



# DISTANCING

**'D**istancing' is perhaps among the most commonly used words in the recent past. The question is: Is "distancing" really a matter of life and death?

Spiritually speaking, YES, it can become so. If a person becomes distanced from Allah Ta'ala due to being affected by the virus of sin, he will become spiritually sick and weak. If he continues to persist in major sins and gets extremely distanced from Allah Ta'ala, such distancing could eventually lead to spiritual paralysis or even death!

## GREATEST AMBITION

A Muslim's greatest ambition, most lofty aspiration and ultimate goal is to get close... very close... to his Rabb and Creator, Allah Ta'ala. Hence he will "go the extra mile" and strive as much as possible to earn that special closeness and proximity. On the contrary, he will be totally averse to anything that will distance him from Allah Ta'ala even to the minutest extent.

Among the very serious aspects which cause one to become extremely distanced from Allah Ta'ala is any form of immorality. Hence the Quraan Majeed sternly warns: ***"And do not get close to immorality, whatever is apparent (blatant immorality) or hidden (committed secretly)"*** (Surah An'aam v151).

Further highlighting the severe consequences of immorality, Allah Ta'ala declares: ***"Verily those who love that immorality should spread among the Believers, for them is a painful punishment in this world and the Hereafter"*** (Surah Noor v19).

Engaging in any form of immorality in the presence of others contributes towards making the society immoral. The following are some examples of the many ways in which immorality is spread:

◆Speaking obscene things. This sows the seeds of obscene thoughts in the minds of those who hear

such vile talk, which then often leads them to some haraam action.

◆Dressing immodestly. While this is itself an evil, it also influences people of weak imaan to do the same. As this spreads from one person to the next, shameless dressing becomes the norm among families and in the community in general.

◆Immorality in weddings and other functions: Many weddings contain music, photography, intermingling of men and women, indecent dressings and even dancing.

◆Circulating haraam pictures, vulgar messages and obscene jokes on social media.

These and many other such aspects spread immorality in the society. Spreading immorality draws down the punishment of Allah Ta'ala, as described in the aforementioned ayah. Hence it is time to take stock of how much we are personally contributing towards drawing down the azaab of Allah Ta'ala due to becoming the means of spreading immorality, even in our own homes, families and in the entire society.

## BLATANT

While immorality in general is a means of inviting Divine punishment, blatant immorality and shamelessness trigger pandemics and new diseases. Rasulullah (sallallahu 'alaihi wasallam) once addressed the Muhaajireen and said: ***"Whenever a community will become involved in immorality blatantly, they will be inflicted with plagues (pandemics) and such illnesses which their forefathers had never heard of."*** (Sunan Ibni Maajah #4019)

The severe warnings in the Quraan Majeed and

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# ***DISTANCING***

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noble sunnah are as clear as daylight. We have repeatedly heard or read about the extreme consequences of immorality. We have witnessed first-hand how an invisible microscopic organism (virus) brought the so-called “super powers” and all their “cutting edge” technology to its knees. Why then is the immorality still continuing unabated even in Muslim communities and even in our own homes?

The main reason for this total heedlessness is the corrosion of imaan and the loss of imaani values of taqwa and hayaa. The constant exposure to the media, becoming enslaved to western fashion, associating with people who are far from Deen and other evils have further impacted on the hearts and minds of many Muslims and caused them to sink deeper into the immoral lifestyles of the enemies of Islam.

Another reason for not shunning the shameless lifestyle that we have sunk into is that we have become desensitized to many immoral aspects. Due to these aspects becoming the norm, people no longer regard it as immoral. Instead, they will ask: “What is wrong with this?”

## **IMMORAL DRESSING**

A clear example is the type of immoral dressing that many Muslim women - and even men - have adopted. They see absolutely nothing wrong with it, whereas in light of the teachings of Deen and the pure lifestyle advocated in the Quraan and sunnah, it is immoral. It is completely shameless to appear even in the presence of other women, or one’s own children, in such tight-fitting and revealing clothing. However, due to constant exposure to such dressing, and due to it having become the norm, it is regarded as “OK”.

