

Monthly

IDEAL MUSLIM

ISSUE: January, 2014

www.idealmuslim.com





CONTENT

03 3 easy steps to overcome your laziness and do good deeds

05 5 tips to become healthy Muslim

06 5 unique tips to never miss your Fajr prayer with jamat

08 How to spend an ideal Islamic life?

10 How to adopt the habit of cleanliness?

11 Honesty in the Marketplace

12 3 tips to check if your source of

14 4 tips to get Islamic education in modern times

3 easy steps to overcome your laziness and do good deeds

A main problem that we all face is that we plan a lot to do a lot of religious works to seek the pleasure of Allah but when the time comes to do we have several excuses to defer from them. It is possible that sometime we have genuine excuses to defer from any religious work for the time being but it is not true all the time. It is actually our intrinsic laziness that stops us from doing good work. Either it is helping a needy, seeing a sick relative or going to a friend to convince him to be a practical Muslim; in any of the cases we try to put that work off on one excuse or another. It is actually shatan that tries to stop us from doing so. Here are 3 easy steps to overcome your laziness and do good deeds.

Plan and implement quickly

There should not be a big gap between your planning and then implementing it. You just plan to do a good job today or right now. You need not to make lengthy plans of months because meanwhile shatan will keep on weakening your will to do that good work. Therefore, just plan and then imple-

ment it without any delay. Secondly, first plant to do little good work initially, after that you become habitual of doing good deeds then go for the bigger tasks.

Do good work collectively

Instead of planning alone bring on board your friends and family members depending upon the nature of the good work. If you want to plant a tree in your area just consult with your friends and convince them to be with you in this never-ending virtue (sadqa e jaria). In this way if your laziness tries to stop you from doing so, your other friends would help you overcome your laziness and you will do good deeds. Similarly if any of them expresses his opinion to defer planting a tree, you motivate him to do it now and seek the pleasure of Allah.

Propagate your plan

Whenever you plan to do a good job, tell others about it. If you shelve it later people will obviously ask you about it or may treat you as a planner and not the doer. In this sense you will always try to implement your plan and you will not have any excuse to be lazy for doing a good deed.

**“Muhammad (PBUH)
is not the father of any
man among you, but
He is Messenger of
Allah and the last of
the Prophets. And
Allah is Ever All Aware
of everything.”
(Surah Ahzaab Ch33 V40)”**



5 tips to become HEALTHY MUSLIM

It is rightly said that a strong and healthy Muslim is better than a weaker Muslim. Being Muslim we are asked to stop evil with our hands if we can do this. If we can't, then we must speak against it or at least we say it bad in our heart but it is the weakest level of our belief (emaan). It means to stop the evil with our hands we should be strong and healthy Muslim for which we have to follow a healthy way of living. Here are 5 tips to achieve this objective.

Eat moderately

This is the first requirement to become a healthy Muslim. We must enjoy all the blessings of Allah including good food but we must eat it moderately neither more nor less. In this way we will remain active and become neither weaker nor fat or lazy. For this purpose we have to use our will power to leave a little hunger undone and finish eating. You should not put any limitation in your eating. Whatever is Halal in Islam you must eat it.

Walk must

Either you have your own vehicle or you use public transport in both the cases you must spare some time to walk. For this purpose the timings after Fajr is the best one when there is no sun nor any rush on the roads. You may move somewhere to walk for at least 40 minutes. On Sunday and Saturday you must

take a walk; in this way you will get up early otherwise you sleep again after Fajr because of holiday.

Maintain cleanliness

Give special care to yourself and maintain your physical cleanliness as much as possible. In this way you will remain away from diseases that usually affect you if you don't maintain cleanliness. Here cleanliness includes daily cleaning of your body, your teeth, cutting of your nails and cleaning of your mouth after every meal.

Think positive

The strength of your body directly depends upon the strength of your mind. If you think positive, your every physical activity will be constructive because you will not think about anything bad so obviously you will not do any bad deed. In this way your mind and body both will remain healthy and strong.

Pray to Allah

Despite all your precautionary measures you can never be a healthy Muslim without the blessings and help of Allah. Therefore, keep begging His mercy because without it we are unable to spend a healthy and successful life.

