National Bestseller

TRANSLATED IN FIVE LANGUAGES

BORN AGAIN

365 Days to a Healthy, Happy and Peaceful Life

Fourth Edition

Faiez H. Seyal

A Bouquet of "life changing" lessons from the Author's best-seller ***"Born Again"*** Program

BORN AGAIN

365 Days to A Healthy, Happy and a Peaceful Life

- Faiez H. Seyal -

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An Ace Book

BORN AGAIN 365 DAYS TO A HEALTHY HAPPY AND A PEACEFUL LIFE

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بسم الله الرحمن الرحيم

In the name of Allah,

The Most Beneficent,
The Most Merciful!

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I am thankful to all those people, events, and circumstances, which led me to a "Road Least Traveled", without which this work could not have been possible.

Because it is on this "road" that I re-discovered "myself" and started relearning the Meaning, Mysteries and Truths of Life.

Special Thanks

- To my wife Roshina Amin and my associate Uzma Sultana for their great assistance in locating the references from Qur'an and various Ahadith sources

- To Tayyiba Imtiaz, for her voluntary proof-reading work

Preface to the Third Edition

The first edition of this book "Born Again" was published in February 2000. Its second revised edition in April 2002 followed it. Here is the third revised edition, which is now in your hands.

As this book came first time in the market, it was sold like hot cakes. It will not at all be exaggeration to admit that it is the "National Best-Seller" book published by Aceone. This book has replaced gifts at the birthdays and at many other occasions. It's equally popular in the people of every age group. People say, "they develop a long deep love for this book after reading through it and they want to keep it for all their lives". And why shouldn't they keep it, as this book was proving instrumental in bringing positive changes, peace and satisfaction in their lives! Since the day it was made available in the market, an ever-growing demand from the people has been received through emails, letters and through phone calls not only from Pakistan but from abroad too. It is because of this ever-increasing demand and appreciation, we, by the grace of Al-mighty Allah, are coming up with the third edition and overall fourth printing of this book.

Since continuous improvement is our obsession, we strive to achieve the finest quality standards in our products. We take

the readers' feedback as one of the major and critical tool for the improvement of our products. The ardent readers of this book who belonged to almost all sections of society pen down their awesome and overwhelming appreciations about the writing style of the author, simplicity of this book, its understandability, and on top of it, its content material.

Several people registered their concerns regarding the English translation (i.e. Abdullah Yusufali) of the Quranic verses, used in the earlier editions. They found the "old English" language extremely difficult to understand. Many words that are used in this translation are obsolete and are not used in today's English. Words like "thou & ye" for "you", "perceiveth" for "perceive", "thine" for "your" and few other words were causing difficulty in understanding the meaning. Based on this feedback, the publishing team with the consent of the author has decided to replace this English translation of Qur'an with a simple one, i.e. by Dr. Muhammad Mohsin Khan & Dr. Muhammad Taqi-ud-Din Al-Hilali.

We have tried our best to incorporate your valuable suggestions in this edition and also a few typos that were recorded in the second edition, are corrected. However, we will continue appreciating your valuable comments and suggestions to bring further improvements in your favorite book, "Born Again". May Allah be with you forever. Good Luck and take care!

Publishing Team
July 2005

Preface to the Second Edition

The first edition of the book was published and printed in February 2000. The skepticism was too high, as to how this subject being touched for the first time in a unique way will sell. These fears were shared by most of the booksellers, who refused to provide any space to the book at their bookshops owing to its uniqueness and misconception about its lack of readership. However, the readership was present but they did not have the access to a book that could provide answers to their questions. This fact can be justified with the reality that by the grace of God now we are with you with the third edition and first printing of the book within a span of five years.

Since the publication of the first edition, we have been receiving feedback from people belonging to all sections of the society. The feedback besides appreciating the content and the intention of the book also assesses the changes book brings in the lives of the readers. This has been the most satisfying aspect, pouring in through emails, phone calls and letters by readers that describe the positive changes this book is bringing in their lives. There is yet another unique, though interesting, feature of the popularity of the book that it has replaced gifts, medicines and also is used as a handy reference to win certain

arguments. With this we heartily appreciate your continuous and consistent support and feedback in making this book a "big-success".

This second edition at hand is manifest to our commitment to the continuous learning and improvement. Based on the feedback, we have taken special care in correcting the errors in the first edition i.e. misprints, typos and grammatical mistakes etc. We have also quoted the Ahadith references of the golden sayings of Prophet Muhammad (peace be upon him) which were previously not included. Special care has been taken in terms of editing also. However, your feedback will ascertain as to how far we have been succeeded in our efforts to make this book up to the mark. We look forward for your further suggestions and feedback.

May Allah be our guide, mentor and an intimate friend and give us the courage and energy to know, understand, follow, practice, and to teach the truth. We wish you success and best of luck. Thank you and take care!

Publishing Team

Preface to the First Edition

In the past decade of my career as a personal coach and mentor, I have seen much misery in people including frustration, unhappiness, poverty, aggression, depression, anger, disease, etc. In one of our research studies, we discovered that over eighty percent of people are angry, either externally or internally. External anger is manifested in hostility, cynicism, aggression, and violence while the internal anger leads to depression, migraine, passiveness, and on extremes, suicides. During those early years, I noticed some common emotions and traits in all those, whose lives were miserable. Emotions like guilt, regrets, aggression, worries, fears, hatred, jealousies, and traits like self-centeredness, self-pity, short-temperament, blaming and complaining approach, etc.

According to research, this is the reason for lack of peace at home, organizations, society and ultimately the world. How can we have peace at our homes, organizations and society without having inner peace? In the beginning I used to wonder, why does God does all this to his creation? But one day, a reference (42: 30) from the Holy Qur'an changed the whole paradigm of life: "*Whatever misfortune befalls at you, it is because of you...*"

When I started the journey on this 'road least traveled', I did not know where I was heading for. But one thing was certain; I wanted to discover the truths of life, no matter what. In the search for reality, finally I discovered the truths of life called 'Laws of Nature'. These centuries-old laws of nature provide us with a complete guideline for a happy and a peaceful life. It is our job to discover these laws, learn from them, and practice them in totality. I also noticed that a few fortunate beings, who discovered and were also practicing these laws of life, were at peace. On the other hand, I was amazed to find that most of us have become totally aloof or are unaware of this golden source of life-changing guidelines.

Most of the problems facing people today are "self-made" . Our Creator has given us clear-cut guidelines to live our lives, known as the "laws of nature" or the "laws of life". It is our job to learn and live with those laws. However, if we choose not to, then there is a 'fine' associated with it. This fine could be in terms of our physical, emotional, mental or spiritual health. Here we have a freedom of choice, either to learn and live with those laws or pay the price. Unfortunately, most of us are paying the price, consciously or unconsciously.

It is so unfortunate that instead of discovering the realities of life, and using them to improve the quality of our lives, we somehow became accustomed to a poor quality of life. Most of us do not make a sincere attempt ourselves and we lack sincere mentors, teachers and role models to guide and teach us 'how to live'? Whatever we see people doing

around us, without evaluating or thinking, we start doing the same thing good or bad. It reminds me of a story that explains this metaphor very well. A little boy was left stranded in a jungle. During his childhood, all he saw around him, were different animals. He saw them doing different things that raised many questions in his mind. But there was nobody to guide and coach him. One day he thought that he was one of them. But the problem was that he could not decide which animal to follow. Finally he concluded that he looked more like chimpanzees so he started following them and became one. Most of us are no different than that little boy. The moment we opened our eyes in this world, we see many kinds of people around us doing different things and running in different directions. And we without knowing where they are heading, and deciding if we would like to go there, start running with them. It is at the end of the journey that we discover that it is not the place where we want to be, but it is too late by then.

Our lives must be different than that. It is our job to realize this and reveal the truth. Just imagine the efforts we put to prepare ourselves for a career. We spend about 25 years of our lives to prepare for 35 more years of our professional life, assuming the average age to be about 60 years. Now just ask yourself, how much time have you invested so far in learning about the "*life*" itself? It seems that without learning who we are, and what we are ought to be, we are running in the dark and that leads to all the misery we see around.

Born Again 365 Days to a Healthy, Happy and a Peaceful Life" is based on state-of-the-art concepts, tools and

techniques taught at our, "BORN AGAIN", live program. The program and booklet, are based on my extensive research of the world's best literature, practices and techniques in the art and science of self-healing, personal success, total wellness, etc. This literature forms the basis of an emerging "spiritual-healing" technique that is doing miracles in the lives of people, everyday. The concepts, tools and strategies mentioned in the booklet are also supported and backed up with my experience of working with thousands of individuals and hundreds of couples, as their personal coach and mentor. A sincere application of the learning of this program has done wonders for thousands of people. Many even reported miraculous healing from terminal diseases like cancer, hyper-tension, migraine, urinary tract infections, cardiac diseases, higher cholesterol, paralysis, etc. The booklet is designed to assist all those who believe that they are missing something in their lives, or believe that their experience of life can be improved. It rests on the basic premise that we can only be happy and at peace if our four dimensions i.e., our body, mind, heart and soul are in harmony. Our program and this booklet combine all of these dimensions.

The second objective that this booklet serves is to highlight the teachings of our Holy Prophet (peace be upon him). In the past few years, there has been a mushroom growth in research and writings in this area of personal development. Worldwide, thousands of books are already available and hundreds are being added every year. The major source of this research and writing is USA. Even in a country like ours, there are hundreds of books available on these topics,

mostly written by American authors and published in the USA. I have seen hundreds of people praising these authors and giving credit of these research findings to the western world. These people, unfortunately, don't realize that these 'so-called' most advanced 20th century discoveries in fact, give no more than the guidelines provided to them by the Holy Qur'an and the Holy Prophet (peace be upon him), more than 1400 years ago.

Over the period, we have totally abandoned this rich resource that was meant to teach us the art of living. How can one imagine living a happy, satisfied and a peaceful life without learning 'how to live'?. That is what the Holy Qur'an and the Last Prophet (peace be upon him) teach us. Unfortunately we never took it in that spirit and that is why our lives have become a mess. Most of us have become so ignorant that we don't even see any relation between the teachings of the Holy Qur'an and our daily lives. Well, my dear, the Holy Qur'an is in fact, the most modern encyclopedia today that provides the basic guidelines on each and every subject of life, as Allah Himself says:

"We have put forth for men, in this Qur'an every kind of Parable, in order that they receive admonition (39: 27)"

Yet, if we prefer not to use it, then it is our fault. But remember, the western world, is learning their lessons the hard-way. Everyday the truths and realities of life are revealed. Their findings, if true, can never be different than the guidelines of the Holy Qur'an, about which Allah has announced:

"We have, without doubt, sent down the message; and we will assuredly guard it (15: 9)"

The authenticity of this message is given by God Himself. Then how can the truths of life be different from the teaching of the Holy Qur'an? It will never happen. Our job is to know it, believe on it and accept it in totality. It is to this end, that in this booklet, with each and every life-changing lesson, I have quoted references either from the Holy Qur'an or from the sayings of the Holy Prophet (peace be upon him). Now you are the best judge as to how far I have been successful in breaking age old myths about what Islam is, and what it has to do with modern life.

This booklet is a handy reminder of life's basic truths and realities. Just like a good smell reminds us of the source, this small reminder would also serve as a reminder of "The Holy Qur'an". To get the most out of this booklet, don't just skim through pages. Take each and every lesson, one by one. Choose the time of your convenience and when you are alone, preferably the same time everyday or every night. Meditate on the teachings and the related references. Spend at least thirty minutes on each lesson and never leave the booklet before deciding and writing the actions you would take to apply your new learning in your life. From that day onwards, practice your new learning many times a day. And within a few weeks, it will blend into your personality and lifestyle. Another thing you could do to accelerate the process of traveling on this 'road least traveled' is to chose a partner, a very close friend or a spouse and travel together. It will be much easier this way and you would have someone

to talk to when you are low.

Let me also share another personal experience, here. The teachings of this booklet have had an addictive effect on people who were learning and practicing the techniques but were least pushed with their outcome. Meaning they were detached about the rewards. While practicing their new learning, they never expected others to behave or respond in a set manner. They did all those things because they wanted to, not because others were responding positively. If something did not work at first, they did not leave it, they kept on trying with patience and persistence, until it started working. Give yourself a 365 days challenge, afterwards see for yourself where your life was at the beginning and where it stands at the completion. I guarantee that your life would have totally changed. What you would have gained, you can only tell me at the completion. Till that time, I beg your leave. May Allah be your guide, mentor, and a friend on this journey. Wishing you all the best!

A friend

Contents

Month One

Clearing Few Myths

Whatever of good reaches you is from Allah, but whatever of evil befalls you, is from yourself. And We have sent you (O Muhammad, peace and blessings of Allah be upon Him) as a Messenger to mankind, and Allah is Sufficient as a Witness. (4: 79)

Day 1

We must understand that life is difficult, if we know and accept it, it is no longer difficult.

Do people think that they will be left alone because they say: "We believe," and will not be tested. And We indeed tested those who were before them. And Allah will certainly make (it) known (the truth of) those who are true, and will certainly make (it) known (the falsehood of) those who are liars. (29: 2-3)

Day 2

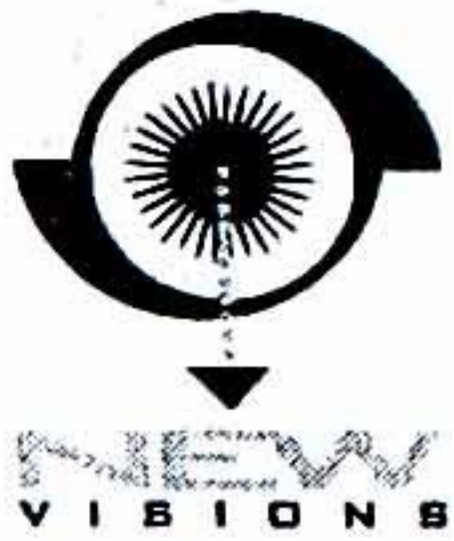
The problem is that we sow different than what we expect to reap. You will reap what you sow.

Whosoever does a good deed, it is for his own self, and whosoever does evil , it is against (his own self). Then to your Lord you will be made to return. (45: 15)

Day 3

Stop blaming and complaining. Raise to the position when you have no one else to blame, but yourself.

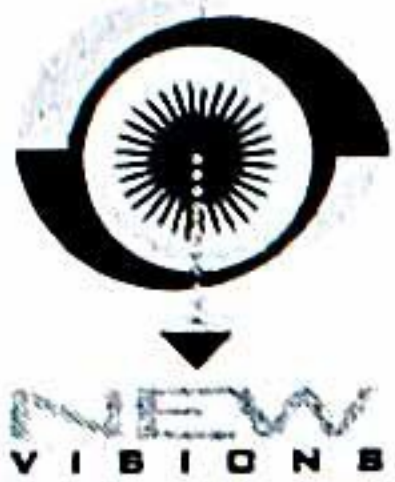
That no burdened person (with sins) shell bear the burden (sins) of another. (53: 38)



Day 4

Accept yourself in totality, with all the goods and evils, strengths and weaknesses, physique, traits, etc.

