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Quarterly Newsletter

# WHOLISTIC HEALTH NEWSLETTER

## RAMADHAN MUBARAK!

### RAMADHAN -A DIVINE DISTURBANCE-

*"Oh you who believe, fasting is prescribed for you as it was prescribed for those who came before you so that you might develop a conscious awareness..."*  
(Translation of Quran Surah 2:182)

Praise be to The One who has assisted us in the development and purification of our souls and the health of our bodies by requiring an annual interruption in our regular routines that sometimes lead to indulgence and negligence. Fasting is an integral part of religious life, as all religions seek to enhance the spiritual aspect of their adherents. It is mentioned in writings of all major religions and you will find all serious practitioners of a religious path exercising some days of fasting in any given year. In the Bible, commands to fast are found in the Old Testament in the Book of Leviticus (16:29 and 23:32). In Talmudic writings it mentions that the Pharisees fasted on the 2<sup>nd</sup> and 5<sup>th</sup> days of the week or on Mondays and Thursdays. This practice was in place during the time of Prophet Eesaa (Jesus) (as) and also was the habit of Prophet Muhammad (saw) and his companions. Muslims are encouraged to follow this long established practice and are commanded to observe an annual fast in the month of Ramadan.

It has been said that this 28-30 day interruption of one's normal routine could cause systemic de-synchronization confusing both the body and the mind. However, those who engage in this spiritual fast as an obedient response to the command of their Lord will not feel out of "sync". On the contrary, they will feel rhythmic unity as disturbance is made in their routine in accord with the universe and close to two billion other residents of the earth. Following the Lunar Calendar, Ramadan returns at precise times each year as an entity with recognizable characteristics. Angelic activity is different during this month, blessedness and rewards for virtue are multiplied, sympathy and compassion move to the

forefront and creation becomes more responsive to the believers. Allah interferes in the creation to remove obstacles to our ability to excel spiritually and intellectually. He removes the evil Jinn (invisible beings) from our presence, which creates a great change

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### Letters To The Editor:

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# PEARLS OF WISDOM

Jeanette Hablullah, N.D.



*"The main purpose of this obligatory observance of fasting is to gain taqwa or reverent awareness."*

Dear Readers,  
Assalaamu alaikum wa rahmatullah.

*"The month of Ramadan in which the Quran was sent down, a guide for humanity and clarification of the guidance and a standard of judgment..."  
(Translation of Quran Surah 2:185)*

Ramadan is "shahr un azeem" (a great month), a month chosen by Allah to begin major revelation to Prophets of various times. It is also "shahr un mubarakun" (a blessed month), a month full of blessings and rewards for those who follow the commands of Allah and seek the bounty through humble, dedicated worship. It is the month in which fasting during the day is required and standing in prayer in the night is voluntary. The Prophet (saw) tells us in the record of a sermon given on the last night of the month of Shaibaan that a believer's provision is increased in this month. He says whoever draws closer (to Allah) by a sincere, pure act it is as if they had performed an obligatory act at any other time. Then, whoever performs one obligatory act it is the same as 70 required acts at any other time.

The main purpose of this obligatory observance of fasting is to gain taqwa or reverent awareness. We need to be able to feel, think and know Truth, the greatest of which is *laa ilaha illa Allah (There is no deity except The One - Allah)*. We must be able to interpret information coming in via our senses and our intellect both in concrete and abstract form. We must be able to filter truth from falsehood and value from junk. Moreover, we must be able to purify our systems from the old, detrimental, false, worthless thoughts, feelings and waste from wrongful eating. Purification enables taqwa, creates health and assists us in achieving our spiritual destiny. A system built and sustained on Truth is essential to the condition of health. This is because it is the matrix on which we were created:

*"It is He Who created the heavens and the earth with truth. The day He says "Be", then it is..."  
(Translation of Quran Surah 6: 73)*

In my healing experience and in some healing philosophies it is a given that every disease has a spiritual - emotional component. This remains un-manifested at the deeper levels of the being. The physical manifestation - pain, deformity, mal-functioning organs, etc.-usually takes a long time to come forth. Ramadan is a time to thwart the development of disease by flooding the system with purifying, healing, corrective Truth of Quran and dhikr (remembrance) of Allah ta'ala.

This is one act of worship that brings obvious rewards in this life and the anticipation of pleasure in the next as the Prophet states, *"There are two joys for a fasting person. One at the time of breaking the fast and the second at the time they meet their Lord."* (Recorded by Bukharae in The Book of Tauheed)

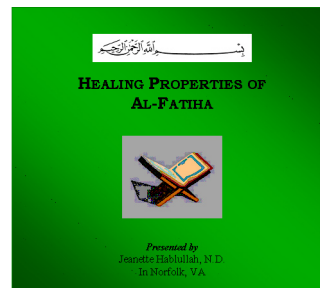


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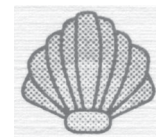
## HEALING PROPERTIES OF AL-FATIHA

2-CD SET - TIME - MIN:SEC- 87:81



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This session was recorded in Norfolk, VA on March 19, 2006. The presentation given by Jeanette Hablullah, N.D. examines the healing properties contained in Surah-tul-Fatiha and a brief introduction to healing in other parts of the Quran. It also contains a recording of the question and answer session from that day.



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*"On the physical level, suspension of food and drink allows the body to purify itself, allows the stomach to rest and regenerate and the bodily functions to begin to balance."*



*"Dates and date trees are mentioned in the Quran 14 times and the date seed is mentioned once."*

### RAMADHAN Cont'd from Page 1

in our surrounding environment. Since the fast was made obligatory in the early years after the Hijrah, the world community of Muslims has joined in annual, group worship for about 1,426 years. This is a powerful offering anticipated in the heavens and on the earth.