5 unique tips to never miss your Fajr prayer with jamat

To offer Fajr prayer with jamat is not so easy. For this purpose you have to maintain your routine in a way to get up early in the morning without any delay. In every part of the world challenges for a prosperous living are growing. For this purpose people have to work the whole day. They come back from office so late. After that they offer their Maghrib and Isha prayers. They spend a little time with their family. They make preparations for the next day. It usually gets 12'o clock when they go to bed. In this way it becomes difficult to get up at 5:30 to offer Fajr prayer with jamat. Here are 5 tips to achieve this goal and get the pleasure of Allah.

Big chores on weekend

You must do all you heavy type of daily and weekly chores on weekends. Your big chores should be completed for the whole week. You need not to do lot of work after coming back from your office. Nor your dependents should have any botheration to help you get ready for the next day. In this way you can go to bed early and take your full sleep to get up fresh and offer your Fajr prayer with jamat.

Normal exertion

You should divide your office work in equal load for all the days of the working week. In this way you will not be so tired on any day and will not have to take extra rest for reenergizing yourself. Your work load should be evenly distributed among all your

days of the week. As a result you will have same level of fatigue each day and you will adjust yourself with it and take the required amount of rest to get up early next day.

Take dinner early

Try to take your dinner before Isha prayer. In this way if you go to bed just after Isha your stomach will not be so heavy and you may easily go to sleep because with a lighter belly you remain comfortable while sleeping. Moreover, you easily get up early because of the complete digestion of your food.

Put aside stress

When you go to bed it means you have only your want of sleep is with you. Put aside rest of the things especially stress and worry about the next day. Be relax to think you will be starting the next day with the holy name of Allah; therefore, it will surely be a good day for you. In this way you can sleep early free from any stress.

Set double alarm

Set double alarm with the gap of fifteen minutes. In this way if you miss the first one because of deep sleep or if you put it off while sleeping then on the second one you must wake up and get ready to offer your Fajr prayer with jamat.

The Best Gift
You Can Give To
Someone Is
DUJA

How to spend an ideal Islamic life?

There are many reasons why a person should spend and lead an exemplary Islamic life. One of the many reasons why a person should do so is to make sure that Allah is satisfied with their performance in this world and with the way they lived out and spent their life. Another reason why a person should lead an exemplary Islamic life is to set an example for those who will follow them. The people who will follow them include their children and the pupils of the next generation in general. It is every Muslim's responsibility to be a role model and to set an example for the generation that is to come after them, just like the Holy Prophet (PBUH) did for the generations that came after him.

We definitely can't set an example that is as clear and understandable as the one set by the Holy Prophet (PBUH) but it our responsibility to try as hard as we can to set a decent example by leading an ideal Islamic life for the generations of Muslims that are to come after us.

How to lead an exemplary Islamic life

There are many ways how a person can lead an exemplary Islamic life and there are some things that a person needs to ensure in order for them to live an ideal Islamic life. The following are some of the many things that a person can do in order to make sure that they spend an exemplary Islamic life.

Follow the teachings of the Holy Quran

The first, and perhaps the most important, thing that a person must do in order to live an ideal Islamic life is to make sure that they follow the teachings of the Holy Quran. A person needs to make sure that they follow each and every one of the teachings of the Holy Quran. This includes praying five times a day, reading the Holy Quran

on a regular basis, giving sacrifices in the name of Allah, aiding the less fortunate, paying Zakat and performing pilgrimage (if one can afford to do so).

Follow the Sunnah and the Ahadith

After the Holy Quran, the next most reliable and most important sources for information on how a person should lead a decent and exemplary Islamic life are the Sunnah and the Ahadith. A person should follow the teachings of the Sunnah and the Ahadith in order to make sure that they lead an exemplary Islamic life that is worthy of being set as an example for those who are to follow the ways of Islam after them. The teachings of the Sunnah and the Ahadith are extremely important simply because they are the teachings of the Holy Prophet (PBUH) and are second only to the teachings of Allah himself.

Respect the elderly

The elderly are known to be wise people. In addition to being wise, they are also respectable and in order to spend an ideal Islamic life, a person needs to make sure that they respect those who are elder than them. Respecting the elderly is a part of the teachings of the Quran, the Sunnah and the Ahadith.

The three ways mentioned above are some of the best ways, among many others, how a person can hope to spend an exemplary Islamic life which can act as a model for those who are to follow the ways of Islam after them. By using the three ways described above and by having unshakable faith in Allah, a person can lead an exemplary Islamic life.

