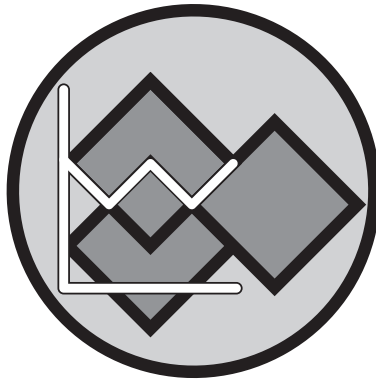


JOY WRITING

Book 1

**Soul Food: Nourishment through
knowledge**



By Arafat Latif

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Bismillah hir Rahman nir Raheem

In the name of Allah the most beneficent the most merciful

**This book has no full stops
Enjoy reading as I'm joy writing**

Imaan - belief

**The belief of the One
In his messenger Muhammad Pbuh (Peace be upon him)
In the divine revelation of the Quran
Something strange you will become
Strength beyond strength
A powerful path
The heart illuminated
Glad tidings to the strangers
For holding on to the religion
A minority amongst many
Defending the divine way
Chosen by Allah to invite others
Free them from the fire
A direction their headed towards
Salvation is in the acceptance of Islam
To be followed and bear fruit of action
Knowledge to be attained is a life long struggle
The path of seeking knowledge
Is made easier to achieve the Gardens
The Sunnah prophetic wisdom and path
Along with the divine words of the Quran
Will anchor you firmly
Every things going to be alright
Faith makes it worthwhile
This belief will overcome and dominate**

**The path of heart will be Islam in action
Allah will guide whom he chooses
Sincerity is what brings understanding
Sincere approach to discover Islam
Every soul seeks freedom
Your life will become more difficult
But Allah will not overburden you
The difficult path builds strength
Training in the midst of the darkness
The Quran and the Sunnah is the light of the heart
Cold dark world cursed and forsaken
Islam is the means to salvation**

Monotheism

**The original monotheist
Ibrahim PbuH on the straight path
The straight path is to worship only Allah
All the prophets pbut were muslim on the straight path
There can be only one Deity
Allah is one and alone
There is no one like Allah
The shaitan leads people astray to worship many false gods
leading away from the worship of the one true creator
There can be no sharing in divinity
Neither can you associate others to the divine
Enlightenment is knowing there is only One divine being
The heart knows the truth of the oneness of Allah
The heart seeks to return to Allah
This life is a test and a trial
Only Allah is to be singled out for worship
Only Allah is worthy of worship
The divine attribute of being alone, one, unique, singular,
separate
Is a reality of the Almighty Allah
Allah is eternal without a beginning or an end
Allah exists beyond our scope of senses
Allah is closer to you than your jugular vein**

Allah sees everything anywhere at any moment
Allah is all hearing
Allah is all knowing
Allah is all that is good
The source of all peace is the divine
Allahs divine attributes are only for Allah some of which people
can have a small part of
There is only One Divine being that is Allah SWT

Marriage

A sacred relationship between a man and woman
Any other type of marriage is a violation and a transgression
This institution is based on honour, loyalty, love, mercy and
truthfulness
It allows the right of offspring to be fulfilled
It is the means by which mankind can continue to increase in
number towards goodness
Every person is recommended to get married when they can be
responsible enough to provide and look after their needs in a
halal way
Marriage increases wealth
It builds a persons health and comfort
There is joy and happiness with contentment
Marriage allows the fulfillment of the bodies needs in a proper
manner
The life of the married is blessed when each party knows their
place
Every man should try for his progeny
Love and affection are at the heart of this relationship
A difficult task it can be
However it is worthwhile, recommended and revered
Marriage makes the best friendship between a man and woman
There can be no deviancies, immorality or perversions in a
sound marriage
Any which way to approach your wife as long as it's in the V
Marriage is a way closer to reaching the blessings and approval
from the Almighty

Allah forgives the husband and wife when they look in each other's eyes with love and affection.

