

RASOOLI

N E W S L E T T E R

FROM THE EDITORS

Welcome!

With the boundless mercy of Allah, and with the inspiration of our Shaykh Fadh-lallah, the Rasooli Centre hopes to endeavour on a short but interesting quarterly newsletter, inshallah.

The joint editors are Sidi Hosam Raouf and Ustadh Iqbal Jhazbhay. The newsletter will include global issues such as health, current news and other informative aspects. Our aim is to enable the reader to benefit both inwardly and outwardly.

Shaykh Fadhllallah relates in his tafsir of Surah Ali Imraan (pg.-61), knowledge is a high form of sustenance; and purification of the heart is spiritual sustenance of an even higher degree. What is the use of food and air, unless it is going to increase man's faith and knowledge?

May the knowledge that we attain enable us to follow the example of our Beloved Prophet (s.a.w.), for Allah says in the Quran: "If you love Allah, then follow me (Muhammad s.a.w.); Allah will love you and forgive your faults; and Allah is Forgiving, Merciful." (3:31).

May we strive on the path of guided actions and total submission to our Most Merciful Creator.

Muharram: Karbala OF THE Heart

The month of Muharram marks the beginning of our inner and outer calendar, sprouting courage and steadfastness in the way of Truth. Like the period of Ramadan, the first ten days of Muharram marks a period of constriction. Whereas the constriction of Ramadan culminates with the expansion of "Eid", the tenth of Muharram (ashura) culminates with the victory of Truth.

We benefit from it by reflection, asking ourselves to what extent are we following the Haqq, and how much have we deviated from the Muhammadi way and the way of Imaam Hussain (a.s.). Have we compromised? And out of expediency, followed temporal rulers and succumbed to the pressures of dunya?

To remember the tragedy of Karbala is the ultimate success and ultimate victory of truth over evil. To remember Imam Hussain is to remember the heritage of mankind, the purpose of the creation of Adam. It is not merely about emotional out-pouring. It is about the celebration of avoiding evil, and encouraging one another to benefit from the joy of doing the right thing.

Ultimately, the right thing is based on the knowledge that there is nothing other than He, La ilaha ilallah. And if it is to manifest, then the perfection of it is Muhammadur Rasoolillah (s.a.w.). With Imaam Hussain's courageous act, he deserved the title given to him by the Prophet as the Master of the Youth of the People of the Garden.

RASOOLI CENTRE, PO BOX 50764, WIERDA PARK, 4019, SOUTH AFRICA

TEL: 012 666-8952

EMAIL: rasooli@northweb.co.za.

WEBSITE: www.nuradeen.com

IF YOU SEND MATERIAL BY E-MAIL, PLEASE ATTACH AS A WORD DOCUMENT

OUR bodies HAVE rights

Most spiritual disciplines stress the importance of taking care of your body, so it can help rather than hinder you on your inner journey. The better your health, the more your energy will be preserved and the more likely you will focus on your self unfoldment. The gross will always prevail over the subtle and sickness will take over your life according to the extent of its severity. However, it is also important for the seeker to maintain a balance whereby their 'donkey' acts as an appropriate means of transport, rather than veering to the opposite extreme when it becomes excessively pampered.

If you ask anyone whether they consider good health necessary to their happiness, the answer would be unequivocally 'yes'. Nobody will admit to consciously seeking ill health, yet that is exactly what many of us do through

bad diet, lack of exercise, excessive medications and most important of all corrupting the heart with negative thoughts.

The Muslims have access to a rich treasure house of traditions concerning physical as well as spiritual well-being, yet sadly the health standards of affluent Muslim communities throughout the world would indicate they pay little attention to correct diet and a balanced lifestyle. There is clearly a need for health education and in this Newsletter we plan to have a series of articles by practitioners, representing different fields, which will give practical guidelines to our readers.

On the physical level a balanced diet is the key to maintaining a healthy body. One important tradition concerning eating habits is:

"The stomach is the ground

(house) of sickness and fasting is the core (most important) of medicine."

How often are the benefits of abstinence in Ramadan nullified by the quantity of meat and sugar rich sweets consumed through the nights of fasting.

Another tradition advises: *"do not full your stomach with food but allow one third food, one third water, one third space."* A similar teaching from Iman Ali says that: "we are people who will not eat until we are hungry and when we eat will not fill our stomach." If we are to live in balance, moderation should be practiced in all aspects of living.