And it is He Who has made you generations coming after generations replacing each other on the earth. And He has raised you in ranks, some above others that He may try you on that which He has bestowed on you. Surely your Lord is Swift in retribution, and certainly He is Oft-Forgiving, Most Merciful. (6: 165)



Day 5

Accept the total responsibility of your choices and actions.

Every person is a pledge for what he has earned,
(74: 38)

Day 6

Instead of worrying about things and events that you cannot control, start focusing on things and activities you can control.

Then, verily, your Lord for those who do evil in ignorance and afterword repent and do righteous deeds, verily, your Lord thereafter, (to such) is Oft-Forgiving, Most Merciful. (16: 119)

Day 7

Know the truth that you were created as the best creation, with God Himself breathing into you His spirit.

And (remember) when your Lord said to the angels: "I am going to create a man (Adam) from dried (sounding) clay of altered mud. "So", when I fashioned him completely and breathed into him (Adam) the soul which I created for him, then fall (you) down prostrating yourselves unto him". (15: 28-29)

Day 8

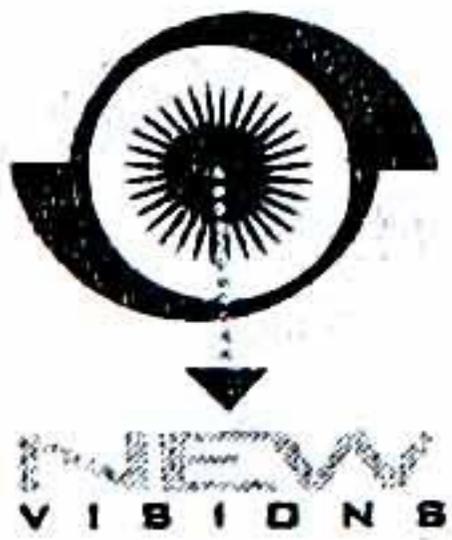
Our ability to think and make choices differentiates us from other creatures. We can choose good over bad, right over wrong.

Verily, the worst of moving (living) creatures before Allah are those who disbelieve, - so they shall not believe. (8: 55)

Day 9

Life is the result of our choices. Whatever you are today, it is because of your own earlier choices. There is none else either to blame or to be appreciated for this.

Whatever of misfortune befalls you, it is because of what your own hands have earned. And He pardons much. (42: 30)



Day 10

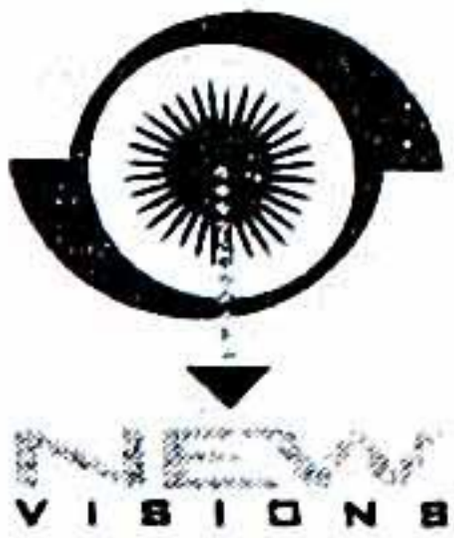
As adults, our choices are unlimited. Even in the worst of circumstances, we could make several choices. Remember to be free is to be free to choose. Make a wise choice.

Say: "you will not be ask about our sins, nor shall we be asked what you do". (34: 25)

Day 11

You are alone on this journey to life. You came on this planet, alone and would go back, alone.

Then there comes as *As-Sakhkhah* (the second blowing of Trumpet on the Day of Resurrection) - That Day shall a man flee from his brother, And from his mother and his father, And from his wife and his children. (80: 33-36)



Day 12

The best person to stay accountable to, is you. Learn to be self-accountable.

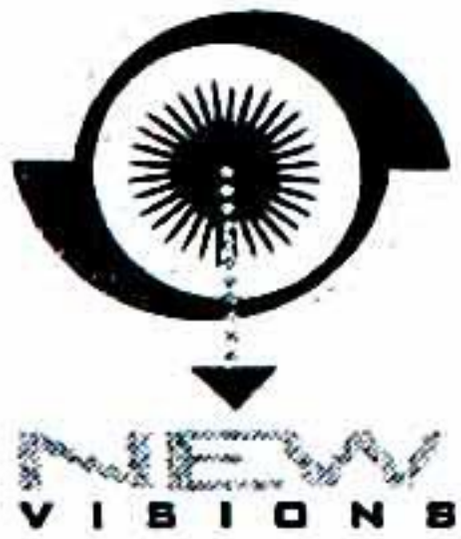
Say: "Verily if I disobeyed my Lord, I am afraid of the torment of a great Day". (39: 13)

Day 13

We can never stay happy while doing things against "laws of nature". Laws of nature are here to stay, we can bang our heads against them, but would never break into those. Our job is to know and accept them.

And the Word of your Lord has been fulfilled in truth and in justice. None can change His Words. And He is the All-Hearer, the All-Knower.

(6: 115)



Day 14

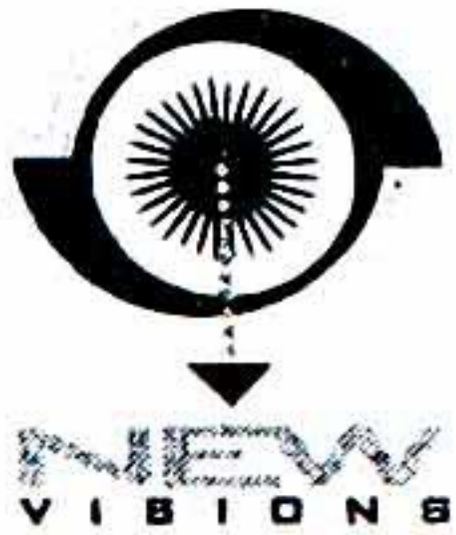
Living your life with truth, happiness and peace is a choice. Choose it this way and be proud of it.

Say: "I have been forbidden to worship those whom you worship besides Allah, since there have come to me evidences from my Lord; and I am commanded to submit (in Islam).
(40: 66)

Day 15

Whatever we do in our lives, e.g. work, marriages, running after promotions, etc., is not an end by itself, it is just a mean to an end. Know the reality of life and why we are here.

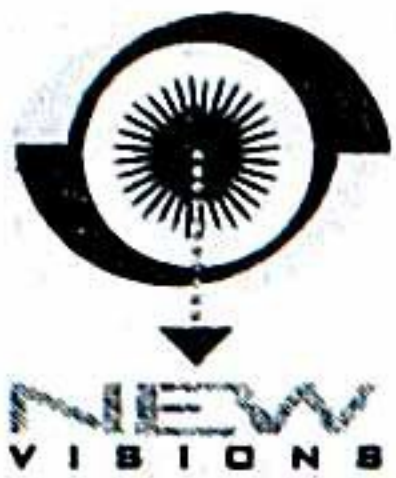
... Who take their religion as play and amusement, and whom the life of this world has deceived. But remind (them) with it (the Qur'an) lest a person be given up to destruction for that which he has earned, when he will find for himself no protector or intercessor besides Allah, and even if he offers every ransom, it will not be accepted form him. Such are they who are given up to destruction because of that which they have earned... because they used to disbelieve. (6: 70)



Day 16

The common purpose of our lives is to "continuously enhance the quality of our own life as well as those of our loved ones and of the society as a whole" while staying within the guidelines provided to us.

Does man think that he will be left neglected (without being punished or rewarded for the obligatory duties enjoined by his Lord Allah on him)? (75: 36)



Day 17

It is never too late to start anew.

And turn in repentance and in obedience with true Faith (Islamic Monotheism) to your Lord and submit to him (in Islam) before the torment comes upon you, (and) then you will not be helped.
(39: 54)

Day 18

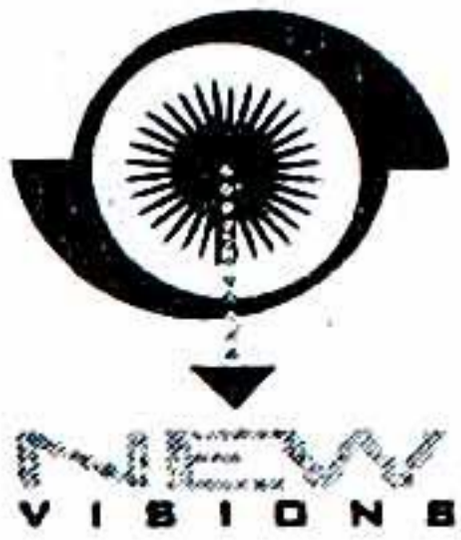
Know that you are a miracle yourself and are empowered to do miracles.

Does not man see that We have created him from *Nutfah* (mixed drops of male and female sexual discharge). Yet behold! He (stands forth) as an open opponent. (36: 77)

Day 19

Throw the guilt about the past and stop worrying about the future, live in the present, before it becomes the past.

My Lord! bestow *Hukm* (religious knowledge, right judgement of the affairs and Prophethood) on me, and joined me with the righteous. And grant me an honourable mention in later generations. And make me one of the inheritors of the Paradise of Delight. (26: 83-85)



Day 20

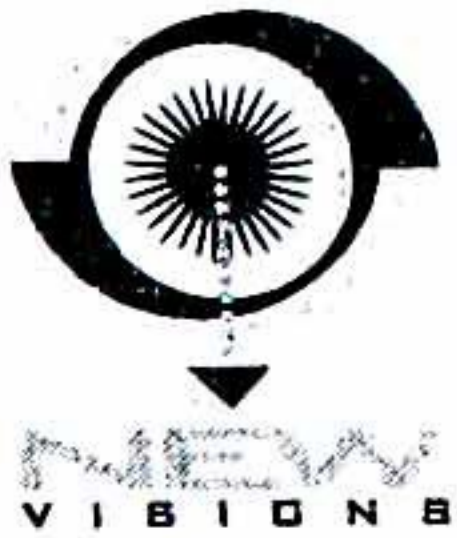
Problems and uncertainties keep the life going.

Or think you that you will enter Paradise with such (trials) and came to those who passed away before you? They were afflicted with severe poverty and ailments and were so shaken that even the Messenger and those who believed among with him said, "When (will come) the Help of Allah?" Yes! Certainly the Help of Allah is near! (2: 214)

Day 21

Throw the word "impossible" out of your dictionary. Never ever give up.

And certainly, we shall test you with something of fear, hunger, loss of wealth, lives and fruits, but give glade tidings to *As-Sabirun* (the patient).
(2: 155)



Day 22

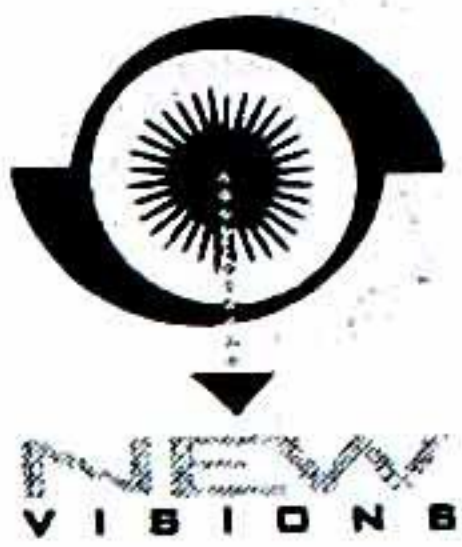
It is not what happens to you, but what you do about it, that determines the outcome of your life.

O you who believe! Take care of your own selves. If you follow the (right) guidance no hurt can come to you from those who are in error. The return of you all is to Allah, then He will inform you about (all) that which you used to do. (5: 105)

Day 23

You can be anything you want, if you are willing to pay the price.

Ask, and thou shalt be given it; and thou shalt be given it. (Tirmidhiy)



Day 24

You can be anything not everything.

Or shall man have what he wishes? But to Allah belongs the last (hereafter) and the first (the world). (53: 24-25)

Day 25

If nothing bad has happened to you so far, it does not mean that you are "right".

Is he, then, to whom the evil of his deeds is made fair-seeming, so that he considers it as good? Verily, Allah sends astray whom He wills, and guides whom He wills. So destroy not yourself (O Muhammad, peace be upon him) in sorrow for them. Truly, Allah is All-Knower what they do! (35: 8)

Day 26

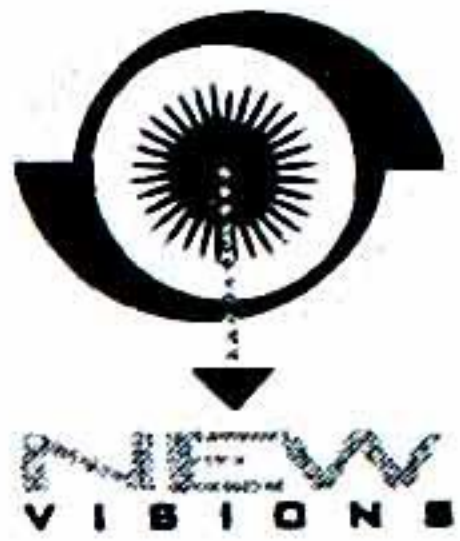
Before doing anything, keep the end in mind.

Say: "Travel in the land and see what was the end of those who rejected truth". (6: 11)

Day 27

Freedom without discipline is disastrous.

Nay! Verily, man does transgress (in disbelief and evil deed). Because he considers himself self-sufficient. (96: 6-7)



Day 28

God helps you as much as you help yourself.

And that man can have nothing but what he does (good or bad). (53: 39)

Day 29

Your job is to change yourself only, don't worry about others.

And say to those... who are illiterates: "Do you (also) submit yourselves (to Allah in Islam)?" If they do, they are rightly guided; but if they turn away, your duty is to convey the message; and Allah is All-Seer of (His) slaves. (3: 20)

Day 30

Once you have taken the decision to change, never back off no matter what comes in the way. Put your trust in God.

... Then when you have taken a decision, put your trust in Allah, certainly, Allah loves those who put their trust (in Him). (3: 159)

Day 31

You cannot have the cake and eat it too.

And no person can ever die except by Allah's Leave and at an appointed term. And whoever desires a reward in (this) world, We shall give him of it; and whoever desires reward in the Hereafter, We shall give him thereof. And We shall reward the grateful. (3: 145)

Month Two

Living Positively

That is so because Allah will never change a grace which He has bestowed on a people until they change what is in their ownselves. And verily, Allah is All-Hearer, All-Knower. (8: 53)

Day 32

Whatever you are today, it is because of your thoughts. You can never change your life without changing your thoughts.