It is a means to stay purified and protect oneself from iniquity

Marriage is the best relationship people can have amongst each other

Marriage protects the soul and brings you closer to Allah

Prayer – Salaat

A key pillar of the religion

Designed to humble and purify

It is the way that the Creator wants to be worshipped

Taught by the noble messenger Jibreel the arch angel

To the Holy Prophet Muhammad PbuH

It is the Sunnah to perfect the prayer and to establish the prayer

5 times a day is mandatory at the prescribed times

Anything above that is recommended

It is the means to talk to the Creator

And the means by which the Creator talks to his slaves

The prayer is designed to remove impurities and sins that a person accumulates over the course of a day

The prayer is a positive means to seek perfection and peace

Prayer is designed to improve the mental capacity and memory of a person

There is no difference in prayer for men and women

Prayer is essential to achieving success

One who prays with concentration and attentiveness is closer to the Creator

Tranquil and calm approach is necessary to the commencement of prayer

The best prayer is in congregation in the sacred Masjid at Mecca

The key to prayer is purification by using water for wudhu ablution

The prayer allows a person to seek knowledge that is beneficial to the heart

Prayer brings many blessings into a person's life

For a prayer to be accepted it has to be with the intention of only worshipping Allah

The prayer must be performed according to the Sunnah otherwise it is rejected

The direction of the prayer is towards the center of the earth that is the Ka'aba

Prayer brings humility, submissiveness and grace to a person towards the Creator

Prayer allows a person to seek the forgiveness of Allah and brings the mercy of Allah into their life

Prayer has four key components, the Qiyaam standing before Allah, the Rakooah which is a deep respectful bowing for Allah, the sajoorah which is the prostration for Allah and tashahud which is the sitting before Allah

Prayer makes a person humble, gentle and strong

Prayer builds a strong connection to the divine

It allows power to be built and balanced so as not to be overcome by the power

The language of the prayer is only Arabic, this is essential and mandatory

Prayer praises and gives thanks to the Almighty Allah for everything that a person has been blessed with

Prayer makes a person soft hearted and receptive towards knowledge

It allows a person to raise his status amongst the creation and brings love and respect to a person's life from the Creator

The creation loves when a person prays to the Creator

Love is instilled in the hearts of people and brings respect to oneself and to others

There is only equality between people when they pray before Allah

A king or a pauper are all equal in sight before the Creator when in the stages of prayer

A person can only excel from another due to having taqwa fearing Allah and righteousness

The prayer allows all that is good to be attained by a person

Prayer makes a person God conscious and protects a person from immorality

**Standing before the Creator in prayer is what makes a person abstain from evil and sins during the times between prayer
Prayer is good for the mental, spiritual, emotional and physical health**

Prayer opens the doors of mercy and brings many benefits in the form of insight, wisdom and profound knowledge

Prayer is mandatory for every sane and able person once they have achieved puberty

Prayer must be established and performed every day 5 times a day till you reach death except where one is no longer able to pray due to either extreme sickness or insanity

Prayer is one of the rights of Allah so fulfil your rights

Walking to the masjid for prayer removes sins and increases your status with every step

Using siwak before prayer is 70 times better than not using a siwak

Prayer is 27 times better in congregation than praying at home

The prayer is beloved to Allah and to the worshipper

Once a person begins to pray 5 times a day then they cannot live without the prayer in their life

The abandonment of prayer is that which is between kufr disbelief and shirk

Learn the prayer, understand its meanings and learn Arabic

The night prayer tahajjud is the most loved prayer after the 5 obligatory prayers, it removes stress, worries and sickness from the body and brings noor light into a person's face and being.

Prayer is for only Allah SWT

Taqwa

**The fear of Allah in that which brings goodness to a person's life
Being God conscious in each act that you undertake**

Enjoining good and accepting what is halal

Forbidding evil and abstaining from what is haram

Abstinence and self-restraint from that which brings harm

Allowing and accepting the blessings of Allah in moderation

Enjoying the pleasures of the world in moderation and that only which is permissible

Love for the Divine being, Allah knowing that Allah is the One that provides all good
Piety in the form of righteousness that is without the interest of the self and only for the sake of Allah
Devout and devoted to the path of Islam seeking knowledge to the heart
Action of the knowledge is the fruit that is the sweetest nectar
Brings benefit to oneself and to others as well
It is the means by which one can protect, preserve, safe guard and shield oneself from the fitna of this world
It acts as a barrier to evil and allows well being to be attained
Being careful and preventing wrong doing and wrong action
Ensuring to act and speak in a way that is pleasing to Allah
The tongue is what needs to be purified and controlled
Majority of the sins of the children of Adam are due to ill speech
Say a straight word or remain silent
to protect oneself from sin through life's dangerous journey so that one can successfully complete the journey unscathed by sin
Struggle and remove the harm from the path to ensure no damage is done to a person's body, soul and mind
Restrain, abstain and refrain from that which displeases Allah
The keeping of trusts, faithfulness and patience
Having Taqwa brings the good life in this world and the reward in the hereafter
One must have knowledge of what is forbidden haram and what is disliked and that which is doubtful so one can protect themselves and their loved ones

Judgement Day – Qiyama

A heavy day
A day of regrets, the day when the evil and wicked will regret their words and actions and the good and righteous will regret not doing more good
All of mankind from Prophet Adam pbuh all the way to the last people to die will be resurrected and brought forward to meet Allah
A meeting between the Creator and all of creation

