

In the Name of Allah, Most Gracious, Most Merciful

## Under the Candle Light

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Many times we think about others or helping others BUT we forget ourselves or our own loved ones. Here I would like to highlight few of those which I have noticed among people doing wrong due to not taking guidance from the Quraan (book of guidance).

### Forced Marriage:

It has been observed that some parents do not take consent from their sons or daughters and unjustly put them into wedlock, which is against the teaching of the Quraan. First condition in the Quraan is that they both must be adult and the second condition is that they both agree on this marriage. No marriage is a marriage if anyone (bride or groom) or both (bride and groom) do not agree on this marriage, except whatever has been happened in the past in ignorance and no one warned them before. People must be informed to take the guidance from the Quraan and hence be able to avoid great sins. (Ref: Al\_Quraan\_002:230-235, 004:022-028, 024:026-033)

### Denying Surgery during Delivery of Babies:

Saving a life is like save the whole world as mentioned in the Quraan (Ref: Al\_Quraan\_005:032). Denying Surgery when it is really necessary during Delivery of Babies could be very dangerous and could take lives of babies or mothers or both. Good Doctors may know very early due to availability of modern equipment which includes ultrasounds. Medical Imaging has been in use since 1960s and helped saved many lives of babies as well as mothers. Allah told that He knows what is in a mother's womb, a boy or a girl, BUT nowhere Allah told that we should not try to find it, like He challenged us about returning soul to the body, which no one can do except Allah (Ref: Al\_Quraan\_056:083,087). Today Doctors are able to tell in advanced what is in the mother's womb, a boy or a girl even from 6 weeks old fetus. They are also able to tell in advanced if a mother needs surgery or not, so don't wait till the last moment and trust on good honest doctors and must take second as well as third opinions for a safe side to make more sure. Not taking benefits of Modern Science to save a life is like suicide or killing your own loved ones. If baby dies because of your wrong decision, you could fall into the category of killer of your own child in front of Allah. In case of mother dies it could be suicide of mother or murder if others forced her for not to use modern technologies to save her life as well as of babies. Don't even think to suicide or kill your loved ones by any means, otherwise Allah may punish you on the Day of Judgment.

### Denying Medical Treatments:

Medical Technologies have advanced tremendously and still in progress and saving more and more lives ever than before. It is my personal observation and had seen many people survived after going through right treatments like Medicines, Injections, Surgeries, Medical Imaging (e.g. Ultra Sounds), Radiations, Chemotherapy, Stem Cells and Bone Marrows etc. Many people after getting right treatments lived long lives. Always remember saving a life is like save the whole world (Ref: Al\_Quraan\_005:032).

### Mind Your Actions – Mind Your Language – Bullying May Kill Someone:

Your Language or Tone (i.e. Bulling) may hurt others. Even in Games or Funs or Comedies, so you need to be very careful. Someone may like dangerous rides, BUT others may get stroke or heart attack, so you need to think how others may feel and you need to HELP them instead of TORTURE them. Comedians must take extra precautions, since many people may adopt their attitudes and start bullying everyone on the street as well as at home. **For Blood and other Laboratory Tests go directly to good recognized laboratory/test center, since these tests are key things to find issues about health problems.**

A Muslim is the one who avoids harming Muslims with his / her Tongue and Hands ... (Sahih Bukhari - Vol-1, Book-2, Belief, Hadeeth-009). So Encourage and do NOT Discourage and apply the logics of Psychology.

On the day when their own tongues, hands, and feet will bear witness to everything they had done. (Al\_Quraan\_024:024)

Allah does NOT love the public utterance of hurtful speech (language) unless (it be) by one to whom injustice has been done; and Allah is Hearing, Knowing. (Al\_Quraan\_004.148)

Anxiety is also a Weapon to Hurt or kill someone, even without knowing it, since it may cause dangerous diseases like blood pressure, sugar, heart attack etc. Although in this world it may be hard to prove it, BUT on the Day of Judgment Allah will sure ask about this as well. So change your attitude before it gets too late.

Anxiety occurs when both the parties disagree on some matters. It hurts you badly, if you get it from your loved ones, for others you normally don't care. Generally we do the Great Mistake that "I am Right". You must avoid the Great Mistake that "I am Right and all others are wrong", even though you are a scholar or an elder, after all you are still a human being.

Allah has very clearly mentioned in the Quraan to AVOID Anxiety.

There is NO Compulsion in Religion..... (Al\_Quraan\_002:256)

Also it is not only true for the disbelievers, BUT also for the different sects that your believe is with you and my believe is with me.

"To you is your religion, and to me is my religion." (Al\_Quraan\_109:006)

Invite (all) to the Way of Allah with wisdom and beautiful preaching; and argue with them in ways that are best and most gracious: for Allah knows best, who have strayed from His Path, and who receive guidance. (Al\_Quraan\_016.125)

Also Remember, that both Musaa (Peace-Be-Upon-Him) and Khizr (Peace-Be-Upon-Him) were prophets and obeyed Allah BUT disagreed on some of their mission. So we might differ in our missions to help the world, BUT our goal to obey Allah is same. You might be obeying Allah, according to what you understand and I am also obeying Allah according to what you understand. It is time to UNITE not DIVIDE.

### **Dealing with Youngers or Poor:**

It has been observed that many Elders or those who are rich don't have any courage to respect their Youngers or Poor and use rough and tough languages. Remember, Prophet Muhammad (Peace-Be-Upon-Him) was soft spoken otherwise people may have runaway (Ref: Al\_Quraan\_003-159), and same is true for you, if your tone is not soft enough then your relatives or friends as well as loved ones may runaway and Allah may question you on the Day of Judgment because of your bad attitude.

### **Helping the Needy in your family or neighbors:**

If you look around in your family or neighborhood you may find those people who are desperately in need of help. Some of them might come to you for help others feeling shame to ask and if you really investigate them regardless of, whether they are living in Slum Area or in your neighborhood you may find them. Allah has specially mentioned about these types of people and it is your duty to help them as commanded by Allah before it gets too late and you might get alarming test from Allah, either as an accident or some dangerous lifelong painful deceases etc., so be careful and wish all the best. AMEEN. Remember! Poverty is on the rise around the globe and also dangerous lifelong painful deceases as well as natural and manmade disasters and that could be due to not helping the need as you should.

### **Consuming Healthy Foods & Drinks:**

Prevention is always better than cure. Eat Healthy Foods in a Balanced Way and exercise in moderate. You must avoid all Junk Foods and Drinks to avoid Stroke, Heart attack, High Blood Pressure, Cholesterol, Diabetics (Sugar) etc. First sign of obesity is one having bigger bally, except for pregnant ladies. Now children are also being obese due to lack of physical exercises and more video games etc. If you have your own backyards, try to grow fruits and vegetables to have trusted organic fruits and vegetables. For more information on Health Concern, below are few good websites:

<http://www.heartandstroke.com>

<http://www.doctoroz.com>

<http://www.earthclinic.com>

<http://www.health.com/health/natural-remedies>

**Take care of your loved ones before it gets too late. Wish all the best. AMEEN.**

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**Read Al-Quraan, the Miracle of Miracles and free from contradictions and errors**

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