And spend in the Cause of Allah and do not throw yourselves into destruction (by not spending your wealth in the Cause of Allah), and do good. Truly Allah loves *Al-Muhsinun* (the good-doers).
(2: 195)

Day 33

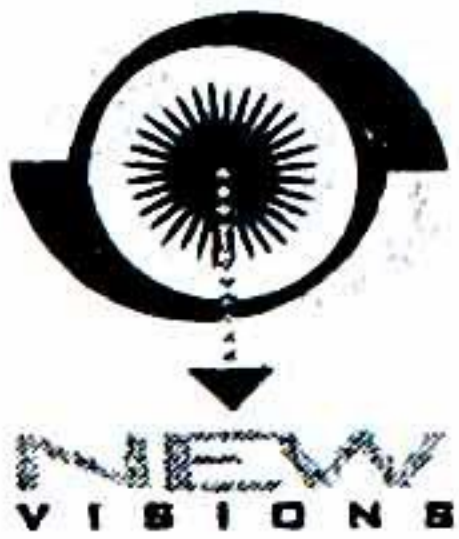
Whatever you have been thinking, listening, saying, etc. have become your beliefs (i.e. whatever you believe to be right or wrong, in your heart). Before you could change your life, change your beliefs by changing your thoughts.

Nay! But on their hearts is the *Ran* (covering of sins and evil deeds) which they used to earn.
(83: 14)

Day 34

Clear your heart (qalb) and mind from all the fears, worries and regrets.

It is only Shaitan (Satan) that suggests to you the fear of his *Auliya* [supporters and friends (polytheists, disbelievers in the Oneness of Allah and His Messenger, Muhammad, peace be upon him)]; so fear them not, but fear Me, if you are (true) believers. (3: 175)



Day 35

The only way to deal with a feeling of regret is to make a genuine commitment, not to repeat the action that caused it.

And those who, when they have committed *Fahishah* (illegal sexual intercourse) or wronged themselves with evil, remember and ask forgiveness for their sins; - and none can forgive sins but Allah. (3: 135)

Day 36

The only way to deal with a worry is by preparing yourself to handle it. Whereas in the case of a fear, the moment you do something you are afraid of, the fear disappears. Both fear and worry seek a conscious effort on your part.

So when you have finished (your occupation), devote yourselves to Allah's worship. And to your Lord (Alone) turn (all your) intentions and hopes. (94: 7-8)

Day 37

Empty your mind of all the negative thoughts. Negative thoughts can kill. More than 90 percent of the cardiac patients are negative thinkers.

Keep away from ill-thinking, because ill-thinking is the greatest falsehood. (Bukhariy)

Day 38

Don't let people, events and circumstances discourage you, focus on your response to them.

The Holy Prophet, peace be upon him has said: "May I not tell you those qualities for which Allah will give you tall buildings in Paradise and He may raise your rank?" The people said: "Certainly, tell us O Messenger of Allah!" "He said who behaves you in the manner of an uneducated person, you behave with him with tolerance, forgive the oppressors, and give to those who deprive you, and he who cuts away from you, try to join him."
(Kanzul Aamaal, Mishkat Al-Masabih)

Day 39

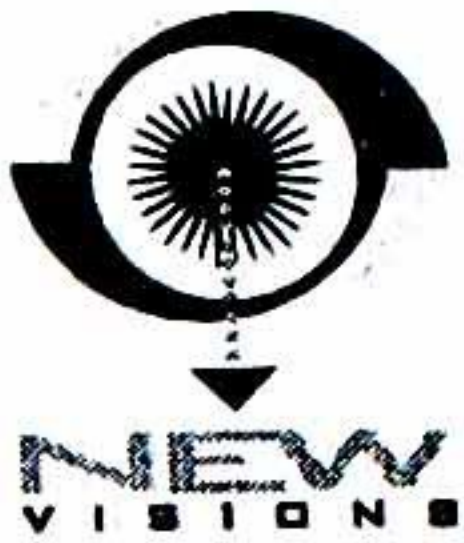
Number one fear is the fear of death. Remember that you will never die before your time.

Say: "Allah gives you life, then causes you to die, then He will assemble you on the Day of Resurrection about which there is no doubt. But most of mankind know not". (45: 26)

Day 40

Second largest fear is the fear of losing income. Remember God is responsible for providing sustenance to us. Our job is only to work hard for it.

And so many a moving (living) creatures carries not its own provision! Allah provides for it and for you. And He is All-Hearer, All-Knower. (29: 60)



Day 41

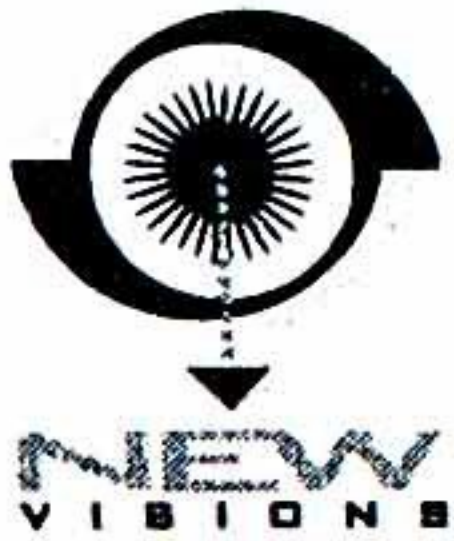
No event or circumstance is without a positive side. Always look at the positive, first.

Verily, the Hour is coming and I am almost hiding it that every person may be rewarded for that which he strives. (20: 15)

Day 42

Avoid pessimist and negative thinkers, you will catch their virus.

A man follows his friend's religion, so each one should consider whom he makes his friend.
(Abu-Da'ud)



Day 43

The mind is the driver of the body, it controls our actions. But remember the mind is controlled by our own heart.

Verily, in the body there is a piece of flesh: when it is in good condition, the whole body is in good condition; and when it is corrupt, the whole body is corrupt: it is the heart. (Agreed upon)

Day 44

You become what you do all day. Research suggests that majority of the people, charged with sexual crimes are those, whose parents used to watch sexually aroused movies or they themselves used to watch or read filthy magazines.

Verily those who like that (the crime of) illegal sexual intercourse should be propagated among those who believe, they will have a painful torment in this world and in the Hereafter. And Allah knows and you know not. (24: 19) One who talks seductive or publishes seductive material, both are equal in their sins. (Muslim)

Day 45

In our mind, there is a storage place, like a computer's hard disk, in which we can store whatever we want, by consciously watching, saying and thinking about the information we want to store. Store positive and powerful thoughts and information in this hard disk. Remember, garbage in, garbage out.

Whosoever does a good deed, it is for his own self, and whosoever does evil, it is against (his own self). Then to your Lord you will be made to return. (45: 15)

Day 46

Our mind also has the power of storing the information (i.e. whatever we see, say, do, watch, listen, etc.) about people, things and events unconsciously, in a place something like a computer's RAM (random access memory). Avoid doing, saying, listening to, or watching anything that you don't like to store.

And when they hear *Al-Laghw* (dirty, falls, evil vain talk), they withdraw from it and say: "To us our deeds, and to you your deeds. Peace be to you. We seek not (the way of) ignorant". (28: 55)

Day 47

Just like a computer disk, we are empowered to choose what we would like to store in our mind's memory. You can make a conscious effort to delete the undesired information from your memory and store only the positive and empowering information.

Good thoughts are (parts) of good worship.
(Abu-Da'ud)

Day 48

The consciously as well as unconsciously stored data in our mind about self, people, things, events, etc. affects our behavioral choices about self, people, things and events.

Blessed is he whose heart God has made pure for faith, and has made his heart perfect, and his tongue truthful, and kept his soul at rest, and his character upright, and has made his ears hearing, and his eyes seeing; then as to (his) ears, they act (as) funnels, and so to the eyes, they are (as) receptacles for what the heart gathers and preserves; and blessed indeed is he who makes his heart grasping. (Ahmad, Bayhaqiy)

Day 49

You can change your actions and behaviors affecting your self-image, relationships, performance, etc. by replacing your negative and disempowering thoughts with positive and empowering ones.

There is none more jealous than God; for that reason has He forbidden all filthy actions, both open and secret. (Bukhariy, Muslim)

Day 50

Consciously or unconsciously, various words we use, to describe our feelings, affect our moods, physiology, etc. Words can even kill. If you say, "I am angry" or "I am dying", your mind will take it as a command, and will make you angry or dying. List down all the negative words you use and replace them with positive words.

And say to My slaves (i.e. the true believers of Islamic Monotheism) that they should (only) say those words that are they best. (Because) *Shaitan* (Satan) verily, sows a state of conflict and disagreements among them. Surely, Shaitan (Satan) is to man a plain enemy. (17: 53)

Day 51

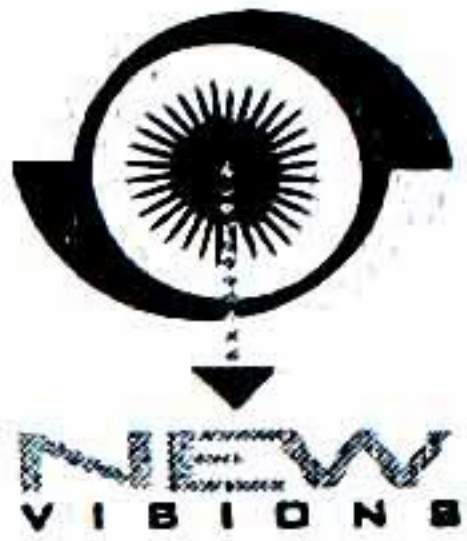
There are no permanent failures, only temporary setbacks.

Verily, along with every hardship is relief, Verily, along with every hardship is relief. (94: 5-6)

Day 52

You never fail unless you admit your failure and stop trying. Never lose heart.

And certainly, We shall test you with something of fear, hunger, lose of wealth, lives and fruits, but give glad tidings to *As-Sabirun* (the patient).
(2: 155)



Day 53

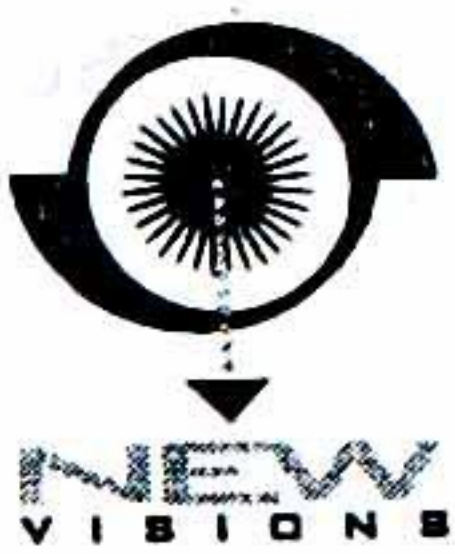
You cannot change the winds, but you can adjust your sails.

And surely, We shall try you till We test those who strive hard (for the Cause of Allah) and *As-Sabirun* (the patient), and We shall test your facts (i.e. the one who is liar, and the one who is truthful). (47: 31)

Day 54

You will become a kind of a person, you associate with. Associate yourself only with those you are really inspired with, and then benchmark yourself against them.

The similitude of good company and that of bad company is that of the owner of the musk and of the one (iron smith) blowing bellows, and the owner of the musk would either offer you free of charge or you would buy it from him or you would smell its pleasant odour, and so far as one who blows the bellows is concerned, he would either burn your clothes or you shall have to smell its repugnant smell. (Bukhariy, Sahih Muslim)



Day 55

All the problems and setbacks come to teach us something. They do have answers. Our job is to find those answers.

But those who believed and worked righteousness-We tax not any person beyond his scope-such are the dwellers of Paradise. They will abide therein forever. (7: 42)

Day 56

When you must describe your negative feelings, choose neutral words instead of negative words. For example, replace "I am upset" with "I am disappointed".

Islam is: "Purity of speech and hospitality".
(Ahmad)

Day 57

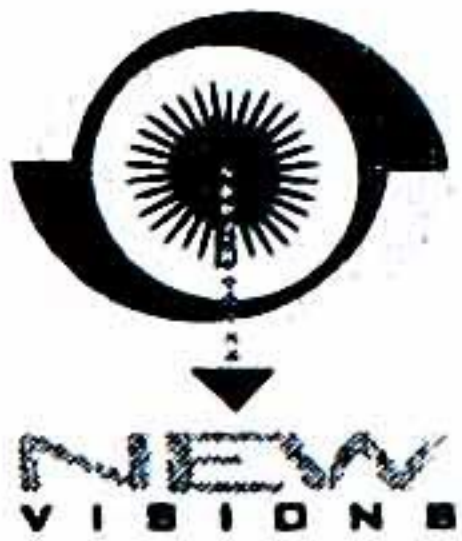
Always use big words to explain your positive feelings, e.g. replace "I am OK" with "I am great", and notice the change in physiology and feelings.

... say those words that are the best. (17: 53)

Day 58

Develop a picture of what you want to be and the associated feelings. Store this in your mind's memory. Recall this picture whenever you are low or require motivation. The associated feelings, i.e., energy, excitement, confidence, etc. will also come back.

Let every one of you ask of his Lord all that he wants. (Tirmidhiy)



Day 59

Before initiating a big task, imagine as you have already done it and notice your motivation level. Use it to motivate yourself before any task.

Nay! Man desires to continue committing sins.
(75: 5)

Month Three

Knowing Yourself

It is only those who have knowledge among His slaves that fear Allah.
(35: 28)

Day 60

Self-examination is the key to insight.

Keep your thoughts well-composed, and search the facts of wisdom for it, otherwise mind gets weary the way people get weary, ponder into the knowledge and science thoughtfully and search for new facts and ideas. (Masnad)

Day 61

Know yourself before knowing others.

And on the earth are Signs for those who have Faith with certainty. As also in your own selves. Will you not then see? (51: 20-21)

Day 62

Self-knowledge is the beginning of self-correction.

See you not (O men) that Allah has subjected for you whatsoever is in the heavens and whatsoever is in the earth, and has completed and perfected His Graces upon you, apparent and hidden? Yet of mankind is he who disputes about Allah without knowledge and guidance or a Book giving light!
(31: 20)

Day 63

Discover the truths and realities of life and accept them.

Verily truth is goodness and goodness leads to Paradise: and verily lying is wickedness and wickedness leads to the fire (of hell).
(Agreed upon)

Day 64

All of our beliefs (e.g. what is right, what is wrong, what is acceptable and what is not, etc.) empowering or disempowering are learnt based on our own or the interpretations of people around us. Remember these beliefs are learnt and are not necessarily the universal truths. Before we change our lives, we need to challenge these beliefs and adopt only the positive and empowering beliefs.

...Verily, Allah will not change the condition of a people as long as they do not change their state themselves... (13: 11)

Day 65

List down all of your negative and disempowering beliefs and challenge their validity one by one by collecting the data and stories going against these beliefs.