**For justice to be delivered to each soul
This is the day in which you reap what you have sowed
The reward or the punishment will be met out
The scales of people will be set out to balance their good and bad deeds
The book of deeds will be given either in the right hand for the successful or the left hand for the losers
The only shade on this day will be the shade of Allah
The people will be able to see Allah like the full moon in the night sky
A difficult day of terror and horrors for the evil and wicked
A sense of dread and impending doom for them
There will be no fear for the believers although it will be a frightening day
The light of the believers will shine forth
the hypocrites and the disbelievers will want that light
The arrogant will be raised like the size of ants
trampled and trod on by others
The sun will be brought closer to the earth
The earth will be a flat white plain like sand with no monuments of hills trees or mountains
the people will be gathered together in crowds
as the sun is closer the people will sweat some more than others
The shade will only be from Allah for certain groups of people
The majority of people will be in distress and anguish
The hellfire will be brought forward and people will stare at it in terror
The Prophets pbuh on this day will be concerned for themselves
Only the leader of mankind the Prophet Muhammad pbuh will be concerned for his ummah
The animals will be the first to be judged for any injustice
When the animals have been judged they will be turned to dust
The disbelievers will wish they too could be turned to dust
As though they never existed due to the punishment that is inevitable for the disbeliever
This heavy day will be a divine day of 50,000 years
The people will be anxious for the judgement to commence
As they will be in frustration due to the conditions of this day**

**The people will rush to the best of them the Prophets pbuh
To ask Allah to commence the judgement
Each Prophet will tell the people to go to some other prophet
As they have never known the anger of Allah to be so great as it
is on this day
The people will end up finally at the hands of the Prophet
Muhammad pbuh
As all other prophets will tell the people to go away and seek
some other noble messenger
The Prophet Muhammad pbuh will prostrate to Allah and
besech Allah to commence the reckoning
Allah will accept the supplication of the Prophet Muhammad
pbuh and the judgement will commence
Some faces will be bright looking towards Allah
Others will have gloomy faces worried about the looming
punishment
woe and more woe and even more woe
This day no one will have any injustice met out to them
The people will reap what they sowed in the dunya
Those that prepared for the hereafter and the meeting with
Allah will be the ones who will reach success
Those that neglect the hereafter and chose the wordly life over
the hereafter will regret and suffer the consequences
Build your hereafter
Holding fast to the Quran and Sunnah
This is the way**

Death

**The certainty that everyone agrees on
A passing transition from one world to another
It should be remembered frequently
For it advises a person of the coming hour
Death has no age
It can strike at any time at any place
No one is safe from the angel of death
Death arrives closer each passing day**

**A doorway to another realm
Every soul shall taste death
If it is alive it has an expiry date except for Allah Almighty
Death is the killer of all pleasures
Do not fear death for it is inevitable
The death of the believer is a release from the prison of this world
Freedom is attained for the believer with death
The onset of death allows a person to prepare for their meeting
Sudden death is a shock and heartache for the survivors
Death brings with it many difficulties for others
If a single death is caused by a person such as killing it is as if they have killed all mankind
Death brings with it grief and sorrow for some days for the survivors
Death teaches people about the momentary temporary existence of this worldly life
Life after death is eternal and everlasting
Death can teach wisdom to people about the nature of this world
The real form of the angel of death is terrifying
Death calls to everyone and collects their souls wherever they are
Death can be taken from many places at once by the angel of death calling to each mortal whose time is up
The death pangs are a difficult test for anyone
Death allows a person to finally meet and see the creation of the unseen such as angels of mercy or angels of punishment
Death takes you back finally to the meeting with your Creator Allah SWTs**

Family

**The structure of this group of people is fundamental to the success of the community
The family life is the recommended life
The head of the house is the father and the caretaker of the house is the mother
The family unit requires the relationships to be sound and safe**

The family life is the means by which the children can nourish, grow and obtain the necessary conditions to become complete members of the community

Every family requires good sound knowledge of the self and the world, this will bring many blessings into their life

The family unit requires the mother and father to be the ones guiding the young towards that which is proper, good and righteous

Each person in the family looks after one another and brings something of value whether it be humour, advice, a gift or wealth to the table

The family unit is the basic structure of the community that allows the functioning of society to perform at its inherent level

The father provides provision by going out into the world and seeking sustenance for his family

The mother provides advice and support to the father and children and looks after the home and all its affairs

The children bring joy, happiness and amusement into the household

They are the means by which the father seeks to put food on the table for the family

The children create love and mercy in the adults so that a portion of Allah's mercy and love is spread amongst the household

The blessings of Allah are abundant and numerous, the barakah is best found in the family life.