Do you know of any more ways how a person can lead an exemplary Islamic life?

Some people go to the gym to keep their body in shape. While others kneel down to

ALLAH

to keep their soul in shape.

How to adopt the habit of cleanliness?

The main reason why a person needs to try his best to keep themselves clean is simply because being clean and adopting the habit of cleanliness is one of the many teachings of not only Allah and the Holy Quran but also of the Holy Prophet (PBUH), the Sunnah and the Ahadith. Allah advises His people to adopt neatness and try their best to be clean at all times. Allah has introduced His people to many concepts and many ways how they can maintain cleanliness and keep their bodies clean of all impurities. The Holy Prophet (PBUH) has also advised his Ummah to adopt the habit of cleanliness.

How can a person maintain cleanliness?

Most Muslims need to know how they can adopt and embrace cleanliness. The reason why that is so is because they do not know specifically what will help them embrace cleanliness and what ways they can use in order to keep their bodies free of impurities. So, in order to help Muslims know what they can do in order to adopt the habit of cleanliness and stay clean at all times, here are some of

the many ways how a person can stay clean. These ways have not only been suggested by Holy Prophet (PBUH) but have also been suggested by the Holy Quran.

Through ablution

As stated by the Holy Quran and the Holy Prophet (PBUH) himself, ablution is the best way how a person can rid their body of any impurities and can adopt the habit of cleanliness. Ablution is the act of cleansing the key parts of our body. Ablution is a mandatory requirement for performing prayers and reading the Holy Quran. Ablution purifies the key parts of the body which include the hands, the feet, the face, the forehead and arms, among a number of other body parts.

Through bathing

Bathing is one of the many ways using which a person can embrace cleanliness and rid their body of any impurities. Bathing purifies the entire body of a person and rids a person's entire body of any impurities. However, a person must remember to make sure that they bathe in the right way. For example, a person should not at all bathe while in a standing

position. A person should always sit down while bathing since the Holy Prophet (PBUH) forbade his people from bathing while they were in a standing position. Bathing while in a standing position can also cause some medical problems for a person.

By taking care of their hygiene

In order to make sure that they adopt the habit of cleanliness, a person also needs to take care of their hygiene. A person can take care of their hygiene by making sure that their nails are clipped, their hair is not messy and has been combed, the hair in their private areas is trimmed and that they brush their teeth at least twice every day. A person should also make sure that the scent of their body's perspiration is covered up by a sweet scent such as that of attar. A person cannot fully embrace cleanliness until or unless they start taking care of their hygiene.

In order to make sure that they embrace cleanliness to the utmost extent, a person will have to use the ways that have been listed and described above.

Do you know of any more ways how a person can embrace cleanliness?

Honesty in the Marketplace

"Rasul Allah (sal Allahu alaihi wa sallam) passed by a heap of food. As he put his hand inside it, his fingers got wet. So he said to the vendor: 'What is this?' He replied: 'It was dampened by the rain O Messenger of Allah.' He (sal Allahu alaihi wa sallam) said: 'Why don't you put it on top so that people can see it? He who cheats us is not one of us.'" [Muslim]

EXPLANATION

In order for justice to prevail in society, it is necessary that people are reminded of their moral obligations. The best police is a person's own conscience; the person's awareness of the final accountability before Allah (subhana wa ta'ala). When a community loses its God consciousness, then no quantity of police, courts and prisons are sufficient to keep it free of crime.

While taqwa (Allah consciousness) must be cultivated to keep society healthy, law enforcers are nevertheless needed. There will always be some recalcitrant, unscrupulous elements that will only respond to force. The second khalifah, Umar ibn al-Khattab, had appointed market inspectors in Madina to enforce honesty in transactions. Among them were two women, Ash-Shifa bint Abd-Allah and Samra bint Nahik al-Asadiyah. Samra used to bid people to do good and refrain from evil and whipped whoever she found being dishonest. **(Courtesy: Daily Hadith Dot Com)**

3 tips

to check if your
source of



INVESTMENT IS HALAL

Being a Muslim we must invest our savings into the sources that are riba free. Otherwise there will be involvement of interest in our investment's returns and that is purely Haram (illegitimate) in Islam. Therefore, we not only need to select an Islamic product to put our savings into it for earning money but also we must read carefully its introductory document to check either it is really riba free or not. After checking all the points and confirming that no any matter of interest is involved in it you can invest in it.