Leave alone doubtful things, follow those matters in which there is no doubt, for truth is a mean of satisfaction and falsehood is the cause of doubts and misgivings. (Ahmad, Tirmidhiy, Nasa'iy)

Day 66

Know the difference between "right n' wrong" vs. "good n' bad".

By *Nafs* (Adam or a person or a soul), and Him who perfected him in proportion; Then He showed what is wrong for him and what is right for him. Indeed he succeeds who purifies his own self. And indeed he fails who corrupts his own self.
(91: 7-10)

Day 67

Whatever is considered or felt "good" is not necessarily "right" and whatever is considered or felt "bad" is not necessarily "wrong". Do the "right". Happiness comes from knowing and doing the right.

Jihad (holy fighting in Allah's Cause) is ordained for you (Muslim) though you dislike it, and it may be that you dislike a thing which is good for you and you like a thing which is bad for you. Allah knows but you do not know. (2: 216)

Day 68

An ordinary man uses up to a maximum of ten percent of his potential, whereas a super successful up to a fifteen percent. How much are you using? God never discriminates. Discover the powers our Creator has given us.

On each these as well as those We bestow from the Bounties of your Lord. And the Bounties of your Lord can never be forbidden. (17: 20)

Day 69

If you won't sit in the driving seat of your life, someone else will.

When it is said to them: "Follow what Allah has sent down." They say: "Nay! We shall follow what we found our father following." (Would they do that!) even though their father's did not understand anything nor were they guided? (2: 170)

Day 70

Our values (what we value in our life, e.g. respect, love, appreciation, etc.) drives all of our behaviors. List down all your life values.

These are the limits (set by) Allah, and whosoever obeys Allah and His Messenger (peace be upon him), will be admitted to Gardens under which rivers flow, to abide therein, and that will be the great success. (4: 13)

Day 71

Choose five most important values by matching all of your values with one sentence, "Life has absolutely no meaning without ---------- ". These values provide the blue print of your entire behavior.

Whoso seeks knowledge, it will be an atonement for him for what is past. (Tirmidhiy)

Day 72

Know exactly what do you want in your life. Which work would satisfy all of your five most important values. Remember, the happiness comes from doing the work that serves our values. If you know what exactly you want in your life, life will become much easier. If you don't sow the seed of your life, your life would become a jungle.

"Did you think that We had created you in play (without any purpose), and that you would not be brought back to Us?" (23: 115)

Day 73

Find out, what are the positive traits of your personality.

Verily, We have created all things with Q*adar* (Divine Preordainments of all things before their creation as return in the Book of Decrees-*Al-Lauh Al-Mahfuz*). (54: 49)

Day 74

Discover what in your personality turns people off.

Why should one laugh (at another) for what he himself does? (Agreed upon)

Day 75

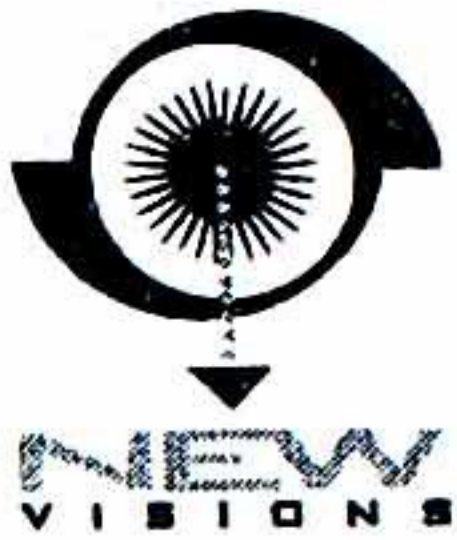
Find out what excites you and why?

Say: "Come not near to *Al-Fawahish* (shameful sins and illegal sexual intercourse) whether committed openly or secretly; and kill not anyone whom Allah has forbidden, except for a just cause (according to Islamic law). This He has commanded you that you may understand."
(6: 151)

Day 76

What are your priorities in life and why?

It is not fit for him who has anything of knowledge to waste himself. (Bukhariy)



Day 77

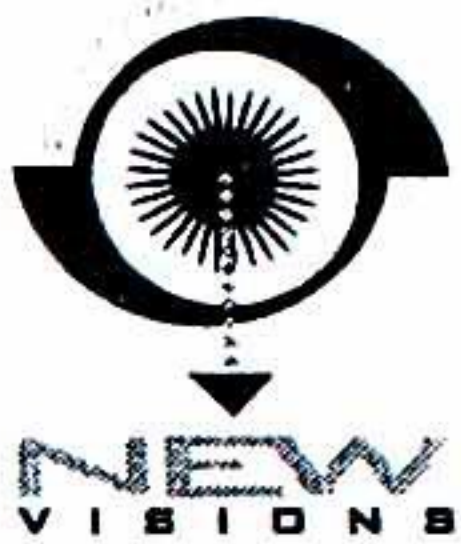
Who are your role models and why?

O you who believe! Take not for *Auliya* (protectors or helpers or friends) disbelievers instead of believers. Do you wish to offer Allah a manifest proof against yourselves? (4: 144)

Day 78

Know your wants and needs, (i.e., desires and passions).

The (Hell) Fire is surrounded by all kinds of desires and passions, while Paradise is surrounded by all kinds of disliked undesirable things.
(Agreed upon)



Day 79

Know your strengths and weaknesses.

We raise whom We will in degrees. Certainly your Lord is All-Wise, All-Knowing. (6: 83)

Day 80

What are your prejudices against people?

Faith and envy can not dwell together in the heart of a servant (of God). (Abu-Da'ud)

Day 81

What are your fears and worries?

No doubt! Verily, the *Auliya* of Allah [i.e. those who believe in Oneness of Allah and fear Allah much (abstain from all kind of sins and evil deeds which He has forbidden), and love Allah much (perform all kind of good deeds which He has ordained)], no fear shall come upon them nor shall they grieve. (10: 62)

Day 82

Know your developmental needs.

He grants *Hikmah* to whom He wills, and he, to whom *Hikmah* is granted is indeed granted abundant good. But none remember (will receive admonition) except men of understanding.
(2: 269)

Day 83

What different would you like to do if you could relive your life? Once you know that, start doing as much as possible to do that.

Or (lest) He should say: "If only Allah had guided me, I should indeed have been among the *Muttaqun* (the Pious)." (39: 57)

Day 84

Remember, whatever you do all day is either to avoid pain or to acquire pleasure. Discover what gives you pain and what gives you pleasure and why?

Those who believed, and those whose hearts find rest in the remembrance of Allah, verily in the remembrance of Allah do hearts find rest. Those who believed, and work righteousness, *Tuba* (all kind of happiness or name of a tree in Paradise) is for them and a beautiful place of (final) return.

(13: 28-29)

Day 85

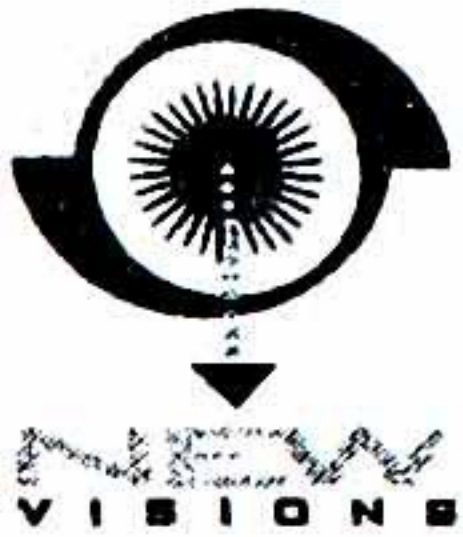
Your eyes will show you what you would like to see and your ears will tell you what you desire to listen. Never trust them.

It is lying for a man to say whatever he hears.
(Muslim)

Day 86

Your mind tells you what you have fed into it, in terms of your thoughts, your experiences, etc.

O mankind!... And follow not the footsteps of *Shaitan* (Satan). Verily he is to you and open enemy. He commands you only what is evil and *Fahsha* (sinful), and that you should say against Allah what you know not. (2: 168-169)



Day 87

Learn to listen to your heart, it never lies. Wise man is he who listens to his heart.

He whoso good work pleases him and whoso evil work seems evil to him, that is the Mu'min
(Tirmidhiy, Ahmad)

Day 88

We are neither fully dependent nor fully independent, but interdependent in this society of ours. Whatever we do affects others. Make sure not to do anything at the cost of others.

If Allah sends punishment upon the nation then it falls upon the whole population indiscriminately and then they will be resurrected (and judged) according to their deeds. (Agreed upon)

Day 89

Self-trust is the secret of success. Trust yourself, your God-gifted abilities and powers. The power to create the quality of life within you not outside you.

And has subjected to you all that is in the heavens and all that is in the earth; .... Verily, in it are sings for a people who think deeply. (45: 13)

Day 90

You will win, if you are truthful and if you are steadfast.

So do not become week (against your enemy), nor be sad, and you will be superior (in victory) if you are indeed (true believers). (3: 139)

Month Four

Developing Yourself

O you who believe! When you are told to make rooms in the assemblies, (spread out and) make room. Allah will give you (ample) room (from His Mercy). And when you are told to rise up, rise up. Allah will exalt in degree those of you who believe, and those who have been granted knowledge. And Allah is Well-Acquainted with what you do. (58: 11)

Day 91

Seeking knowledge and developing yourself is your own responsibility. In fact this is the only way to serve God. Unless you develop yourself, you will never be able to fulfill the purpose of your life i.e., serving the fellow human beings and God.

To acquire knowledge is binding upon all Muslims, men and women, and the placing of knowledge with the undeserving is as the hanging of jewels and pearls and gold round the neck of the swine. (Ibni Majah, Bayhaqiy)

Day 92

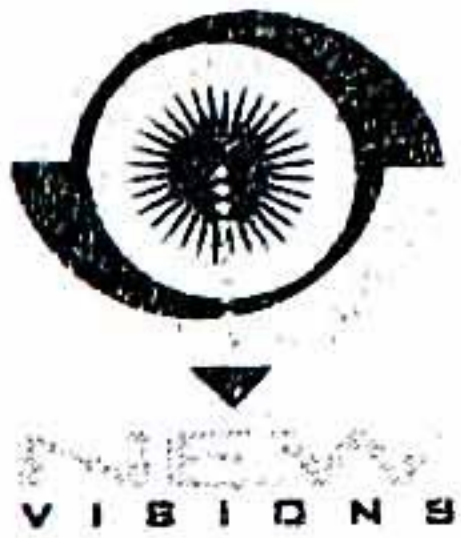
Mind is the driver of the body. If you do not take care of the driver, no matter how good the vehicle is, you would end up in a disaster. The food for mind is learning.

Whoso seeks after knowledge and attains it. shall have a double reward. and if he attains not it (yet) shall he have one reward. (Darimiy)

Day 93

Learning and change is the second thing that differentiates man from the animal. Learning and change is a law of life. Be open for new ideas and changes.

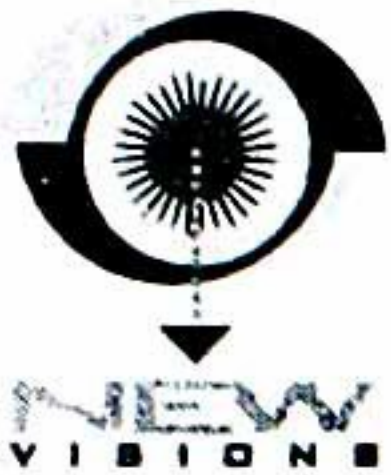
And He taught Adam all the names (of everything), then He showed them to the angels and said, "Tell Me the names of those if you are truthful." They said: "Glorified are You, we have no knowledge except You have taught us. Verily, it is You, the All-Knower, the All-Wise." (2: 31-32)



Day 94

Knowledge is the basis of superiority of a man over his fellowbeings.

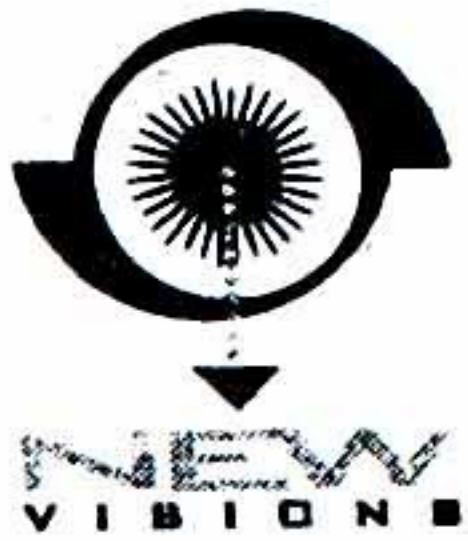
"Are those who know equal to those who know not?" It is only men of understanding who will remember (i.e. get a lesson from Allah's Signs and Verses). (39: 9)



Day 95

Knowledge is the only human asset that endures.

When a man dies, his work also stops, except three: acts of charity which are continued, knowledge by which (all) profit, and the righteous issue which prays for him.
(Muslim, Abu-Da'ud, Tirmidhiy, Nasa'iy)



Day 96

Knowledge is different from education. Class-room education is a mean to the real "knowledge" not an end by itself.

The Prophet of God, peace be upon him passed by two gatherings in his Mosque, and said, 'Both of them are (working) for good, but one of them is superior to the other. As to the one, they call upon God and eagerly (strive) after Him; so if He pleases, He may give them, and if He please He may withhold (His provision) from them; as to other, they learn wisdom or knowledge. (Darimiy)

Day 97

The real knowledge is: "seeking the right", "knowing the right", "doing the right", and "saying the right".

Do ye know who is the most beneficent? God is the most beneficent, of the children of the man, I am the most beneficent, and after me the most beneficent among them is the man who acquires knowledge and spread it: he will come on the day of resurrection as a chief by himself. (Bayhaqiy)

Day 98

Acquiring knowledge and teaching it to others is prophetic.

Verily, God has revealed to me, (saying), and teach the ignorant: so these are superior; and I am only raised up as a teacher. (Darimiy)

Day 99

Knowledge without practice is a waste.

Verily, the worst of men in the sight of God in respect of rank on the day of resurrection shall be the learned man who profited not by his knowledge. (Darimiy)

Day 100

Knowledge without character is satanic.

"Do not ask me about evil, but ask me about good", saying it three times. Then the Prophet (peace be upon him) said, "The worst evil consists in learned men who are evil, and the best good consists in learned men who are good. (Darimiy)

Day 101

Achieving superiority in knowledge is better than superiority in worship. That is the real "abadat".

Verily, God has revealed to me, (saying,) Whoso goes about in search of knowledge, I speed him on to the path of the garden (of bliss); and he whoso eyes I have snatched away, I will recompense him for the same with the garden (of bliss); and superiority in knowledge is better than superiority in worship; and the root of religion is abstinence.