It is important to note that the well balanced family requires the head of the house hold to be strong, sound and knowledgeable of Allah's divine injunctions and orders.

The Angels

Malaika are the unseen beings of creation

They are numerous in number as many as the rain drops

Or even greater in number than all the stars in the sky

They are robotic with no free will

They cannot disobey the Creator

They are designed to carry out the duties of Allah for specific purpose

Some are so large in size that the distance between the earlobe and the shoulder is many years of travel

These angels are the ones that carry the throne of Allah

Some Angels are designed to carry out only worship of Allah

An angel maybe in prostration sujood for their entire existence

The arch angels are Jibreel, Mikaeel, Israfeel and Malik al maut

Jibreel brings the noble message from Allah to the Prophets

Pbut

Jibreel is also the teacher and guide of all the Prophets pbut

Jibreel can also bring the divine punishment to this dunya

Mikaeel brings the wind and the rain to the different parts of the world

Israfeel is tasked with blowing the trumpet to commence the destruction of the entire universe and then on the second blow of the trumpet to resurrect the people for the commencement of Judgement day

Malik al maut the angel of death collects the souls of the people wherever they may be bringing death to each soul

The angles that guard the hellfire are 19 in number

Mountains have angels that are present over them

The angels seek out gatherings of people where Allah is being remembered and praised

The angels that guard the believer when he leaves his home

And the angels that visit the Sacred place bait al mamoor a visit made only once

Imaan again

Imaan belief resides in a person's heart

Having firm belief in the oneness of Allah that there is no deity worthy of worship except Allah and that Allah is alone, One and the everliving

Imaan is necessary for the completion of faith

The belief in Allah, the messengers pbut, the books of Allah, the angels, jannah and jahannam and the day of judgement and the predestination and divine decree of Allah

Belief in the five pillars and 6 articles of faith are the basis of the deen

imaan increases and decreases as a person lives throughout the day

Imaan is renewed by remembering Allah, salat, fasting and sadqah doing good righteous deeds, all this renews imaan in a person's life

Imaan can decrease as a person becomes preoccupied in the worldly life with material gain and objects that divert one from the remembrance of Allah

Just as a piece of cloth gets worn out so does imaan, however imaan can be refreshed and renewed as mentioned earlier

It is important to have the correct belief for one's actions to be accepted by Allah

The proper intention and the right course of action with the correct belief leads to the acceptance of deeds by Allah otherwise your actions may be rejected

The heart is the vessel for imaan to reside and this needs to be polished and kept soft and the means to receive knowledge as the heart knows and the fruit is righteous action

Belief is essential to knowing and understanding Allah and the attributes of Allah

Believing that the beautiful names of Allah carry deep meaning and profound understanding of Allah's existence

Belief allows the words of Allah to have a greater impact on the heart and mind

Imaan brings with it conscious efforts and the correct application of knowledge, otherwise your good deeds may only be rewarded in this life

Being God conscious is a way to keep to what is permissible and abstaining from the disliked and forbidden parts of the deen

Imaan is a precious aspect of the muslim's life

It must be kept in a good condition and renewed and refreshed on a daily basis

This can be done practically by performing good deeds

Zikr

**The remembrance of Allah is what brings peace to the heart
Those that perform abundant zikr of Allah, carry out their lives
with blessings and barakah**

**The frequent zikr of Allah prevents the punishment of Allah
from descending upon a person**

**The best zikr is the recitation of Quran and Tehlil La ilaha
illallah**

**When a person is busy in the remembrance of Allah then they
are mentioned around the arsh throne of Allah and amongst the
angels**

**Zikr allows everything to fall into place and the world works out
in the proper order for them**

**Those that perform zikr infrequently or not much at all will find
laziness and fatigue when it comes to approaching the prayer**

**The hypocrites find the approach to salat prayer difficult
because they are not sincere in their devotion to the creator**

**Zikr is investment in the hereafter, the greatest investment that
a person can undertake**

**It builds the foundation of the next life and trees are planted in
Jannah for the person**

Zikr is a means to bring much benefit into a person's life

And is also a way to get closer to the Creator

Zikr of Allah is light on the tongue and heavy on the scales

**The correction of a person's being is made with the proper use of
reciting tehlil, takbeer, tahmid, tasbih**

Zikr builds strength and softens the heart

Zikr of Allah is a way to attain the mercy of Allah

Remember Allah often and Allah will remember and protect you

Gratefulness

**A person that thanks the Almighty Allah for his life, love and
provision is given more by Allah to follow and act in Islam
Being thankful is almost forgotten by people for the life that has
been given to them**