There are five purposes of the fast stated in Quran in ayaat (verses) 182 and 185 of The Cow:

1. **The development of taqwa** (reverent awareness) - This is to put us in a state opposed to oblivion and ignorance, a state that is necessary to achieve success while in this realm.
2. **Ease** Allah wants to facilitate this journey of life for us. Strength gained from this month can sustain us for another annual cycle.
3. **Completion of the term** - The requirements must be fulfilled for the rewards to be given.
4. **Exaltation of Allah** - Recognizing and declaring the greatness of Allah by developing and practicing virtue.
5. **Becoming grateful** - This is the final stated objective and the key to increase on all levels.

Regarding the benefits, a fast of spiritual obedience has benefits on all levels. It is the best safeguard for illnesses of the soul, heart, mind and body. On the physical level, suspension of food and drink allows the body to purify itself, allows the stomach to rest and regenerate and the bodily functions to begin to balance. During the hours it is free from food processing, the body begins to correct irregularities in circulation, blood pressure, water distribution, etc. The digestive system begins dissolving waste and obstructions that were unable to be excreted. Harmful bacteria are reduced because there is less on which they can feed and, as less energy is required for food digestion and processing, more is available for healing and restoration. We are physically challenged to get adequate water into the system and to make healthy choices so that what food we do consume supports the cleaning and restoration being done.

On the spiritual level, Ibn Katheer's tafseer of Quran states that fasting narrows the pathways of Shaitan into the body. Indulging the desire to gain pleasure with food and drink creates other physical desires. So, using self-restraint and

### RAMADHAN Cont'd

self-denial on this level shuts doors to other desires, "Fasting is a shield". In addition, the impulse to sexual activity must also be controlled during the fasting hours, so another door is closed. Fasting pleases the heart and promotes virtue by teaching patience, compassion and firmness in self discipline. As the physical appetites are controlled the soul's hunger can be expressed and gratified with extra prayers, Quran reading, acts of charity, and Divine remembrance. All of this leads to the achievement of the primary goal and that is the development and enhancement of reverent awareness or taqwa.

Allah ta'ala said in the words of the Prophet, **"All of the deeds of the sons of Adam are for themselves, except fasting. It is for Me and I will give the reward for it."**

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### DATES - MANY BENEFITS OF A SMALL FRUIT

*by Jeanette Hablullah, N.D.*

***"It is He (Allah) Who sends down rain from the heavens; with it We produce vegetation of all kinds out of the date palms and its sheaths clusters of dates, hanging low and near..." (Translation of Quran Surah 6:99)***

Allah has made food a necessity for us. We must eat to live and we must eat well to be healthy. Proper eating is a form of libadaah (worship) as it is obedience to Allah's commands (i.e. **"Oh you human beings, eat from what is on the earth that is permissible and good"**). The best food is both nourishing and healing and that is honey. After that there are many good foods.

Dates and date trees are mentioned in the Quran 14 times and the date seed is mentioned once. Allah clearly is letting us know that dates and gardens of date trees are very valuable. When Allah blesses communities or individuals one of the things he may choose are date producing trees. Also, Allah makes these fruits easy for us to get, which is a characteristic of the fruits of Jannah. It is not difficult to climb a date tree.

In this blessed month of Ramadan practically every Muslim home and institution will be honored by the presence of this blessed fruit, since it is sunnah to break the fast with an odd number of dates and water. The Prophet Muhammad (saw) said, **"A house without dates has hungry people"**. Dates are one of three "royal foods" that is fit for and enjoyed by Kings and esteemed people. The other two are grapes and figs.

*Continued on Page 4*

## Inspirational Quote



*"As the physical appetites are controlled the soul's hunger can be expressed and gratified with extra prayers, Quran reading, acts of charity, and Divine remembrance." Inside This Issue*

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### Inspirational Quote

*"The stomach is the origin of every disease and abstinence is the epitome of every remedy. So make this your custom."*

(Prophet Muhammad (saw); Recorded in Bukharee)

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### Upcoming Events

#### **Wholistic Health - Laying the Foundation**

October 16, 2007, Teleconf. Lecture at FitMuslimah.com  
(You must be a member: Register online by October 1 at FitMuslimah.com)

#### **Going Organic - Going Green Seminar**

October 27, 2007, Time: 10:00 am - 1:00 pm  
Beltsville Public Library - Beltsville, MD  
Contact: Inayet Sahin: inayet\_s@yahoo.com

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### Future Topics:

**Childhood Diseases: Asthma**

**Skeletal Integrity**

**Microwave Ovens - Ten Reasons to Throw Them Out**

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Dates are characterized as hot and moist which means they aid conditions that are cool and dry. They stimulate intestinal secretion and prepare the stomach and intestines for other food. (This is why they are good for breaking the fast.) Dates are the most wholesome of the fruits; they give more nourishment than any other fruit. The sugar in the date is quickly used by the body, converted and distributed for energy. So, after a day of fasting just one date with a glass of water can quickly restore your energy.

The Prophet said, *"The date is from Paradise and contains an antidote to poison"*. (Recorded by Tirmidhi) They are known to remove parasites from the intestines when eaten in the morning on an empty stomach. The Prophet often ate dates for breakfast and many times dates were all he and others had to eat. We cannot be as free with the dates as they were, however, because dates are a fruit of a hot climate and we do not live in a similar environment. So, we must be moderate, particularly in the colder months. Over consumption can cause eye problems such as blurred vision, headaches and damage the teeth. We can use a precaution and balance the dates by eating them with almonds. Almonds are opposite in their nature, being dry. Still, moderation is best.

If we keep dates in our homes we will keep a reminder from the Quran of a food of the Jannah and also a reminder to follow the sunnah of the Prophet (saw).

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### **Ramadan Mubarak**



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