(Bayhaqiy)

Day 102

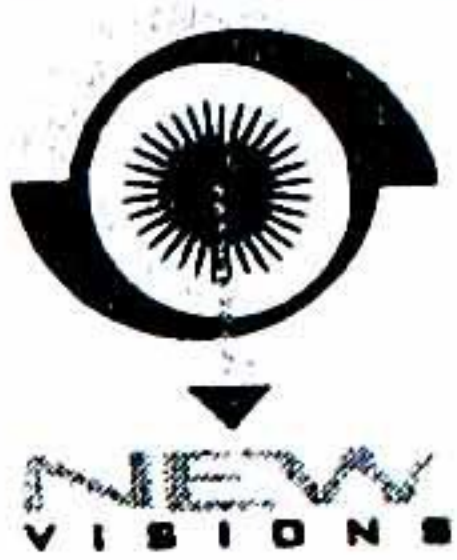
Traveling to seek knowledge is like doing "jihad" (i.e. fighting for Allah's cause)

Whoso goes forth for knowledge, engages himself in the cause of God until he returns (home).
(Mishkat Al-Masabih, Tirmidhiy)

Day 103

Self-development is a continuous process. Live with the philosophy of continuous improvement of the quality of your life. Happiness comes from learning new things, every day.

I wish that a day may not pass wherein there is not an increase in such a wisdom which brings me closer to God. If somebody learns a chapter so to teach it to others, he will have reward equal to the deeds of seventy prophets. (Bayhaqiy, Muslim)



Day 104

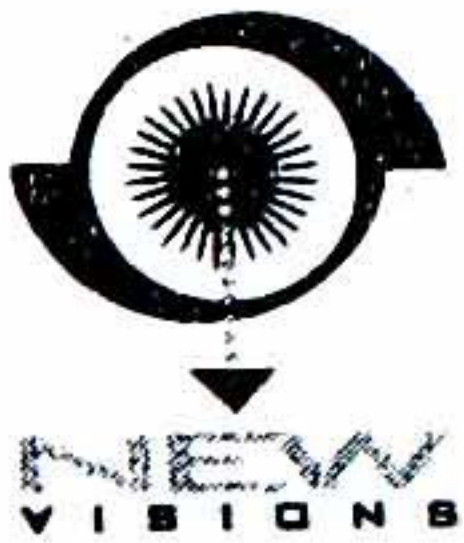
Knowledge is a blessing and a gift from the Almighty.

Verily the world is accursed; accursed is what is therein, except the remembrance of God, and what He loves, and the learned man and the learner. (Tirmidhiy, Ibni Majah) There is no poverty more than poverty of knowledge and there is no gain greater than the gain of wisdom and the knowledge. (Masnad)

Day 105

Benefit yourself from your knowledge and share it with others at the end, you will have it more.

The man who is questioned about knowledge, and hides it (knowingly), shall be bridled with a bridle of fire on the day of resurrection.
(Abu-Da'ud, Tirmidhiy)



Day 106

Keeping the company of learned people and respecting those you learn from, is a part of both knowledge and religion, alike.

Those who seek knowledge and spread it, both are worthy of respect. (Kanzul Aamaal)

Day 107

Acquire knowledge as an obligation not merely for worldly success.

Any one who has obtained a learning by which Allah's pleasure could be obtained, but his purpose was merely to achieve the success in the world, then on the Day of Resurrection he will not be able to smell the fragrance of Paradise.
(Ahmad, Abu-Da'ud, Ibni Majah)

Day 108

Use mistakes and setbacks as learning tools. As long as you are making new mistakes every day, you are growing. Commit never to repeat the same mistake twice. Learn from your experiences.

The believer does not allow to be stung twice from one (and the same) hole. (Agreed upon)

Day 109

Knowledge is addictive. The more you have, the more you want.

There are two avaricious people who are never contented; the avaricious man given to knowledge is never contented therewith, and the avaricious man given to the world is never contented with it.
(Bayhaqiy, Darimiy)

Day 110

The more knowledge you have, the more modest you become. A filled glass does not make any noise. It is because the more you know, the more you will realize how ignorant you are.

Every religion has a distinctive virtue, and the distinctive of Islam is modesty.
(Ibni Majah, Malik)

Day 111

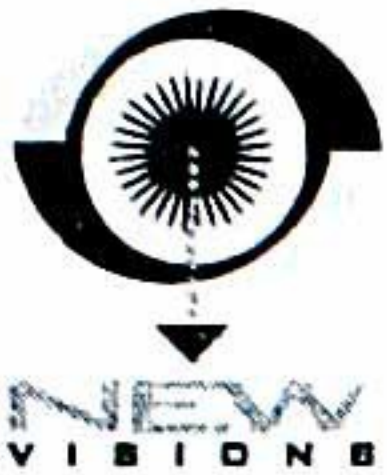
Develop reading habit. Read a good book (not stories and digests, etc.) at least 45 minutes every day. Invest a percentage of your income on your development.

And of mankind is he who purchases idle talks to mislead (men) from the path of Allah without knowledge, and takes it (the path of Allah, or the Verses of the Qur'an) by way of mockery. For such there will a humiliating torment (in the Hell-fire). (31: 6)

Day 112

We can learn by being curious and from observations.

And on the earth are signs for those who have Faith with certainty. And also in your own selves. Will you not then see? (51: 20-21)



Day 113

Questioning is the key to knowledge. All great achievements started with a question.

Knowledge is a treasure and questioning is the key to it. Ask questions so that ye may receive the mercy of Allah. (Kanzul Aamaal) Good questioning is the half of knowledge. (Bayhaqiy)

Day 114

Question yourself and also learn to ask questions to others.

Knowledge is a treasure whose keys are inquiry and asking of questions; so you must ask questions for improving your knowledge; for this four people have reward from God; the first one is he who questions, the second one is he who answers, the third one is he who listens, and the fourth one is he who loves such people.

(Mishkat Al-Masabih)

Day 115

Learn by observation and thinking.

Have they not looked at the heaven above them, how We have made it and adorned it, and there are no rifts in it? And the earth! We have spread it out, and set thereon mountains standing firm, and have produced therein every kind of lovely growth (plants). An insight and a Reminder for every slave who turns to Allah in repentance. (50: 6-8)

Day 116

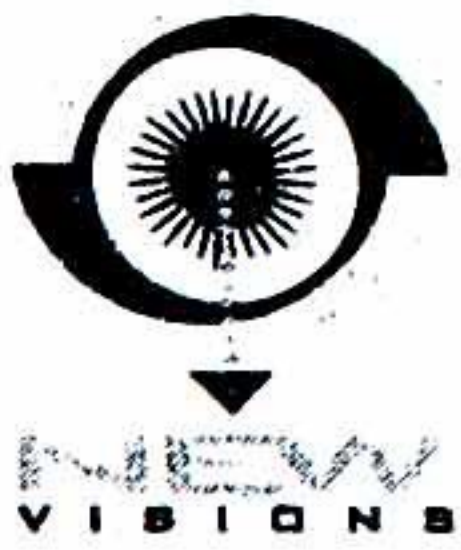
Learn by seeing, feeling and pondering.

Then He fashioned him in due proportion, and breathed into him the soul (created by Allah for that person); and He gave you hearing (ears), sight (eyes) and hearts. Little is the thanks you give!
(32: 9)

Day 117

Learn by traveling and watching people around you and before you.

Have they not travelled in the land, and see what was the end of those before them--though they were superior to them in power? Allah is not such that anything in the heavens or in the earth escapes Him. Verily, He is All-Knowing, All-Omnipotent.
(35: 44)



Day 118

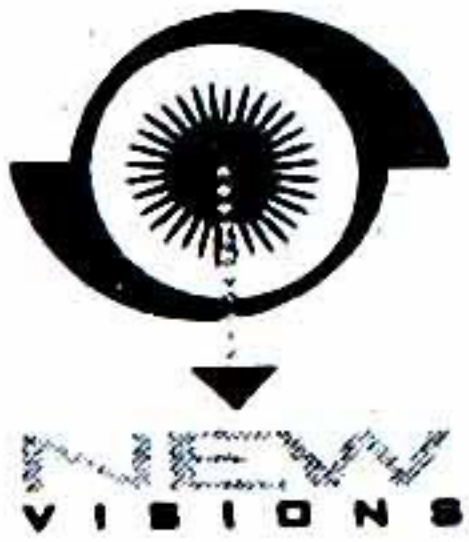
Knowledge is not your right but a privilege. Seek Allah's help for it. If you seek His help, you will have it. If you don't seek, you will never have it.

It is not for any person to believe, except by the Leave of Allah, and He will put the wrath on those who are heedless. (10: 100)

Day 119

Education is expensive; knowledge is free. The only price for "real" knowledge is sleepless nights and empty stomach. You can never learn unless you are willing to start anew by clearing your mind with pre-conceived notions, biases and beliefs.

No servant (of God) looks upon the world with indifference, but God also makes wisdom to grow into his heart, and makes his tongue speak by it, and shows him the vices of the world and its diseases, and its remedies, and carries him safe through it to the Abode of Peace. (Bayhaqiy)



Day 120

When to say "what" and with whom to share your knowledge is also a part of "knowledge".

The best men is he who understands religion; if people stand in need of his (services), he benefits them, and if they have no need of him, remains independent. (Razin). The calamity of knowledge is forgetfulness, and wasting is to speak of it to him who is not fit for it. (Darimiy)

Month Five

Mastering Self

The good deed and the evil deed can not be equal. Repel (the evil) with one which is better then verily he, between whom and you there was enmity, (will become) as though he was a close friend. (41: 34)

Day 121

Humans do not need to be controlled, they can control themselves. Take charge of your own emotions and actions.

Let none of you be stupid (enough) to say, 'I will be with the men: if men do good, I will do good, and if they do evil, I will do evil;' but rather so exercise yourselves that if men do good, ye will do good, and if they do evil, ye will avoid doing evil to them. (Tirmidhiy)

Day 122

Know the difference between feeling and emotions. We have no control over our feelings but can control our emotions and resulting actions.

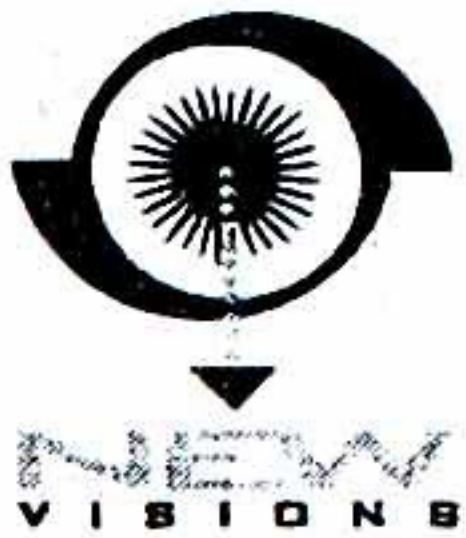
Actions are only (judged) by intentions.
(Agreed upon)

Day 123

If someone can make you do, say or feel something, that is a sign of lost self-control. Self-control is a power. You are powerful if you can control your emotions.

Allah's Messenger (peace be upon him) has asked: "Whom do you call a sandow?" People replied: "One who is not knocked down by anybody is called sandow among us." He said: "No, sandow is one who controls his self in his anger.

(Agreed upon)



Day 124

In our country, more than 80 percent people are angry, either inward or outward. "Outward" anger leads to hostility, aggression, homicide, etc. and "inward" anger leads to depression, frustration, suicide, etc. The best form of self-control is controlling anger.

No one has swallowed back anything more excellent in the sight of Allah who is great and glorious than anger. (Ahmad)

Day 125

Humans are empowered with the ability to make choices and practice self-control.

Do not abuse anybody. Do not consider any virtue as a mean, even if it is your brother's talking to you with a smile. This is also a virtuous act. If somebody reproaches you and makes you feel ashamed on any of your defects, do not make him feel ashamed of his defects, because this act of his will prove troublesome for him.
(Abu-Da'ud, Tirmidhiy)

Day 126

The real self-control is choosing not to react, i.e. making a conscious choice of not becoming angry when one has the power to retaliate.

give in reply

He who controls his anger though he had the power to act on it, Allah will call him first of all on the Day of judgement and will give him the authority to select whatever hourie he likes.

(Tirmidhiy, Abu-Da'ud)

Day 127

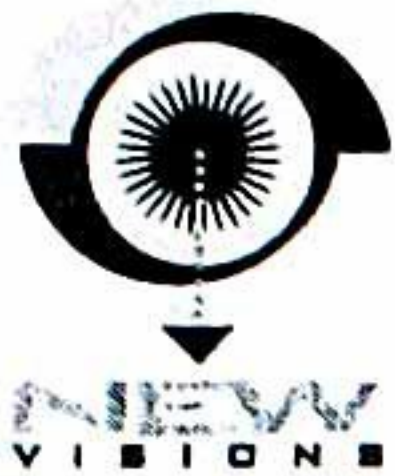
You can not conquer anyone without conquering yourself.

He is not stronger or powerful who throws people down, but he is the strong among us who masters himself when angry. (Agreed upon)

Day 128

Never curse anyone. You can never harm anyone without harming yourself.

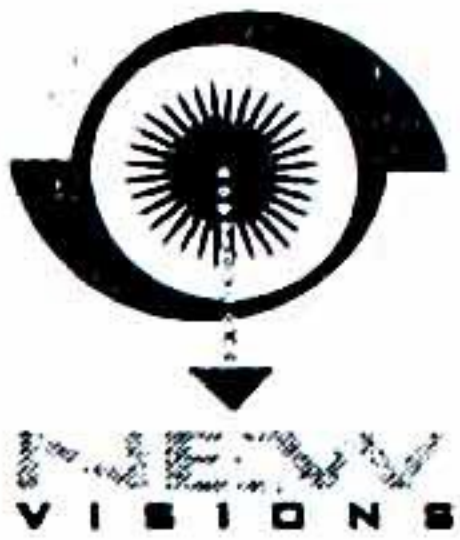
A man's sheet was flown away by the wind and he cursed it. Allah's Messenger (peace be upon him) said: "Do not curse it, because it is bound by the commands of God and it is under His control. He who curses a thing which did not deserve it then the curse returns on him." (Tirmidhiy)



Day 129

When angry, look at you in the mirror and notice your facial expressions as well as the associated internal feelings. It does not worth as much as it costs.

Sulaiman b. Surad reported that two persons abused each other in the presence of Allah's Apostle (may peace be upon him) and one of them fell into a rage and his face became red. Allah's Apostle saw him and said: I know of a wording; if he were to utter that, he would get out (of the fit of anger) (and the wording is) I seek refuge with Allah from Satan, the accursed. Thereupon a person went to him who heard that saying and repeated the same words as Allah's Apostle said…that person said to him: Do you find me mad? (Sahih Muslim)



Day 130

Anger leads to high blood pressure, increased pulse rate, migraine, increased sugar level, over-eating, skin irritation, higher cholesterol, increased stress, urinary tract infections, constipation or diarrhea, stomach ulcers, arthritis, asthma, etc. Anger is killer number one, control it before it kills you.