The majority of people are not grateful for what they have

Seeking more when they have enough of what they need has led many people astray from the straight path

To thank Allah for each day of life and for the food that is provided is being grateful for the blessings that Allah has provided

One can never be thankful enough to Allah for the countless blessings a person has in their life

An all-encompassing way to be grateful to Allah is to say Alhamdulillah All praise and thanks is due to Allah

Good Deeds

To do good deeds is a characteristic of the pious and righteous people

Doing work that benefits oneself and others by enriching the potential of people

A person who does good lives a better life that which is lawful and permissible and enjoys the halal pleasures of life

A way to do good is to make life easier for other people

Be easy going and have patience for these two characteristics make a person more enjoyable to be around

Doing good is the work of noble people

A good word and sound advice makes people open up to you

A person who does good lives a more fruitful beneficial life

Doing good is the only way to ensure that a person acts in a proper manner

There are numerous good deeds a person can perform in their daily life

Starting with the rights of Allah by praying on time preferably in congregation

Remembering Allah morning, noon and night

Feeding the poor and needy

Removing that which is harmful from the path

Smiling to your brother in islam

Saying the salams to the people

Helping yourself to allow others to be helped

Advising and teaching the faith to family about Allah and islam

Reciting Quran often in a day

Paying sadaqah to your family first and then to the poor and needy
Paying your annual zakat
Fasting for good health at least 3 days in a month preferably every Monday and Thursday
Visiting the sick
Helping and supporting the widow and orphans
Supporting the blind and the elderly
Being kind to people
Having sympathy for the less fortunate
Advising others towards islam
Encouraging people to fulfil the rights of Allah and rights of people
Setting your worldly affairs in order
Refrain from backbiting, gossiping and slander
Building your health and wealth
Trying to avoid and abstain from evil speech and actions
For evil is recompensed with calamities, sickness, injustice and oppression amongst other evils
Showing love and kindness towards ones parents
Being faithful loyal and supportive to your wife
Helping in the household chores
Maintain cleanliness, hygiene and purity
Eating only that which is halal
Assisting the weak and the less fortunate with support
Speaking well with good manners
Lending an ear to the people
Practicing all this is the Sunnah and revive a forgotten Sunnah
Visiting the masjid often
Learning Arabic to understand the quran and apply its knowledge
Reminding people of the oneness of Allah and teaching the attributes of Allah to the people
Forgiving those that have wronged you and showing mercy to your enemies
Removing envy jealousy from the heart
Sharing the wealth and food with others
Eating less, sleeping less and engaging in acts of worship

Obedience to Allah and keeping steadfast and holding on to islam

Truth

The truth is the foundation of our existence

There are many truths in the world

The main truth that there is only one deity Allah the lord of the heavens and the earth and all that exists and that Muhammad SAW is the slave and messenger of Allah

This truth holds the key to the salvation of mankind

The shaitan tries to get people to worship the creation and divert the worship from the one true God Allah SWT

Speaking the truth so long as there is a pious intention is part of the faith otherwise it is best to remain silent

Honesty leads to the world to work matters out for you

It opens doors and allows the fulfilment of free will

The truth is rarely heard and usually seen

Truth leads to piety and perfection

Honest words are profound and make the world a better place to live

Accepting the truth is empowering and a means to living properly without falsehood

Accepting the truth holds the key to entering Jannah

Accepting the truth will make you tread the straight path to attain the correct condition to achieve success

Honesty is a trait of the righteous Prophets pbut

It is the way of all the messengers and leads to the right outcome

The truth once it is known regarding the way of islam cannot be rejected unless one wants to live a delusion

The truth of islam is such that it known in the heart by every soul when it is born

That is every child is born a muslim until their parents cover up the truth and make their children Jews, Christians or pagans.

Belief – another aspect of iman again

Belief is essential to knowing and understanding Allah and the attributes of Allah

Believing that the beautiful names of Allah carry deep meaning and profound understanding of Allah's existence

Belief allows the words of Allah to have greater impact on the heart and mind

Imaan brings with it conscious efforts and the correct application of knowledge, otherwise your good deeds are only rewarded in this life only

Being God conscious is a way to keep to what is permissible and abstaining from what is disliked and forbidden in Islam

Imaan is a precious aspect of the Muslims' life

It must be kept in a good condition and renewed and refreshed on a daily basis

This can be done by performing good deeds mentioned earlier

Patience – Sabr

A person must have patience to be rewarded with goodness of wealth and a blessed outcome

