226)*
- The following is the summary of the narrated method of cutting the nails: Begin with the index finger of the right hand and cut your nails in order up to and including the little finger but do not cut your thumb nail. Then beginning with the small finger of the left hand, cut your nails in order up to and including the thumb. In the end, cut the nail of the right thumb. *(Durr-e-Mukhtar, vol. 9, pp. 670; Ihya-ul-'Uloom, vol. 1, pp. 193)*

- No specific order of cutting the toe nails has been narrated. It is better to start from the smallest toe of the right foot and cut in order including the big toe, then cut the nails of the left foot in order beginning with the big toe up to and including the small toe. *(Durr-e-Mukhtar, pp. 670)*
- It is Makruh [disliked] to cut the nails in the state of Janabat, i.e., when Ghusl is Fard on someone. *(Fatawa 'Aalamgiri, vol. 5, pp. 358)*
- It is Makruh [disliked] to bite the nails with the teeth; there is a fear of being inflicted with leprosy in doing so. *(Fatawa 'Aalamgiri, vol. 5, pp. 358)*
- The nails should be buried after being cut. *(Ibid)*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