Nobody will regard the eating of rotten food as “OK” as they are concerned for their physical health. However, wearing rotten western style clothing, and indulging in rotten immoral actions and talk is regarded as “OK” due to the lack of concern for our spiritual health.

## **SOLUTION**

The solution is clear: We have to infuse once again the values of imaan - particularly hayaa in our lives. Unplug the media from our lives. Associate with pious company. Become more concerned with the spiritual health than our physical health. Remember death, and remember the accountability on the Day of Qiyaamah.

*May Allah Ta’ala bless us with hayaa and distance us from every immorality and vice.*

# ***Solace in Sickness***

Influenza, pneumonia, TB, bronchitis... There are thousands of diseases in existence, and every disease brings some form of discomfort, inconvenience and pain to a person. Hence, no person wishes or desires to be afflicted by disease. In the hadeeth as well, Rasulallah (sallallahu ‘alaihi wasallam) has taught us to seek protection from illnesses and diseases.

Nevertheless, if Allah Ta’ala has decreed sickness for a person, then together with making du’aa for shifaa (cure), one should immediately hold firmly onto sabr while hoping for and anticipating the immense rewards that are promised in the ahaadeeth for those who patiently tolerate sickness without complaint. Some of these ahaadeeth are:

◆ Hazrat Abu Hurairah (radhiyallahu ‘anhu) reports that Rasulallah (sallallahu ‘alaihi wasallam) said, “When any exhaustion and fatigue, or any chronic pain and illness, or any worry, sadness, discomfort or grief afflicts a person, even to the extent of a thorn that pricks him, then Allah Ta’ala forgives some of his sins on account of it. (Saheeh Bukhaari #5641)

◆ Rasulallah (sallallahu ‘alaihi wasallam) mentioned regarding fever, “It removes the sins of a person, just as the furnace removes impurities from iron.” (Saheeh Muslim #2575)

◆ Hazrat Jaabir (radhiyallahu ‘anhu) reports that Rasulallah (sallallahu ‘alaihi wasallam) said, “On the

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# HAPPINESS

**Q** Often I feel down and miserable. Sometimes there is a reason for it, but sometimes I cannot understand why I am feeling miserable. I perform my salaah regularly and recite Quraan daily. I also get bored easily. How can I be happy? Please advise.

**A** The following principle should be understood well: Difficulties, hardships and challenges come upon both the pious as well as the sinners. The difficulties on the pious come as a test and become a means of elevating their status in the court of Allah Ta'ala. The sinners are afflicted with hardship as a very mild form of punishment and mainly as a "wake-up call" so that they may repent and come back to the obedience of Allah Ta'ala.

In light of the above, the very first step is to try and identify the underlying reason for the miserable feeling. This is achieved through deep reflection. Ponder deeply and reflect upon your actions, words and even what is lurking in your heart. If sins are detected (such as sins of the eyes, ears, tongue or any other limb), or if you find that pride, jealousy, malice, love of the world and of the ego as well as other such vices are filled in the heart, you must immediately turn to sincere repentance. A concerted effort is to be then made towards purifying and cleansing the heart from all these spiritual impurities.

Every sin is an impurity. Just as the stench of physical impurities makes one nauseous and very uncomfortable, the pungent odour of spiritual impurities makes the heart very restless. Such a heart cannot find peace unless it is purified from the filth that is causing spiritual nausea.

If a person is starving and has become very restless due to the pangs of hunger gnawing at his stomach, his restlessness can never be removed except by eating food. Wearing the most expensive branded clothing, being in the most luxuries resort or watching something very "entertaining" is not going to reduce his restless feeling by an iota. He will have to eat nourishing food. Likewise, the food of the heart is the love of Allah Ta'ala and it is nourished by His obedience and remembrance. As

long as the heart is starving, all the artificial entertainment of the world, the most sumptuous meals, the most fascinating scenery and all the trimmings and trappings of a "high life" cannot provide any comfort to the heart. The deception of peace and enjoyment which one may seem to derive from material things – or worse, from the sugar-coated poison of sin – will be very short lived and give way to greater misery.