Having patience does not mean to sit there waiting but is a process in which a person struggles for good and bears with the hardships remembering Allah and seeking the reward from Allah

Just as a Muslim has to wait till death by being preoccupied in the way of Islam to be rewarded with Jannah similarly a Muslim has to act in a proper manner and expect the reward from Allah SWT

The difficulties, trials and hardships that a person struggles with are all overcome with having patience when he reaches success with Allah SWT

Patience is required to achieve success

Allah is with the patient people

Do not allow Allah to be tested with patience for this may bring more hardships into your life

Rather seek patience yourself by remembering Allah often and keeping to what is rightful and allowing yourself to be in the state of imaan so that you may prosper

Patience is necessary in all aspects of life. Striving to make ends meet a person invests in the hereafter this provides him a better life in this world and the reward of Jannah in the next life

It may take a few moments or it may take many years as death has no age

A lifetime may pass by before someone receives his final position in the hands of Allah

The important thing to remember is that having a beautiful patience requires dedication, trust in Allah and firm belief in the outcome which will be decreed by Allah that everything is going to be alright

Time

**Time is life so do not waste time for you will be wasting your life
Time is a creation of Allah**

Allah is beyond the boundaries of time and Allah is timeless

The past, present and future are all known only to Allah

A man is made of his past, live in the moment and look forward to the future

The time is eternal, the forever after, life after death will be eternal

This life is temporary and transient

This life has a beginning and an end

The story continues after death

Time can be constricted as if to pass more quickly

The crushing of time is such that a day can pass like an hour

To have blessings in your time is to have time stretched, expanded so that more can be done in a day

Free time is a luxury

Avail this opportunity before your time is preoccupied

The best time is early morning when the world is asleep make use of this time to seek beneficial knowledge

At the end of the day time is best used to rest and recuperate

Time can seem to stand still when a person is living in the moment as the moment is continuous and time behaves as it is never ending

A series of moments can seem to be connected by time acting as if it is one moment

Time waits for no man

Do not curse time for time everliving is an attribute of Allah

To live forever one has to pass through death's door and death is closely linked with time for death has no age and can arrive at any time

Time is running out for every person, so what have you prepared for life eternity

Wisdom

Wisdom takes patience and understanding

To follow the wise is an act of wisdom

The ability to seek wisdom relies heavily on maturity, which comes with time and experience which comes with practice

Most people reach or obtain wisdom after 40 years

A young wise person will be a person beyond his years

Age is a state of mind and wisdom can be reached with the virtue of patience

Wisdom can take many forms like a book that can guide or a tool that can show you the way

A sign can be that wisdom takes proper understanding of the way the world works

The objective of wisdom is to benefit a person with knowledge that can be applied and bear fruit of action

Thoughts carry weight when profound understanding is achieved

Wisdom can be reached by spending time thinking and pondering over the creation of Allah's world

Seeking to understand the creator and knowledge of self and to get to know one another

Wisdom is intelligence with understanding

Strength

**Building strength requires practice hardwork and pressure
Strength is increased with clean breath, hygiene and powerful
rhythm**

Power can be built by sound speech or silence

**Taking on the difficult path or the hard road being careful not to
overburden oneself**

**By not giving into desires that are harmful to a person can build
power and strength**

**What makes a person strong is knowledge of the self, accepting
what benefits you and staying away from what harms you**

Good nutrition, natural wholesome foods, milk and meat

Hereafter

The life of the hereafter is more better and enduring

This life is a life of preparation investing in the forever after

**A person strives to build his hereafter by seeking the face of
Allah**

**Everything a maumin works towards is to seek the pleasure of
Allah**

**Enjoining what is good and loved by Allah and staying away and
hating what displeases Allah**

**By adhering to the Quran and Sunnah a person is in constant
worship and obedience 24 hours a day**

**Invest to build wealth so that you and your families needs are
met any excess wealth beyond that is spent in the path of Allah**

**Islam is a great treasure it is so precious and dignified that it
make the person loved by the creation and the Creator Allah
SWT**

**Investing daily in the treasures of knowledge and the fruit of
action based on sound Islamic teachings**

**Islam teaches that wealth belongs to Allah and it is a trust given
to man to use for striving and struggling in the path of Allah**

**Build and spend your wealth accordingly so that your good fortune is maintained and that a person realizes that chasing after the world will lead to suffering and misery whereas the good fortune of the hereafter will lead to peace and contentment
If you invest and chase after the hereafter, the dunya the creation will fall at your feet**

**The hereafter is life eternal, this life is temporary
You cannot take your wealth with you to the grave
All that follows is your actions your deeds**

We arrive empty handed and we will leave empty handed in this world from all material wealth