On the subtle level the purity of the heart is stressed in many hadith, such as: *"the healthy body has no envy in it"*, and *"within the breast of the human being there is an entity, if it is well, all is well, if it is not the whole being is sick and that is the inner heart."*

Muslims are indeed blessed to have these simple, yet profound wisdoms as part of their heritage. The hakims of old taught these knowledges, used food as medicine and knew the science of food combining. However, the abundance of today and the omnipresent "magic bullets" of mainstream medicine have veiled the Muslims. If people want to act correctly towards themselves, living optimal in this world, whilst preparing for the next, they must honour the right their bodies have on them. They must awaken to the understanding that responsibility for health is an integral part of their spiritual awakening. It is all a question of awareness in every aspect of life. Say 'bismillah' before each mouthful and you start on a path that will lead to inner, as well as outer, fulfillment.

Munira Haeri

BOOKS AND PUBLICATION UPDATE

Availability

Books by Shaykh Fadhllalla Haeri are currently available at certain Exclusive Books in Johannesburg and Pretoria. Books are also available for sale at Rasooli Centre library in Pretoria.

We are currently investigating the possibility of expanding our distribution network to Cape Town, Durban and other areas in Southern Africa.

Reprints

The following books are currently in reprint:

- Elements of Islam
- Elements of Sufism
- Living Islam
- The Pilgrimage

The final dates of availability will be published in the next edition of the

newsletter.

New titles

The following new book titles will be available shortly:

- Sura Ya'seen - commentary
- The Glorious Qu'ran
- Calling Allah By His Names
- Inner Secrets of Worship
- Qu'ranic Prescriptions for Life
- The Hikaam of Ibn'Ataallah
- *Hot from the press:* Selected Verses from the Glorious Qur'an.

All the above by Shaykh Fadhllalla Haeri. We are currently looking for reliable individuals to help distribute our books in certain areas. Should you be interested please contact Mohammad on +27-83-442-5169.

Return^{to} Umdeni

I last went to Umdeni to attend the conference held there some five years ago. Today the energy there has been much uplifted, especially with the presence of Bibi. All negative energies have been banished. There is a calmness to be felt by any visitor.

Having been abandoned for over two years, nature has taken its course, and the wattle trees are taking over. Much effort is required to bring the place to the vibrancy that has been clearly envisioned for Umdeni.

But even the first few minor steps taken in the right direction have an impact, if nothing else at least in the hearts of those taking those steps. I look forward, as do many others, to experiencing and tasting the benefits of Umdeni.

Haider Naqvi

C S
A B I M
A R R
A R E
A T

The Newsletter will be publishing a Arabic term with every edition. For this issue, the Quranic word is 'Rabb', which was given at the dhikr talk by Ustadh Iqbal Jhazbhay.

The word Rabb is found in our daily recitation of Surah Al-Fatihah. Rabb means Master and is found in the very first verse when it declares: "All thanks is due Master of everything". It is derived from Rabb, in other words to raise, or to bring up. Another common 'tarbiyah', or education, is also derived from Rabb, which in this instance means to educate, to nourish.

It with these definitions that scholars of tafsir have also translated Rabb as meaning 'That which takes something from none existence into existence and then nurtures it until perfection.'

IMPORTANT EVENTS

On the 12th, 13th and 14th of April, the Rasooli Centre held a conference on Living Islam. Living Islam is the prophetic way to know and reflect Divine essence. Books and cds by Shaykh Fadhlalla are available at the Centre.

•••

Dhikr and tafsir halqa will be held every Thursday at the Rasooli Centre after magrib, inshallah.

•••

Sidi Hajee Ibrahim Scheitema will be holding a personal excellence course at his home in Walkerville during May. Further information will be available in our next edition, inshallah.

•••

In one of the many events hosted by Shaykh Fadhlalla, he gave an awe-inspiring talk at the Marabasstad Mosque – Masjidul Rahmaan. The Shaykh quoted from Hazrat Abdul Qadir Jilani.

•••

Aikedo classes – interested people should contact Faadil on 083 988 9456.

•••

Shaykh Ikraam, a distinguished Shaykh from the Chisti Order, is presently visiting.

•••

The Rishi Centre of Laudium invited Shaykh Fadhlalla to give a talk at their gathering. All of us that attended really benefited, as the lesson we learnt was: let go of your ego (*nafs*).

•••

**For further information please
contact the Rasooli Centre.**