Nevertheless, while understanding well that the life of this world is not without challenges, due to which one sometimes experiences pain, sadness and grief, on a general note adopting these brief guidelines will insha-Allah help much in bringing happiness to the heart:

- **BE CONTENT AND GRATEFUL:** The more one genuinely and sincerely expresses gratitude to Allah Ta'ala for His countless favours, the more this will create happiness. Stop looking at what others have. Appreciate what you have and keep reminding yourself that you have more than billions of others.
- **NEWS AND SOCIAL MEDIA:** Get off the news and social media entirely. Apart from many other problems, social media is overloaded with show-offs bragging about what new things they bought, where they went and what they did (which is often very much exaggerated as well). Constantly reading about what others are bragging about is going to make you feel depressed.
- **HELP OTHERS:** This is a very effective way of creating happiness for oneself — help others and try to make others happy (within the limits of sharee'ah). Despite your own challenges when you will keep trying to bring happiness to others, especially the elderly, poor and ailing, insha-Allah you will feel happier. Start off with your near and dear ones. They are most entitled to it.
- **THINK POSITIVELY:** Even when the challenges are many, there is always something positive to think

*(Cont. overleaf)*

## SOLACE IN SICKNESS

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Day of Qiyaamah, when those who suffered difficulties in the world will be given their reward, then (on account of the reward being so immense,) those who enjoyed good health in the world will wish that their skin had been torn apart with scissors while they were in the Dunya." (*Sunan Tirmizi #2402*)

♦ Hazrat Umar (radhiyallahu 'anhu) reports that Rasulullah (sallallahu 'alaihi wasallam) said, "When you meet the one who is sick then request him to make du'aa for you, as his du'aa is like the du'aa of the angels (i.e. on account of the sickness, his sins have been forgiven, hence he resembles the angels in being free of sins, due to which his du'aa will gain quick acceptance)." (*Sunan Ibni Maajah #1441*)

From these ahaadeeth, we can well understand that sickness is, in reality, a mercy from Allah Ta'ala. Hence, those undergoing sickness should patiently endure the difficulty, anticipating the immense rewards that Allah Ta'ala has in store for them.

From the advices of ...

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## FAQIHUL UMMAH

The sterling advice of *Faqihul Ummah* Hazrat Mufti Mahmood Saheb (*rahmatullahi 'alaih*) has helped thousands of people to overcome many problems and difficulties — especially in the line of *Islaahun Nafs* (inner-self reformation). Hereunder is an answer to a question posed to him.

### PATIENCE AT THE TIME OF TESTS

Bismihi Ta'ala

Respected Mufti Saheb

Assalamu 'alaikum warahmatullahi wabarakaatuhu

**Letter:** My factory, as well as my relative's factory caught on fire and we have lost everything. We request your special du'aas.

**Reply:** I am extremely saddened by your loss. My heart's du'aa is that Allah Ta'ala assists you and your family from His unseen treasures and removes all your worries.

It is necessary that we keep in mind that the Being who had given us what we possessed, He alone has taken it away from us and He alone will give us once again. In this world, little tests are bound to occur in which patience and tolerance are greatly required. May Allah Ta'ala protect us from tests. However, if a test is decreed for us, then may Allah Ta'ala grant us the strength to be tolerant.

A child will ask his mother for money. Sometimes, it is preceded by crying and nagging, for the child knows that his mother loves him so much that she will definitely give him money, unless she has no money at all. This obviously does not apply with regard to Allah Ta'ala. His treasures are unlimited and nothing ever decreases therein. May Allah Ta'ala help you. (*Maktoobaat vol. 1, pg. 157*)

## HAPPINESS

about. Do not dwell on negative thoughts of events that happened in the past. It serves no purpose apart from making one depressed. Likewise, do not constantly worry about the future. Merely worrying is not going to change anything. Instead, engage in du'aa for all your immediate and future needs. This will be a source of consolation and will draw the help of Allah Ta'ala. Also make earnest du'aa for others. This will make your du'aas much more closer to acceptance.

• TURN TO ALLAH TA'ALA: Attach your heart to Allah Ta'ala. Develop the love of recitation of the Quraan Majeed and the ecstasy of the zikr of Allah Ta'ala. This is acquired by associating with the pious and following their advice and guidance. If this is truly achieved, there will never be a moment of boredom.

*May Allah Ta'ala bless with His love and contentment and grant the happiness of both worlds.*