Build infrastructure that will benefit mankind and this reward will be added to your book of deeds even after death

Poverty can be alleviated by affluence and richness of the heart and investing in yourself and the markets

Islam – the path of Allah

Allah chose Islam as the path for humanity

It is favoured by Allah and the means to success and salvation

The path of Islam is well pleasing to Allah

No other way will be accepted by Allah other than Islam

The first man and Prophet of Allah Adam AS was a muslim and Islam was his way

All the prophets and messenger's peace be upon them were muslim and followed the known shariah of their time, Islam was their path

The way to seek favour with Allah is in complete submission to Allah

Allah's chosen people are the muslims, believers in the oneness of Allah followers of Islam

Islam can be accepted by anyone, it is a way for everyone to achieve the reward with Allah i.e. Jannah

Successful are the believers who pray and worship only Allah

Islam is easy to understand and follow however the path is a difficult one with many tests, trials and tribulations many hardships

It can be made easier by seeking Islamic knowledge and beneficial knowledge

It allows the barakah in a persons life to attain countless blessings that every person is bestowed with

Work is the means to attain your provision and is obedience to Allah when sought in a halal permissible way

The path of Islam benefits a person in two ways, in this life and most importantly the next life the hereafter

Islam is a complete system and way of life

The guidance of Allah is in the Quran and the following of the Sunnah

The prophetic teachings are at the heart of the path of islam

The path of islam requires dedication, determination and firm belief

A person who follows the path of islam whole heartedly then becomes an extension of Allahs will

Tawfeeq

This is the ability and opportunity to do good according to Allah SWT

Tawfeeq can only come from Allah

A person has to have understanding and the will to do that which is according to islam and make sincere dua to Allah to give them the ability and opportunity to do good

For example a person wants to start offering his five daily prayers but due to influences like of the dunya, the whispers of the shaitan, his desires and other influences he may not be able to offer his five prayers

He must then make first of all dua to Allah supplicating that he has sincere intention to offer his five daily prayers

After making dua he must perform wudhu and join the masjid at the proper time for the congregational fardh prayer

Once he embarks upon this road Allah will make it easy and facilitate the means so that he can start his pardh prayers an obligation and right of Allah

Until Allah gives him the tawfeeq to pray he will not be able to pray

Tawfeeq is entirely from Allah SWT

It is with the decree of Allah that a person is islamically inclined this is written in the womb of the mother

A person must try to reach a closeness with Allah having complete submission to the will of Allah

This will bring the good fortune and reward to a person in this life and the hereafter

A person who does good and works with dedication in the path of Allah will be rewarded with a good life

Keep asking Allah for goodness as we are entirely dependent on Allah

Seek to be self-sufficient and Allah will grant you independence in this world

The believers

Belief in the oneness of Allah that there is no deity worthy of worship except Allah

There is only one God in the entire creation

The believers have firm faith on this principle it is the first criteria for Imaan

The believers are few in number from even amongst the muslims

Majority of the people are steeped in disbelief and the majority of muslims do not adhere strictly to the code of Allah

From the believers the good are even more of a minority

The maumin is facing elements of kufr and hypocrisy from amongst his own people and the disbelievers

The believers will be successful if they adhere to the Quran and Sunnah

Establishing the prayer and remembrance of Allah

Just as the Prophet Musa AS was given his first command to establish the worship of Allah and the prayer with frequent remembrance of Allah

The Prophet Muhammad SAW was given the gift of 5 prayers per day

The believers who nurture and accept this gift of 5 prayers, guarding it with utmost devotion will be safe, protected and in the mercy of Allah

The believer faces the arduous task of carrying the deen to others so that they maybe reminded of the favours of Allah

The believer is tasked with providing support and also making sure that others are helped by the constant reminder of the purpose of this creation, as mankind and jinn were created for the sole purpose of the worship of the Almighty Allah

The believer is a strange person

The believer carries out the duties of Allah SWT with firm belief and prophetic guidance that assures the people reach salvation

When Allah favours a believer He SWT gives the person the ability and opportunity to understand the religion and delve into the mysteries of the faith

This knowledge is a treasure worth more than the entire wealth of the world

The believer recognizes that the deen is more precious to them than anything of material existence

The example is of the 2 sunnah prayer of fajr more valuable than everything the entire world contains

This is just one of the many gifts the believer understands and treasure his daily meeting with Allah SWT

There are no days off in the life of a believer

Enjoymnet comes and goes the majority of the time is full of difficult tasks and trials

Health and sickness are part of life

The believer is grateful for good health and is grateful and patient with sickness