Here are 3 main tips to check if your source of investment is Halal or not.

Reputation of offering company

You need to check the reputation of the company or bank that is offering an Islamic investment product to get you invest in it. It should be a company duly certified by the financial regulator of your country. Preferably it should not be quite new and must be free from any kind of financial scam. For this purpose you need to visit the website of the company first and then generally browse on Google is there any scam related to it.

Registration of source by Shariah board

In every country where Islamic investment products are offered it has a Shariah board constituted by its finan-

cial regular to confirm:

- If the product is completely riba free
 - If there is no indirect involvement of riba in its operation
 - Does it have strength to serve the Halal investment needs of Muslims
 - Does it have equal appeal for non-Muslim clients
- Word of mouth

Apart from the above two authenticated sources you should also listen to opinion of people about that Islamic product. In many least developed Islamic countries there is no much transparent system of financial regulatory framework. In such countries one can easily get registered a product as Islamic one. Therefore you need to give special attention on this aspect of the product to be fully satisfied if it is really Shariah compliant.

Heart matters

These are the tips to check if your source of investment is Halal. Another point to note here is that despite of verification through all the above three ways even if your heart is not satisfied over a product as being Islamic, it is better to drop it and search another one. Because sometimes Allah directly guides you through various signs for what to do and what not do. To understand these signs just pious wisdom is required and nothing else.



A beautiful sentence written on the wall of a Masjid in New York:

"THERE ARE SOME
QUESTIONS IN THE
GRAVE THAT CANNOT
BE ANSWERED BY
GOOGLE!"





4 TIPS TO GET ISLAMIC EDUCATION IN MODERN TIMES

In this age of materialism and worldly competition it is not so easy to get quality Islamic education. The task gets more difficult if you live in a non-Muslim country. Even in Islamic countries all around the world more focus is given on worldly education. There is a valid reason of it. Everyone wants to get an education that not only makes him/her good human being but also helps to earn a handsome livelihood. For this purpose there is a need of the good mix of both types of the education. Anyway despite of all the problems, being a good Muslim we all have to make our every effort to learn Islamic teachings ourselves but also make our children to do so.

Here are four tips to get Islamic education in modern times.

Online Islamic education

This facility has almost solved the problem of all those people who don't have direct access to any facility where they can get Islamic education. There are hundreds of websites and blogs where you can read any topic of your choice. However, you should search any website that must be:

- According to your sect
- Must have lessons to spend life as practical Muslim
- Must have tafseer section to make you learn Quran that is the foundation of Islamic education
- Must not have any controversial content or hate speech promoting abhorring followers of other re-

ligions

- Must have easy to understand language and simple tips to spend a Islamic life
- Should have a question-answer session to make you get instant replies of your queries

There are several online Islamic education sources where you have to register them with the submission of a fee. You must take care while registering in such websites because there are black sheep in every field. Therefore, you must check the credibility of such sites before availing their services on fee.

Weekend Islamic Education Centers

This concept is quite new and getting popular in Europe and US gradually. In London there are many Islamic Weekend Schools where learned Islamic scholars are imparting Islamic education to Muslim kids on weekend. But in other places such centers have yet to open. However, it ups to Muslim communities living in other parts of the Europe and US. If they take interest, such facilities can be opened there on self help basis with the help of the management of Islamic Weekend School of London.

Local Islamic education centers

In several non-Muslim countries there are a few Islamic education centers to provide this facility to the followers of Islam. But such centers are working at the places where Muslims are living in reasonable number.

This E-Magazine is a monthly publication as a new initiative brought to you by the Ideal Muslim team. Ideal Muslim is an organisation headed by Mufti Mohammed Kamil Sheikh (Med, MCMI) aiming to enhance the quality of people's lives by providing practical tips and advices on all areas of life, giving the readers the opportunity to become Ideal Muslims. The organisation also operates Islamic Weekend Schools across London and actively teaches the future generations' practical living techniques in a fun and enjoyable manner.

**We appreciate all feedback,
constructive criticism. Please share
your thoughts with us at:**

kamil.sheikh@idealmuslim.com