Verily, anger is a live coal in the heart of the son of Man: do yet not see the redness of his eyes, and the swelling of his juglar veins? Whoso then feels anything of that, let him stick to the earth.

(Tirmidhiy)

Day 131

Anger is a momentary madness and is devilish.

Verily, anger is from Satan. (Abu-Da'ud)

Day 132

A good Muslim can never become angry. Anger corrupts faith.

Verily anger corrupts faith like as the juice of bitter plants corrupts the honey. (Bayhaqiy)

Day 133

Anger just like alcohol limits our choices to act, the factor that differentiates us from animals.

Drink no intoxicant; for verily, it is at the head of all filthy actions; and beware of sinning; for verily, with sin alights the vengeance of God. (Ahmad))

Day 134

Do you know why God has kept the tongue in between teeth and ears on the face? So you hear everything but say only those things that are wise.

He who restrains his tongue, God will hide his weakness; and he who suppresses his anger, God will avert from him His torment on the day of resurrection. (Bayhaqiy)

Day 135

All the decisions taken in the emotional state lead to regrets. Never take an important decision, when driven by emotions.

Man is created of haste. I will show you My *Ayat* (torments, proves, evidences, verses, lessons, signs, revelations, etc). So ask Me not to hasten (them). (21: 37)

Day 136

Never retaliate, learn to forgive.

Anas, AB: NA narrated that "I never saw the Prophet (peace be upon him) referred to in any case relating to retaliation but he commanded forgiveness therein.
(Sahih Bukhariy, Sahih Muslim)

Day 137

Envying others is an evil. Seek God's protection from jealous people and also never get jealous of others.

Say: "I seek refuge with (Allah), the Lord of the daybreak, "From the evil of what He has created, ... "And from the evil of the envier when he envies." (113: 1-5)

Day 138

If angry, sit down. If anger persists, lie down.

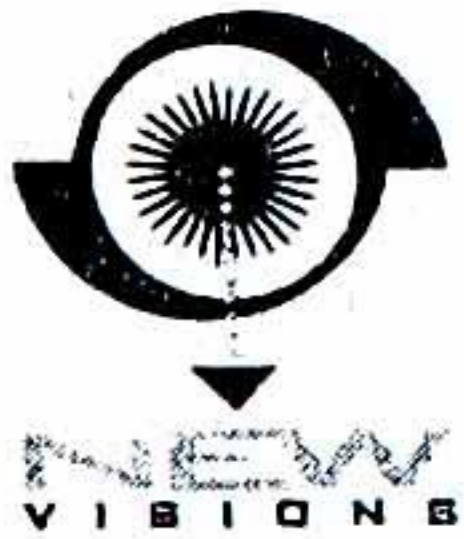
When one of you is angry while standing; let him sit down; and f his anger goe off from him, (then well and good), otherwise let him lie down.

(Ahmad, Tirmidhiy)

Day 139

Drinking water or performing ablution is also a quick treatment for anger.

.....so when of you becomes angry he should perform ablution.
(Mishkat Al-Masabih, Abu-Da'ud)



Day 140

Stay away from negative thoughts like, grudge, jealousy, etc. Anger is a negative emotion that comes from negative thoughts. We can control anger by changing our perception and the resulting negative thoughts about people, things, and events.

Be on your guard against envying others; for verily it eats up the goodness like as fire eats up fuel. (Abu-Da'ud)

Day 141

We can never kill an evil with an evil.

Repel evil with that which is better. We are Best-Acquainted with the things they utter. (23: 96)

Day 142

Never insult people, even if they do. Control your temptation to get even with people, it might lead to a life-long regret

---

Abuse no one and speak to thy brother with an open countenance; verily that is of good acts and kindness; and if a man revile thee, and reproach for what thou knows in thee, then reproach not him for what thou knowest in him, so that thou mayest have the reward thereof be against him.

(Abu-Da'ud, Tirmidhiy)

Day 143

Hatred is a disease. It kills the one who carries it earlier than the one it is for.

The disease of the peoples before you, namely envy, and hatred, has crept to you and it is the unhappy thing. I do not say that it shaves off the hair, but it shaves off the religion.
(Tirmidhiy, Ahmad)

Day 144

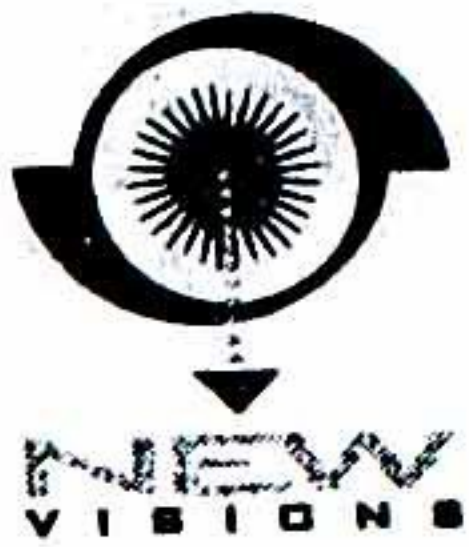
Get rid of hatred by forgiving.
Remember, by forgiving others, you
actually forgive yourself.

And let not those among you who are blessed with graces and wealth swear not to give (any sort of health) to their kinsmen, *Al-Masakin* (the poor), and those who let their homes for Allah's Cause. Let them pardon and forgive. Do you not love that Allah should forgive you? And Allah is Oft-Forgiving, Most Merciful. (24: 22)

Day 145

You can control your emotions and resulting actions if you initiate anything with keeping the end in mind.

Say: "Not equal are *Al-Khabith* (all that is evil and bad as regards things, deeds, beliefs, persons and foods) and *At-Tayyib* (all that is good as regards to things, deeds, beliefs, persons and foods), even though the abundance of *Al-Khabith* may please you." So fear Allah, O Men of understanding in order that you may be successful. (5: 100)



Day 146

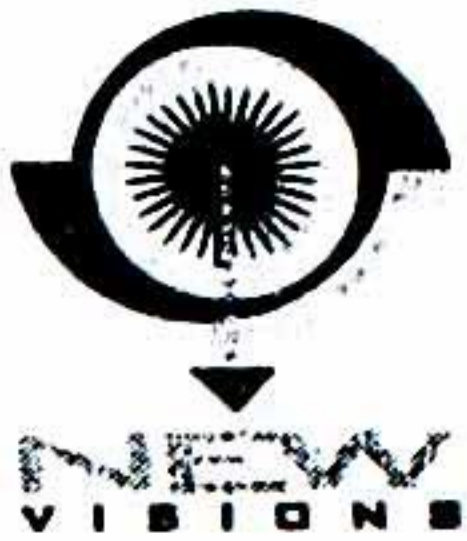
Limiting the consumption of meat, coffee, tea, tobacco, cola drinks, chocolates, sugar, etc. in your food will help you control your anger. Also increasing the consumption of water, fresh juices, vegetables, fruits, etc. helps in controlling the anger.

... and follow not your desire - for it will mislead you from the path of Allah. Verily, those who wander astray from the path of Allah (shall) have a severe torment, because they forgot the Day of Reckoning. (38: 26)

Day 147

Human being is the only creature that has a tremendous ability to adjust to any environment. Even our body adjusts quickly to every temperature, food, etc. All the barriers to your growth are self-posed. Come out of these barriers. Train your body and mind for superb performance by setting higher challenges, every day.

Allah it is He Who has subjected to you the see, that ships may sail through it by His Command, and that you may seek of His bounty, and that you may be thankful. (45: 12)



Day 148

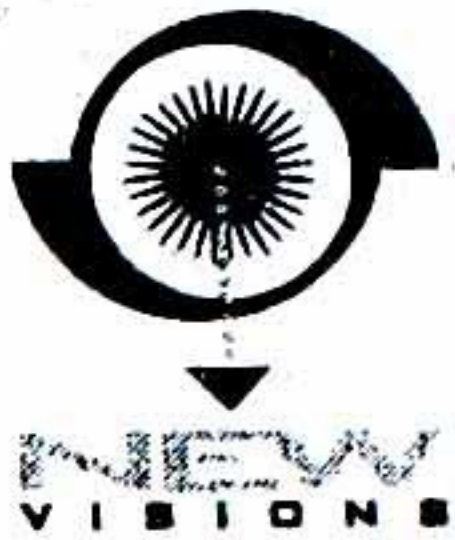
There is a cost associated with all of our actions. Know if the habit is worth as much as it costs you.

He who is deprived of tenderly feelings is in fact deprived of good. (Sahih Muslim)

Day 149

Whatever we do all day long is either to avoid pain or to acquire pleasure. We have ourselves associated pain or pleasure with all of our habits. We can change our habits, i.e. eating, sleeping, reading etc. by associating more pain with those habits we would like to quit and more pleasure with the habits, we would like to adopt.

No man of bad habits shall enter Paradise.
(Tirmidhiy)



Day 150

Because all of our habits are learnt they could easily be unlearnt. We can adopt new habits, good or bad, quickly.

A good habit is (a source of) increase, and a bad habit is a curse. (Abu-Da'ud)

Day 151

Without patience and self-control, you can never reach goodness.

But none is granted it (the above quality) except those who are patient-and none is granted it except the owner of great portion (of happiness in the Hereafter, i.e. Paradise and of high moral character) in this world. (41: 35)

Month Six

Taking Care of Your Body

Verily, We created man in the best stature (mould). (95: 4)

Day 152

God created us in the best mold. It is our obligation to take care of ourselves. The best physique is already given to us. Our job is not to alter it but to take care of it.

Then He fashioned in due proportion, and breathed into him the soul (created by Allah for that person); and He gave you hearing (ears), sight (eyes) and hearts. Little is the thanks you give!
(32: 9)

Day 153

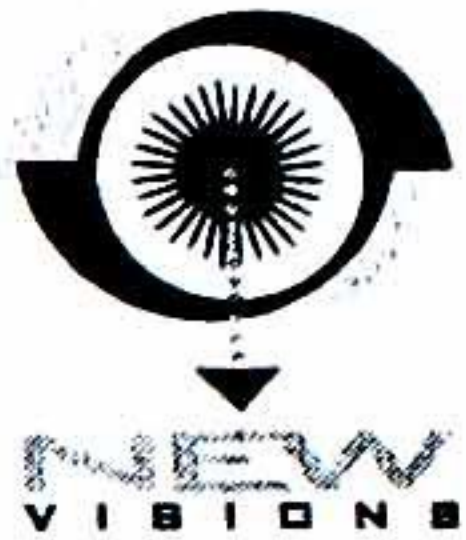
If you are healthy, you will look and feel good. It even affects your performance and relationships.

God is beautiful, and loves beauty. (Muslim) Who wakes up in the morning in the full security of his heart, and his body free from harm, having also his day's food, it is as though the world, all of it, is driven to him. (Tirmidhiy)

Day 154

A healthy body can never be over weight. You can maintain your ideal weight, throughout your life. If you are gaining weight, no matter how less you eat, you are eating more than you burn.

Blessed is he who is guided to Islam and whose livelihood is daily bread, and who is contented.
(Muslim)



Day 155

Our body is seventy percent water. Use the same percentage of water in your meals. Drink a minimum of 12 glasses of water, everyday.

And We have made from water every living thing. Will they not then believe? (21: 30)

Day 156

The lesser you eat, the longer you live. Fill only one-third of your stomach with food, one-third with water and leave the rest empty.

Man has not filled a worse vesel than (his) belly. A few mouthfuls suffice the son of man to keep his vigour steady; and if can not be helped, then let there be one-third of food, one-third of drink, and one-third of the breath (in this belly). (Tirmidhiy)

Day 157

Eat to live, don't live to eat. Never eat, if not hungry. Never fill up your stomach. The moment the food becomes less tastier, it is an indication to withdraw.

A believer eats in one intestine, whereas a non-believer eats in seven intestines.
(Sahih Muslim, Bukhariy, Mishkat Al-Masabih)

Day 158

Our body needs balanced diet, i.e. vitamins, minerals, proteins, fats, carbohydrates, etc. Know their sources and take a balanced diet.

Then let man look at his food: We pour water in abundance. And We split the earth in clefts. And We caused therein the grain to grow, And grapes and clover plants (i.e. green fodder for the cattle), And olives and date palms, And gardens dense with many trees, And fruits and herbage. (To be) a provision and benefit for you and your cattle. (80: 24-32)

Day 159

God has created fruits, vegetables and grains, etc. as pure and fresh. Man has spoiled their nutrition by processing them. Prefer unprocessed foods (e.g. prefer fresh juices over canned juices, brown bread over white bread, fresh green salad over processed salad, etc.).

Abu Huraira reported that Allah's Messenger (may peace be upon him) was presented two cups ... one containing wine and other containing milk. He looked at both of them, and he took the one containing milk, whereupon Gabriel (peace be upon him) said: Praise is due to Allah Who guided you to the true nature...
(Sahih Bukhariy, Sahih Muslim)

Day 160

Fasting is an excellent way of cleaning your body as well as resting the stomach. Believe on fasting not only in Ramazan but a few days each month.

There is almsgiving for everything, and the almsgiving for the body is fasting. (Ibni Majah)

Day 161

Prefer simple and less-expensive substitutes. For example meat and pulses (i.e., grains, beans, etc.) are both protein-enriched, whereas meat is also fat-enriched. Prefer pulse over meat.

Anas b. Malik reported: "... On a feast, Allah's Messenger (may peace be upon him) was presented with barley bread and soup containing pumpkin, and sliced pieces of meat". Anas said: I saw Allah's Messenger (may peace be upon him) going after the pumpkin round the dish, so I have always liked the pumpkin since that day.

(Agreed upon)

Day 162

Take only one full meal a day and only one serving per meal.

Hazrat Aishah (R.A.T.) reported that: "Even on the days when the family of the Prophet would get two mouthfuls of meal, one of these was sure to be of dates." (Agreed upon)

Day 163

Drink water before, not after meals, it will fill your stomach. Sit down while you drink.

Anas b. Malik reported: "Allah's Apostle (may peace be upon him) disapproved the drinking of water while standing." (Muslim)

Day 164

Sit on floor while eating. You will automatically eat less. Just like a bag, if you want to stuff more into it, you make it stand upright.