As any pain removes and purifies sins from a believer

The believer expects reward only from Allah SWT as that is a promise of Allah so long as the believers adheres firmly to the faith and is not ungrateful

The believer does not expect reward from the people but only with Allah SWT

To Make

A person dreams the making

The way to build and make requires effort, understanding and knowledge of what he is trying to design

The person tries to make a difference in his life by knowing that which benefits his soul and being

This requires a person to perform good deeds based on sound knowledge

By making the path free from obstacles or overcoming hurdles he builds power as he makes his way to his destination

To make an idea turn to action will enable the person to bear fruit of the knowledge that is utilized

The dream is the world as you can determine, think and fathom and one can obtain various objects, products and places

The life is a dream and one can dream an imagination of anything that is permissible and allowable to enable the dream to be good and beneficial

The dream is best served with a person that can make his life a better world by his imagination

Make more sensible methods to build an organization that can bring wealth and provision to the people

The making of a dream requires power

The dream that is true and good is from Allah other dreams are from the self and the worst dreams are from the shaitan

Make your life according to the Quran and Sunnah and Allah will bless your life with goodness, abundance of wealth, which may form other than material wealth like the richness of the heart

Allah will place barakah in your time, more will be achieved and the reward must be sought from Allah

Make your life and world worthy of the pleasure of Allah

The Quran and Sunnah will take you to Jannah

Refuge

A person needs to seek refuge in Allah from the evil of creation, from the evil temptations of shaitan and seek refuge in Allah that they do not come close to you

Seeking refuge in Allah is to seek Allahs protection from the evil of this world

Seeking refuge with Allah entails invoking Allahs protection and mercy and guidance so as to be safe and secure from the evil that has been created

Seeking refuge in Allah will keep a person safe from the harm of the evil doers

A person can seek refuge in the speech of Allah SWT

The sublime perfect words of Allah are means of building potential and increasing the imaan of a believer

The disbelievers

The disbeliever faces struggles and difficulties without any genuine reward

The disbeliever covers the truth and the covering of truth does not allow the person to see, understand or hear they truth and they cannot return to the straight path

The disbelievers life is full of indecency and inappropriateness This world is a paradise for the disbeliever as they have no share in the hereafter due to the majority of them not believing in the eternal immortal life after death

The disbeliever goes from this life to the punishment of the hereafter, the punishment of Allah which is very severe i.e. the fire of Jahannam

The disbeliever will regret everything they have done and will yearn to return to this world to do good and believe but they will never be given this opportunity again

Even if they were to return they would revert to their habits of disbelief once again

It is strange to see why a person disbelieves in Allah when Allah has sent many signs to the people so that they can reflect and try to understand this life and the Creator

Disbelief leads to delusions and regrets

Death – often remembered

The certainty that everyone agrees on and does not deny

Death is the destroyer of all pleasures

Death is something that will reach every soul no matter where they are

No one knows which land they are going to die in

Every soul person shall taste death

Remember death often for it thinks of you and calls to you daily

Sleep is a type of death

Death will reach you at its appointed time

Death is the doorway to the unseen world

Death will free you from the prison of this world

Death occurs at the point written destined by Allah

The only being that will not taste death is Allah the everliving

The angel of death can collect souls just by calling to them no matter where they are or how many they are

Death is the beginning of the forever after life immortal eternity

Death will place your body in the ground and the soul will be either in a portion of Jannah or a portion of Jahannam in the grave

Death can teach you to treasure your life and advise you to the correct outcome

Death pangs are difficult and a trial that is usually the last test for a dying person

Death has no age and can arrive at any time so prepare for death

Eternity

How can a person prefer something which is temporary to that which is eternal

This is the case for most people that choose this world over the forever after

This causes major loss to the person for a person can have the best of this life and the best of the hereafter only with the guidance of Allah SWT

This worlds pleasures will be forgotten when a person has removed himself from the terrors of the day of judgement and enters their final abode of either Jannah or Jahannam

A person who has chased after the pleasures of this world will say he never had one good moment in this life when he will be dipped into the hellfire

Eternity and immortality is mans destiny

Immortality will be achieved by every soul after their body dies

Life eternal is a choice between good and evil

This is entirely dependent on a person and how they live their life in this world either in obedience to Allah or in disobedience to Allah

Life eternal is much better and more enduring than the temporary pleasures of this life and the temporary existence a person has during their short life in this world

Forever is a moment that will never end

This is mans destiny

Your fate is decreed

You have the free will to make the right choices that will determine your place in eternity

Feeding others is nourishment for the soul as is sharing beneficial knowledge, so come and get your soul food

Even brothers from the Goodie mob as they are doers of good know that the best soul food is for free

THE END

