

## Universal Exceptional Fasting-Salaat Timing Method

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Allah told to face Makkah means **FOLLOW Makkah** and **get GUIDANCE from Makkah for Hajj, Umrah, Salaat, Ramadaan and Eid etc.**, and do not divide Religion Islaam, since those who Divide their Religion and break up into Sects, thou hast NO part in them in the least: their affair is with Allah, (Ref: Al\_Quraan\_002.125-129, 002.130-138, 002.142-144, 002.149-150, 002.189, 003.095-097, 003.103, 003.106, 006.096, 006.159, 010.005). **Remember:** When there is summer on the north of equator, there is winter on the south of it and Fasting and Salaat timings are different over there.

Fasting for only few hours is not a fasting at all and fasting for over **16** hours is like having extreme hardship on people. Main purpose of fasting is to follow the commandments of Allah without hardship (Ref: Al\_Quraan\_002:84-185). To find medical reason, which recommends **12** hours of fasting for health benefits on occasional basis, visit <http://en.wikipedia.org/wiki/Fasting>.

Although Allah has granted to skip fasting for those who cannot fast for valid reasons (Ref: Al\_Quraan\_002:84-185), and provided us following options:

- 1> Fast if you can with no major hardship.
- 2> Skip fasting and makeup on some other days in case you are sick or travel or having extreme hardship.
- 3> Skip fasting and pay due to the poor for those days in case you cannot makeup later.

**Below is just a case study (FYI):** Since Universe is expanding (Ref: Al\_Quraan\_051:047). Also people not only started living in the far north and far south on this planet earth, where normal day and night is based on **24** hours clock instead of daylight and night but also moving above in space. It is time now to re-analyze **Fasting** and **Salaat** timing in the light of the Quraan, Really Authentic Hadeeth and Ijtihaad. Scholars of the past had suggested on following Makkah timings, or the nearest city on the south below **64** degrees if living north or nearest city on the north below **64** degrees if living on the south. Great thanks to the scholars of past, who have already done ground works to show us the signs that there is real need for this **simplified Universal Exceptional Fasting/Salaat Timing Method** as an adjustment (Reference: <http://www.islamicvoice.com/2001-06/dialogue.htm> and <http://www.islamicity.com>). Those who fall beyond these limits should follow Makkah (Saudi Arabia) Timing.

To have Iftaar and Sahoor one need certain number of hours gap to digest otherwise it will be like one meal a day, and you might not be able to do the challenging work after few days due to reduced energy level in you.

Also keep in mind that as per medical research **7 to 8 hours of sleep** is necessary for a **normal** person. It will be extremely hard for those who drive vehicle or aircraft or spacecraft or any complex machinery and may cause accidents if not taken extra precautions. **Surgeons must avoid surgery if not having enough sleep or have much less energy and cannot concentrate on their duties, to save patients' lives.**

It is not practical, in one hour at night, end fasting, then offer Maghrib Salaat, then offer Isha Salaat, which includes Taraveeh Prayers, then eat Sahoor before start of Fasting, then finally offer Fajr (Dawn) Salaat. Similarly it is not practical to have a one hour period of fasting, and have the remainder be **23** hours of night.

Allah does not wish to make the religion difficult for you, (Ref\_Al\_Quraan\_:002:184-185, 005:006).

**Maghrib and Isha Prayers may be combined in case of bad weather, nighttime getting extremely shorter in the extreme regions, etc.**

### CONCEPT OF TIME FREEZE:

As we have noticed, there is a **NATURAL TIME FREEZE** for certain days during peak summer, as well as peak winter in **Makkah (Saudi Arabia)** which is at **21.4167° N, 39.8167° E**. It will help us understand the concept of **TIME FREEZE**. Extracted time data has been taken from <http://www.guidedways.com>.

Keep in mind that **Sunrise Freeze** and **Sunset Freeze** are on **different** days in Makkah (Saudi Arabia).

Date From	Date To	Start of Fajr Freeze	End of Fajr / Sunrise Freeze	Maghrib / Sunset Freeze
May 29, 2011	Jun 16, 2011	04:11 AM	05:38 AM	
Jun 26, 2011	Jul 12, 2011			07:07 PM
Nov 23, 2011	Dec 01, 2011			05:37 PM
Jan 10, 2012	Jan 23, 2012	05:38 AM	07:01 AM	

In Makkah (Saudi Arabia), **21.4167° N, 39.8167° E**, during summer peak fasting time is around fifteen (**15**) hours while in Madinah it is **over 15** hours and during winter peak fasting time is around twelve (**12**) hours. Those who live in such an exceptional area (i.e. where it is becoming hardship on them), people can freeze the **Fasting** and **Salaat** Time when fasting time becomes longer than sixteen (**16**) hours or fasting becomes shorter than twelve (**12**) hours like in Makkah. Below is an example for **Stockholm (Sweden)**. <http://www.guidedways.com>

**Suggested Forced Time Freeze for Salaat and Fasting in Stockholm (Sweden) for summer:** Adopt Salaat and Fasting time accordingly for your region. Start of Fajr should be **one** hour before End of Fajr.

Date From	Date To	Start of Fajr Freeze	End of Fajr Freeze	Maghrib Freeze
Apr 22, 2011	Aug 22, 2011	04:18 AM	05:18 AM	
Apr 22, 2011	Aug 25, 2011			08:17 PM

If in any region Fasting Hours increases beyond sixteen (**16**) hours, people can freeze that at sixteen (**16**) hours.

**Suggested Forced Time Freeze for Salaat and Fasting in Stockholm (Sweden) for winter:** Adopt Salaat and Fasting time accordingly for your region. Start of Fajr should be **one** hour before End of Fajr.

Date From	Date To	Start of Fajr Freeze	End of Fajr Freeze	Maghrib Freeze
Oct 08, 2011	Feb 23, 2012	06:05 AM	07:05 AM	
Oct 08, 2011	Mar 23, 2012			06:07 PM

If in any region Fasting Hours drops below twelve (**12**) hours, people can freeze that at twelve (**12**) hours as well.

People in other regions in the far north or south should follow similar method according to their local time.

Regions falling beyond these limits e.g. in space etc., people should follow Makkah (Saudi Arabia) Fasting/Salaat Timing.

**Scholars should adjust their Calendar for the benefit of Muslim Ummah.**

The month of Ramadaan is that in which the Quran was revealed, a guidance to men and clear proofs of the guidance and the distinction; therefore whoever of you is present in the month, he shall fast therein, and whoever is sick or upon a journey, then (he shall fast) a (like) number of other days; **Allah desires ease for you, and He does not desire for you difficulty (hardship)**, and (He desires) that you should complete the number and that you should exalt the greatness of Allah for His having guided you and that you may give thanks. (**AI\_Quraan\_002:185**)

O you who believe! when you rise up to prayer, wash your faces and your hands as far as the elbows, and wipe your heads and your feet to the ankles; and if you are under an obligation to perform a total ablution, then wash (yourselves) and if you are sick or on a journey, or one of you come from the privy, or you have touched the women, and you cannot find water, betake yourselves to pure earth and wipe your faces and your hands therewith, **Allah does not desire to put on you any difficulty**, but He wishes to purify you and that He may complete His favor on you, so that you may be grateful, (**AI\_Quraan\_005:006**).