The Holy Prophet, (peace be upon him) said: "Not to drink while standing." When asked about eating, he replied, "That is even worse and more destestable (abominable)". (Muslim)

Day 165

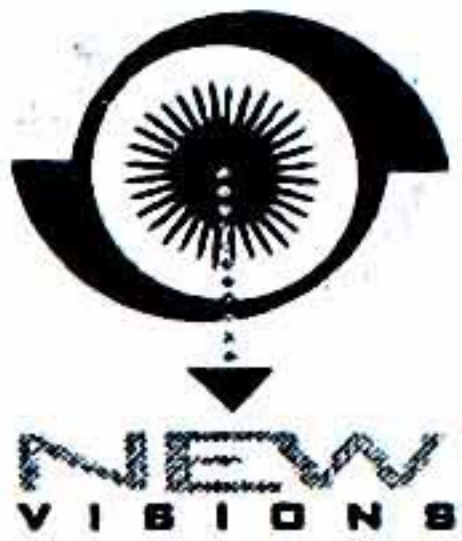
Chew your meals properly and slowly. Avoid talking while eating. It adversely affects your digestive system.

Anas (R.A.T.) reported that Allah's Messenger (peace be upon him) used to breathe three times in the course of a drink (i.e. he drank in three gulps and slowly). (Agreed upon)

Day 166

Always eat with the right hand. You will eat more, if you eat with the left.

Do not eat with your left hands, for the Satan eats with his left hand. (Muslim)



Day 167

Don't wash hands without licking fingers. Our fingers secrete a fluid that accelerates the digestion.

... said the Prophet Muhammad, peace be upon him ... and one should not wipe his hand with towel until he has licked his fingers, for he does not know in what portion of the food the blessing lies. (Muslim)

Day 168

All the diseases have a cure, find out what causes what. Prevention is better than cure.

God has sent down both the disease and the cure, and He has appointed a cure for every disease, so treat yourselves medically, but use nothing unlawful. (Abu-Da'ud)

Day 169

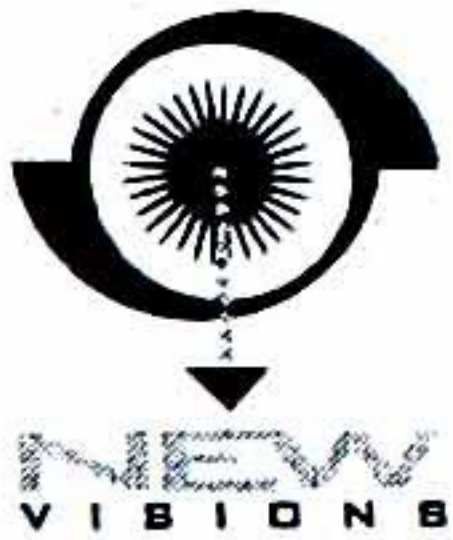
Honey is the food of paradise and a treatment for many diseases. It also protects from many diseases. Make a habit of using it over your breakfast.

If anyone licks honey three mornings every month, he will not be affected with any serious trouble. (Ibni Majah)

Day 170

Honey, dates, milk and olives are blessings, increase their consumption in your food.

The description of Paradise which the *Muttaqun* (the pious) have been promised (is that) in it are rivers of water the taste and smell of which are not changed, rivers of milk of which the taste never changes, rivers of wine delicious to those who drink, and rivers of clarified honey (clear and pure); therein for them is every kind of fruit, and forgiveness from their Lord... (47: 15)



Day 171

Make sure to sweat equivalent to six glasses of water, everyday. It will protect you from various diseases. Find an exercise or just walk or jog.

The Mu'min dies with his sweat on his brow.
(Tirmidhiy, Nasa'iy)

Day 172

Wash your face with clean and cold water at least five times a day to cleanse and freshen up your skin.

There is no Muslim who performs (his) ablution and performs it well, and then stands up and offers a short prayer, being also present (at it) with his heart and his person, but Paradise becomes his due. (Muslim)

Day 173

Brush your teeth at least twice a day especially, before breakfast and after the dinner.

If it were not (for the fact) that I was going to put a hardship upon my people, I would surely tell them to brush your teeth before each of the prayers.
(Agreed upon)

Day 174

Wear clothing that is neither too expensive to show-off nor too mean but must be clean.

The Prophet (peace be upon him) has forbidden both the dresses- the most exalted and the meanest. (Razin)

... clothe yourself without being extravagant or vain. (Bukhariy, Nasa'iy)

And purify your garments! (74: 4)

Day 175

Expensive clothes are not necessarily the better. Dress decently. Dress for yourself not to show-off. Don't overdo in fashions and trends.

Whoso leaves (fashionable) garments by way of humility while it is in his power (to wear them), God will call him, on the day of resurrection, at the head of all creation, and reward him exceedingly. (Tirmidhiy)

Whoso wears garments for good fame, God will clothe him with the garment of disgrace. (Abu-Da'ud, Tirmidhiy).

Day 176

Wear clothing that suits your age, gender, etc. Whatever looks good on women does not look good on men. Men should avoid silk and dark colors like orange, yellow, red, etc.

He who wore silk in this world would not wear it in the hereafter. (Agreed upon)

About the yellow colored clothes, Prophet Muhammad, peace be upon him said: "These are the clothes (usually worn by) the non-believers, so do not wear them." (Muslim)

Day 177

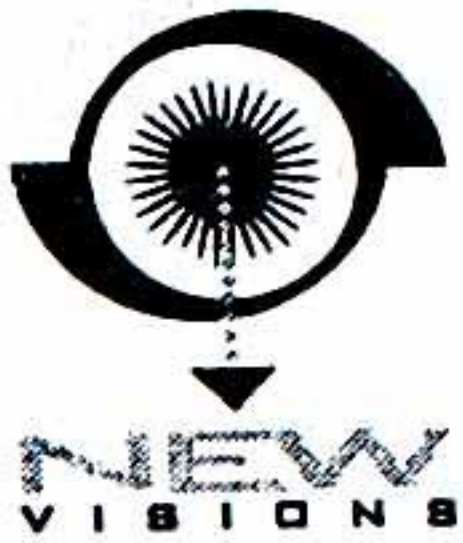
Find the colors and styles that suit you and then stay within the selected ones.

Wear your white clothes for they are the best for you; and bury your dead in the same.
(Tirmidhiy, Ibni Majah, Ahmad, Nasa'iy)

Day 178

Always use natural perfumes and fragrances.

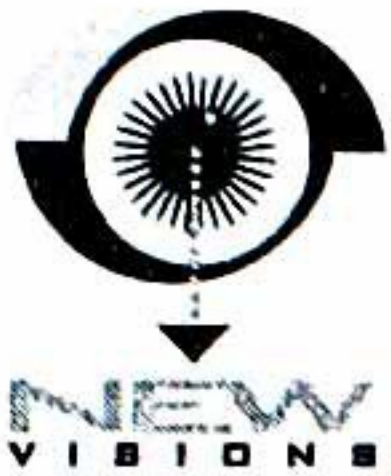
Abu Ayyub narrates that the Holy Prophet, peace be upon him said: "Four are the characteristics of the apostles; modesty, perfuming oneself, marriage, and brushing the teeth". (Tirmidhiy)



Day 179

Take shower once a day in winter and twice a day in summer. Personal hygiene and cleanliness is a part of the religion.

Key to paradise is prayer and the key to prayer is cleanliness. (Ahmad) Cleanliness is one-half of the faith. (Tirmidhiy)



Day 180

Wash, clean and comb your hair. Nothing looks worse on the body than dirty hair.

He who has hair, let him do it, Justice.
(Abu-Da'ud)

Day 181

Nothing brings you closer to people than decent humor and a smiling face. Kids smile 450 times a day and an adult only 10 times a day. Smiling also reduces cholesterol level.

Narrated Aisha:, I never saw the Prophet (Muhammad, peace be upon him) laughing to an extent that one could see his palate, but he always used to smile only. (Al Jaami Al Saheeh, Bukhari) Narrated Anas: Holy Prophet (peace be upon him) used to mix up with people and he would also like decent humor. (Agreed upon)

Month Seven

Positive Work Habits

And it is He Who has made you generations coming after generations, replacing each other on the earth. And He has raised you in ranks, some above others that He may try you in that which He has bestowed on you. Surely, your Lord is Swift in retribution, and certainly He is Oft-Forgiving, Most Merciful.

(6: 165)

Day 182

Start your day early in the morning.

And We have made the day for livelihood.
(78: 11)

Day 183

Go to bed as early as you can.

And among His Signs is your sleep by night and by day, and your seeking of His bounty. Verily, in that are indeed signs for a people who listen.
(30: 23)

The Holy Prophet (peace be upon him) has forbidden to stay awake after the night (Eisha) prayer unless due to a very important work.
(Sahih Muslim, Sahih Bukhariy)

Day 184

Without patience and persistence, you will never succeed.

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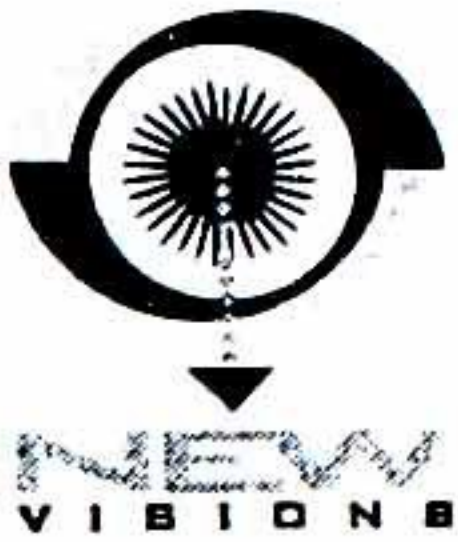
ye who believe! persevere in patience and constancy: vie in such perseverance; strengthen each other; and fear Allah; that ye may prosper. (3: 200)*

* See Point No. 5 of References Page for details in the end



Day 185

Work hard and never be ashamed of working hard and with your hands. Put your heart and mind, both in every task you do. Attach with the work by itself, not with the outcome.

Verily, the best thing is what ye eat of your own earnings. (Bukhari, Abu-Da'ud)

Day 186

If you keep on doing what you have always done, you will keep on getting, what you have always got. If something is not working, start doing different things and never, ever lose hope.

"O My sons! Go you and enquire about Yusuf (Joseph) and his brother, and never give up hope of Allah's Mercy. Certainly no one despairs of Allah's Mercy, except the people who disbelieve." (12: 87)

Day 187

Give what you promise and discharge your obligations towards others, honestly. Honesty is not the "best" policy, it is the "only" policy.

"And O my people! Give full measure and weight in justice and reduce not the things that are due to the people. and do not commit mischief in the land, causing corruption. (11: 85)

Day 188

Don't play "favoritism" game. Be fair in your dealings. You cannot make fool of others for too long.

There is no governor who rules (his) Muslim subjects and dies, having also played false with them, but God will forbid him paradise.
(Agreed upon)

Day 189

Finish today's work today. Learn to do things quicker and better, every time.

Never save anything for the morrow. (Tirmidhiy)

Day 190

Treat time as the most-precious resource. Money spent can be earned back but not the time. Before worrying to do something efficiently, ask yourself: "Is this something I should be doing at the first place?"

It is the excellence of a man's faith that he gives up meaningless work.
(Tirmidhiy, Ibni Majah, Ahmad)

Day 191

Remember that we can never control time, but we can always control ourselves against time. Don't waste time, invest it. Always ask yourself: "Is there a better use of my time, right now?"

Don't abuse Time, for it is Allah Who is the Time.
(Agreed upon)

Day 192

Higher positions bring more responsibilities, not only privileges.

Beware of leading a luxurious life, for verily the servants (of God) never lead a luxurious life.
(Mishkat Al-Masabih)

Day 193

The higher in the hierarchy you reach, the more humble and modest you must become.

And walk not on the earth with conceit and arrogance. Verily, you can neither rend nor penetrate the earth nor can you attain a stature like the mountains in height. (17: 37)

Verily, modesty and faith are related to each other: when one of them is taken away, the other also is taken away. (Bayhaqiy)

Day 194

Never obey your higher-ups if they demand of evil, even if it costs you your job. It is better to lose a job and keep yourself than to keep the job and lose yourself.

There is no obedience due to sinful commands: obedience is only in regard to what is reasonable.
(Agreed upon)

Day 195

If someone is doing bad, tell him no matter who he is.

The best of jihad is of him who speaks a just word before a tyrannical authority.
(Tirmidhiy, Ibni Majah, Abu-Dau'd)

Day 196

Remember it's God who provides sustenance to everyone through various means. People can take away your job, not your living. What's yours, no one can take away that and what's not yours, none can give it to you.

Who is he that can provide for you if He should withhold His provision? Nay, but they continue to be in pride, and (they) flee (from the truth). (67: 21)

Or have they taken (for worship) *alihah* (gods) from the earth who raise the dead? (21: 21)

Day 197

Don't just believe everything you hear, use your head and heart to assess its authenticity.

O you who believe! If a *Fasiq* (liar-evil person) comes to you with any news, verify it, lest you should harm people in ignorance, and afterwards you become regretful for what you have done.

(49: 6)

It is lying enough for a man to say whatever he hears (Muslim)

Day 198

Never expect people to do something that you don't do yourself. Actions speak louder than words. Show your people what you want.

O you who believe! Why do you say that which you do not do? Most hateful it is with Allah that you say that which you do not do. (61: 2-3)

Day 199

Don't just manage the team. The manager is out of the team. The leader is first a member of the team and then happens to be chosen by the team to lead. Ask yourself if you deserve to be the leader.

The best of your leaders are those whom ye love and who love you, for whom ye pray, and who pray for you; and the worst of your leaders are, those whom ye hate, and who hate you, whom ye curse, and who curse you. (Muslim)

Day 200

Be a cheerful leader for your team. Feel proud in serving your team and doing small errands for the team. Develop and inspire people around you.

Cheer the people, and inspire (them) not with aversion, and make (it) easy (for them), and make (it) not difficult (to them). (Agreed upon)

Day 201

Always fulfill your promises and commitments and meet the deadlines. Call when you promise to call. Pay when you promise to pay.

Those who are faithfully true to their *Amanat* (all the duties which Allah has ordained, honesty, moral responsibility and trust) and to their covenants. (23:8)

Day 202

Believe on consultation and teamwork. Always involve your people, no matter how big or small the issue is. Don't be a dictator.

The tyrant (dictator) shall not enter into paradise.
(Abu-Da'ud. Bayhaqiy)

Day 203

Talk your important matters with people, but choose people carefully. Never blindly accept others' advise.

When thou dost follow up the vices of (thy) people, thou wilt bring ruin upon them.
(Bayhaqiy)

Day 204

Don't try to please everyone, you will never succeed. Sooner or later people will find out and you will lose everything.

