



WHOLISTIC HEALTH NEWSLETTER

RAMADAN MUBARAK

RAMADAN

INCREASING OUR CONSCIOUSNESS THROUGH OBEDIENCE

“Oh you who believe, fasting has been prescribed for you as it was prescribed for those before you so that you may attain spiritual awareness.”

(Translation of Quran Surah 2:183)

For every journey directions, provisions, and ability are needed. For each and all of us (human beings) there will be no more important journey than the one of life; one whose origin and destination are one and the same – Allah (God). Food, though a necessary provision for this journey, can also be a stumbling block on it. We need it, we desire it, we crave it and, as a means of physical sustenance and pleasure, we sometimes abuse our intake of it. Unfortunately, indulging one’s physical desire without wise moderation leads to an increased yearning for other physical pleasures. Left without tools of restraint, the human can become a base-natured, greedy, materialistic being, living only to satisfy the physical senses. Our Creator knows all possibilities of our nature. It is for that very reason that fasting/abstinence has been made an obligatory practice in every valid religious system. The primary objective of the spiritual fast is the one stated in the above quote from Quran – spiritual awareness/consciousness. This is the ability to feel, think, and know truth, to be able to interpret information and choose what is beneficial and reject all else.

Ramadan, the ninth month of the Islamic lunar calendar, has been set aside by Allah as the month of physical restraint and spiritual expansion. In it our “*twin enemies*” are put in bondage. Shaitan is chained by Allah and our physical desires are put in check by personal discipline and will. In this state, truth can penetrate and dispel the deception of the material world. We may feel a bit disoriented initially due to breaking the cycle of habitual gratification, but then we reflect on why we are depriving ourselves and peace comes to the

mind and body. We understand that this is obedience to a Divine command and that we are increasing conscious awareness of our spiritual reality. We fast so that we can sense and attempt to satisfy the desire that has been masked by the physical desire, that deep, intense longing

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PEARLS OF WISDOM

Jeanette Hablullah, N.D.

“This health aid is literally at the “tip of the tongue” or at our fingertips, but for the most part “believers” choose to be oblivious and intentionally disregard...”

Dear Readers,
Assalaamu alaikum wa rahmatullah.
(Peace and Mercy of the Lord be with you)

*“The month of Ramadan in which the Quran was sent down; a Guidance to human beings and a clarification of the Guidance and a Criterion. So, whoever witnesses this month should fast.”
(Translation of Quran Surah 2:185)*

In the Prophet’s speech, given on the last day of the month of Sha’baan (the 8th month of the Islamic calendar), he gives Ramadan the title of “shahr un ‘azeemun” (an exalted, distinguished month). It was in this month that The Author of the Preserved Tablets sent the portion called al-Quran from the highest heaven to the lower heaven, preparing it to be revealed into our physical realm. It was a phenomenal universal event, creating unprecedented ecstasy to every particle of the atmosphere. The magnificence and profoundness of its content meant it had to be gradually injected into the human domain, lest it cause intense molecular disintegration.

*“If We had sent this Quraan down on a mountain, you would surely have seen it humble itself and break apart in awe of Allah (God).”
(Translation of Quraan Surah 59:21)*

So, it was carefully and gradually introduced over a period of 23 years.

Now we have it in its entirety, a Book we can hold in our hands or gaze at as it sits in an esteemed place. Our shelves have not been pulverized, nor have our hands turned into vapor and perhaps, due to the appearance of commonness, we have forgotten the greatness and power this Book embodies. The amazing qualities and endless benefits are too many to discuss in this column, but let me remind us all that al-Quran is a direct, preserved communication from The Most High and He says it is **“a healing”** and His word is true.

Allah clearly states this fact in three of the six verses of healing. For example, **“...Say it is a guide and a healing to those who believe...”** (Translation of Quraan Surah 41:44). Every letter of every original

word embodies some aspect of healing. In every word of every ayaat this healing power is increased. In every verse the power multiplies until you have something as powerful as Surah tul Faatihah (the 1st Surah) with a great concentration of healing ability. This health aid is literally at the “tip of the tongue” or at our fingertips, but for the most part “believers” choose to be oblivious and intentionally disregard and, thereby, disrespect this great gift.

Quran must be used for all of the purposes for which it was sent. To use it for healing, simply go to it with that purpose, purify the mouth with water and by seeking refuge from Shaitan and recite. If you are not able to recite, then get a good recording or get on the internet and go to Reciter.org., get comfortable and listen. Feel the soothing vibrations of the sounds as they enter through the ears and through every pore of the body and know that Your Lord is healing you. One practice (sunnah) of the Prophet (saw) was to place his right hand on the distressed area and recite al-Faatihah. It is good to emulate the Messenger of Allah (saw).

Believe in the power of this healing because it is directly from Your Creator to you, recognized by the spirit, absorbed by the heart, and communicated to every molecule of the body (and there are trillions). It is a wholistic, encompassing healing and there is nothing more powerful, other than the “kun” (command that equals “Be”) of Allah. Engaging in it is an act of faith, a faith that is made firm by prayer and fasting. So, we return to our point of origin – Ramadan. May your faith be increased in it, your body be purified by it, and your actions be corrected by it. May Allah heal your spirit, mind and body by the coveted jewel of the Quran.



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“Obedience of completing the fast of the month of Ramadan is an essential aspect of required worship and results first and foremost in Allah (God) being pleased with the servant.”



“Prayer is light; charity is a proof; patience is illumination; and the Quran is an argument for or against you.”

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of the soul. This is the desire for spiritual connection, Divine truth, communion with the Creator, purification, righteous association, purposeful action, justice, peace, and all that leads to inner joy.

Obedience of completing the fast of the month of Ramadan is an essential aspect of required worship and results first and foremost in Allah (God) being pleased with the servant. This pleasure is because Our Lord loves those who listen and respond to Divine commands, knowing that this obedience will lay the foundation on which a righteous character can be formed. Our Creator watches and guards over this blessed development because it is only the righteous who will enter the doors of the Divine home.

The first ten days or one third of this month is embodied with Mercy or Rahmah. Yes, those hunger pains and turning away from thoughts of food or sexual pleasure are full of Divine Mercy. So, as you accept and obediently decline to satisfy the physical promptings say **“alhamdulillah (praise be to God) Who has given me the opportunity to feel deprivation and elevate me in consciousness of My Lord and of those who suffer unwillingly”**. Give praise and thanks to Allah for insisting that you exercise the muscle of virtue and think of The One Who has Created you and waits for you. Repeat frequently – **laa ilaha illa Allah (There is no god but Allah)**.

Then we move into the next ten days of forgiveness (maghfirah). It descends on us like a cleansing rain and we begin to feel lighter. Take care as the month progresses to not be of those who **“gain nothing but hunger and thirst”**. Take your mind away from the physical and focus on the higher, sublime, saving nature of the blessings, mercy, forgiveness and increased awareness that will come to you in abundance and ask for the ultimate joy – an honored place in the Divine Garden.

Allah has provided us with all that we need for this journey of return. Ramadan is our annual gift to assist us and bring us nearer to our desired destiny.

“And hasten to forgiveness from Your Lord and a Garden whose measure is of the entire heavens and earth prepared for those who practice reverence.”

(Translation of Quran Surah 3:133)

FOODS AND HERBS THAT CLEANSE AND PURGE

“... Surely Allah loves those who turn to him repentantly and He loves those who purify themselves.”

(Translation of Quran Surah 2:222)

Purity and cleanliness are virtues described in sayings of the Prophet Muhammad as one-half of the faith. The internal cleanliness is as important as the external environment. Following are a few of the internal cleansing agents:

- 1. Honey** – Has both detergent and anti-bacterial properties; good for the throat, stomach and intestines; helps to regulate the bowels; take on an empty stomach
- 2. Dates** – Stimulate intestinal secretions; eaten on an empty stomach they act to remove parasites from the stomach; the skin provides fiber that helps to scrub the colon; CAUTION: Do not eat too many – 3 to 7 of the small ones and 1 to 3 of the large is sufficient.
- 3. Fenugreek** – Taken as a tea clears the respiratory tract of phlegm; cooked with dates and eaten on an empty stomach in the morning it removes phlegm in the chest and stomach; promotes bowel cleansing
- 4. Senna** – Leaves act as a mild laxative; purifies the yellow and black bile
- 5. Onion** – Eat cooked - Removes phlegm; increases excretion of urine; helps with bowel elimination. Raw slices can be put on the bottom of the feet and covered with socks to draw out internal infection.

DHIKR

Remembrance of Allah (swt)

The month of Ramadan holds many blessing waiting to be received. Some of these blessings we will receive in this life and some will be received in the hereafter. Allah has prescribed a fasting during this month in Al Quran ul Kareem. In the Hadith Qudsi, Allah (swt) says **“Fasting is Mine and it is I who give reward for it...Fasting is like a shield and he who fasts has two joys: a joy when he breaks his fast and a joy when he meets his Lord...”**

(Related by Al-Bukhari)

During Ramadan we follow the sunnah of our

DHIKR Continued on Page 4

Inspirational Quote

“The internal cleanliness is as important as the external environment. Following are a few of the internal cleansing agents:” Inside This Issue



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.....
“Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah’s rewards, then all his past sins will be forgiven.”

(Saying of Prophet Muhammad in Sahih al Bukharee)

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Prophet Muhammad (saw) and increase our salaah with salaatul taraweeh, increase our zakat (charity), and read the entire Quran. An increase in the practice of these acts is increasing our dhikr of Allah. Each of these acts allows for the cleansing and purification of the soul.

There are four words of dhikr that are easy to remember and say and these words increase our scale of good deeds many fold. The words are Subhana’llah, Alhamdulillah, La-ilaha ila’llah wa Allahu Akbar (All Glory and All Praise are due to Allah, there is no god but Allah, and Allah is the Greatest). Abu Hurayrah reported that the Messenger of Allah (saw) said **“Saying: Subhana’llah, Alhamdulillah, La-ilaha ila’llah wa Allahu Akbar is more beloved ...than anything the sun has ever risen over.”**

Abu Malik al-Harith ibn ‘Asim said that the Messenger of Allah (saw) said: **“Purity is half the faith. Alhadmdulillah fills the scales and Subhana’llah and Alhamdulillah fill that which is between heaven and earth. Prayer is light; charity is a proof; patience is illumination; and the Quran is an argument for or against you. Everyone starts his day and is vendor of his soul, either freeing it or bringing about its ruin.”**

Fasting, charity, reading Quran, these are acts that increase the dhikr of Allah, are acts of worship that purify our souls, increase our scale of good, and with the mercy of Allah make us among the righteous of Jannah.



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