He who wears two faces in this world, shall have two tongues of fire on the day of resurrection.
(Abu-Da'ud, Darimiy)

When a wicked man is praised, the Lord God is angered, and (His) Throne is agitated thereat.
(Bayhaqiy)

Day 205

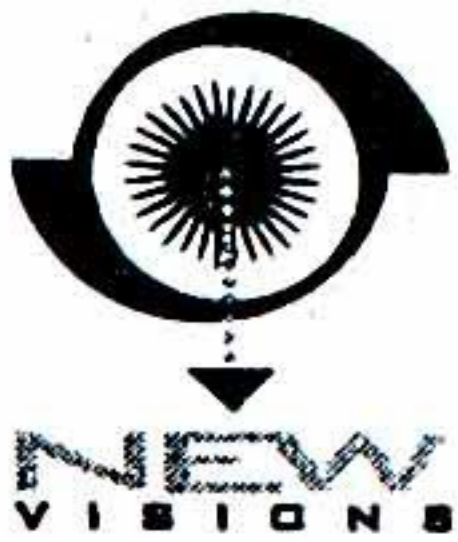
No matter how big or little the title of the person is, never be afraid of doing justice.

Verily, the most beloved of men in the sight of God on the day of resurrection, and the nearest of them to God in respect of seat, will be the just leader; ... (Tirmidhiy)

Day 206

You can never lead a team effectively, unless you are the best in doing everything what the team is responsible for.

The excellence of a learned man above a mere worshipper is as my excellence above the average man among you. (Tirmidhiy, Darimiy)



Day 207

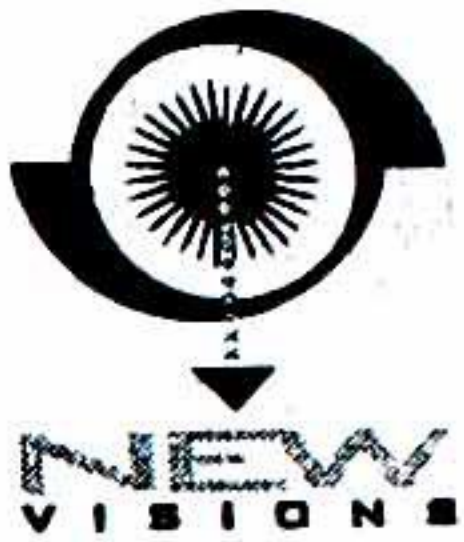
You get the leader you deserve. If you want a better leader, become better, yourself.

As ye will be, so will be those who shall be put in command over you. (Bayhaqiy)

Day 208

Focus on being the best in everything. This is the best job security. Only those are afraid of losing job who deep-down know that they are no good. Instead of indulging in "power games", focus on self-development. Learn your work, not only the tricks.

My Lord! Bestow *Hukm* (religious knowledge, right judgement of affairs and Prophethood) on me and join Me with the righteous. And grant me an honourable mention in later generations. And make me one of the inheritors of the Paradise of Delight. (26: 83-85)



Day 209

Make a habit of measuring and counting what you get or give. It does not spoil the relationship, in fact this habit protects the relationship.

Measure out when thou dost sell, and measure when thou dost buy. (Bukhariy)

Day 210

Never ever accept anything from anyone for the work you do. You might end up paying a big price in return. Remember there are no free lunches in business.

He whom we have appointed an officer and for whom we have provided a provision, if he takes any thing after that, he is a transgressor.

(Abu-Da'ud)

Day 211

Don't waste time in vain talk. Save time for things that are important for you but are not urgent, yet. If you handle them, they will never become crisis.

Successful indeed are the believers... Those who turn away from *Al-Laghw* (dirty, false, evil vain talk, falsehood, and all that Allah has forbidden). (23: 1-3)

O you who believe! When the call is proclaimed for the *Salat* (prayer) on Friday (*Juma'ah* prayer), come to the remembrance of Allah and leave off business. That is better for you if you did but know! (62: 9)

Day 212

Develop yourself and others. Invest time in learning and fulfilling your obligations towards your job and teaching the same to others.

Learn your duties and teach men their duties.
(Darimiy)

Month Eight

Living with People

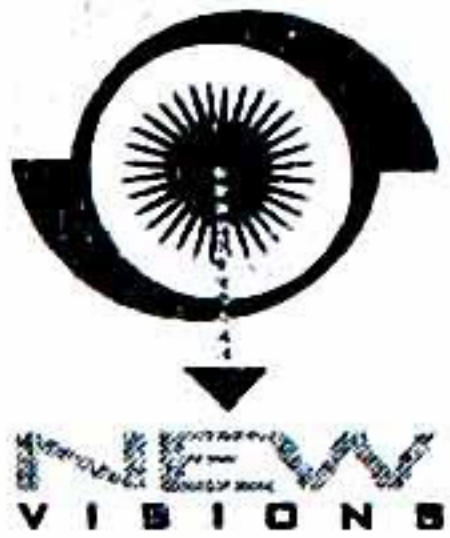
Worship Allah and join none with Him (in worship); and do good to parents, kinsfolk, orphans, Al-Masakin (the poor) the neighbor who is near of kin, the neighbor who is a stranger, the companion by your side, the wayfarer (you need), the those (slaves) whom your right hand posses. Verily, Allah does not like such as are proud and boastful.

(4: 36)

Day 213

Be the first one to say "*Assalam-o-Alaikam*" and always answer the greeting.

When you are greeted with the greeting, greet in return with what is better than it, or (at least) return it equally. Certainly, Allah is Ever a Careful Account Taker of all things. (4: 86)



Day 214

Instead of "Hye" and "Bye", shake hands and hug people, it will wipe-out any grudges among you.

Take each other by the hand: all grudges shall go off from you and make presents to each other; this will increase love among you , and will take away the deepest hatred. (Muslim, Malik)

Day 215

Learn and practice basic manners, courtesy and etiquette, everywhere, with everyone.

The best beloved of me among you is he who is the best in manners among you.
(Bukhariy, Muslim)

Day 216

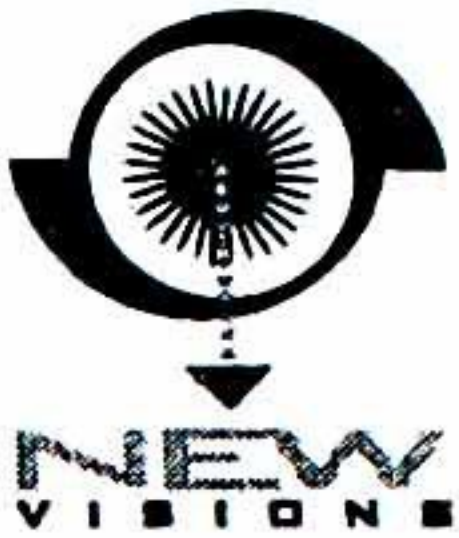
Be kind and merciful to each other. Treat your guests with courtesy.

God is kind and loves kindness. (Tirmidhiy)

Day 217

Don't be a snob or arrogant. Stay modest and be humble.

"And turn not your face away from men with pride, nor walk in insolence through the earth. Verily, Allah likes not any arrogant boaster."
(31: 18)
Verily, modesty is a form of faith.
(Bukhariy, Muslim, Ibni Majah)



Day 218

Nothing justifies abusive and filthy language.

Of the two who abuse and curse each other, the blame lies upon him who begins first, the wronged man exceeds the bounds.

(Muslim, Abu-Da'ud, Tirmidhiy)

He is the best in (point) of Islam, from whose tongue and hands the Muslims are safe. (Muslim)

Day 219

Never blame, taunt or curse people.

And speak good to people. (2: 83)
Pray not against yourselves, nor pray against your children, nor pray against your servants, nor pray against your wealth. (Muslim)

Day 220

Remember the basic truth that whatever you give to others, good or bad, it comes back, many times. Give more and more of what you want for yourself, to others and you will have it more. Never miss an opportunity to praise and give blessings and prayers to others.

"And whatsoever so spent of anything (in Allah's Cause), He will replace it. And He is Best of Providers." (34: 39)

Day 221

Protect each other's secrets.

Anyone who knows about the defect of his another Muslim brother and he has concealed it, then Allah will cover (his defects) on the Day of Judgement. (Agreed upon)

Day 222

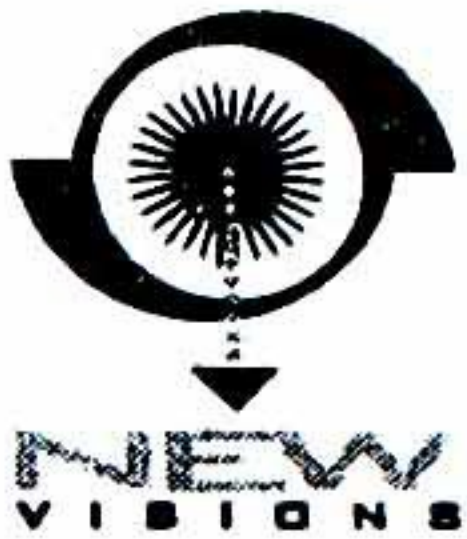
Never miss an opportunity to appreciate and recognize people. Respect and love people unconditionally.

The best of people after the prophets in this world and the next are those who love each other for God. (Mishkat Al-Masabih, Tirmidhiy)

Day 223

Do a little extra for elders, women, children and handicapped.

Whoever is not merciful to a young person nor respectful to an old person is not one of us.
(Tirmidhiy)



Day 224

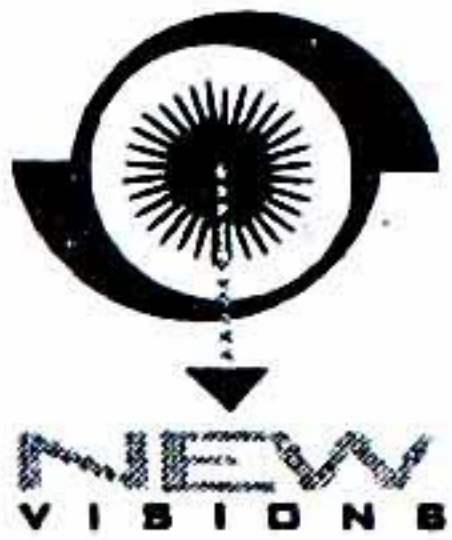
Never laugh at others or pass a sarcastic comment or call by nicknames.

O you who believe! Let not a group scoff at another group, it may be that the latter are better than the former. Nor let (some) women scoff at other women, it may be that the latter are better than the former. Nor the fame one another, nor insult one another by nicknames. How bad is it to insult one's brother after having Faith. And whosoever does not repent, then such are indeed *Zalimun* (wrong doers). (49: 11)

Day 225

You can never have peace in your life until you quit your temptation of ruling others. Don't try to correct people by forcing your point of view on others. Just say what is "right".

Had Allah willed, they would not have taken others besides Him in worship. And we have not made you a watcher over them nor are you a *Wakil* (disposer of affairs, guardian or trustee) over them. (6: 107)



Day 226

Be thankful to people for whatever favors they do for you, small or big alike, even if it is just fetching a glass of water for you or opening the door for you.

He who is not thankful to men is not thankful to God. (Tirmidhiy, Ahmad)

Day 227

There is no gain in quarrels. Both parties lose; if nothing else you will definitely lose your respect.

The most hateful of men is the most contentious, quarrelsome fellow. (Bukhariy, Muslim)
Before Allah the most hated are the quarrelsome debaters. (Bukhariy)

Day 228

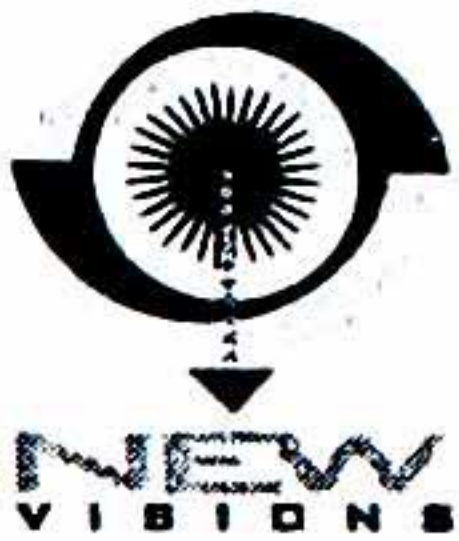
Be a friend and have good friends.

The Mu'min is the abode of friendship; and there is no good in him who does not befriend nor is befriended. (Bayhaqiy, Ahmad)

Day 229

Both submissive (i.e. whatever you say is right) and aggressive (i.e. whatever I say is right) people are never respected. Be assertive.

They believe in Allah and the Last Day; they enjoin *Al-Maruf* (Islamic Monotheism), and following Prophet Muhammad, peace be upon him and forbid *Al-Munkar* (polytheism, disbelief and opposing Prophet Muhammad, peace be upon him); and they hasten in (all) good works; and they are among the righteous. (3: 114)



Day 230

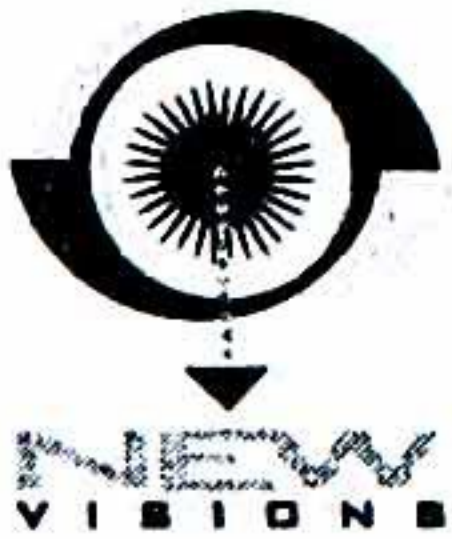
When you must say something; how you say what you want to say, is more important than what you say.

"And be moderate (or show no insolence) in your walking, and lower your voice. Verily, the harshest of all voices is the braying of the asses." (31: 19)

Day 231

Good friends are not who are fun to be with. Good friendship includes sincerity, honesty, and saying and doing the "Right". Never expect your friends to support you if you are wrong.

Friends on that Day will be foes one to another except *Al-Muttaqun* (the pious). (43: 67)



Day 232

Everyone makes mistakes. Develop a habit of forgiving people. Forgive those who seek forgiveness.

A Muslim brother apologizes to another Muslim, and the latter does not accept his apology, then on him will be the same sin as is on the person who collects a tax which is not due.
(Ibni Majah, Tirmidhiy)

Day 233

Have the courage to admit and apologize to others for your own mistakes and the hurts you have caused others. Never cover up.

... Let them pardon and forgive. Do you not love that Allah should forgive you? And Allah is Oft-Forgiving, Most Merciful. (24: 22)

Day 234

Develop a pleasant and a trust-worthy personality so that people love your company and feel comfortable being with you.

Verily the worst of men in (the sight of) God, in respect of position on the day of resurrection, will be he whom people abandon for fear of his filthy actions. (Sahih Bukhariy, Sahih Muslim)

Day 235

Never, ever talk against anyone in his or her absence.

Backbiting is more grievous than adultery: God will not pardon the back-biter until his companion (Whom he has wronged) pardons him that. (Bayhaqiy)

Day 236

Never forget to visit sick friends, neighbors and family members.

He who visits a sick person ceases not to plunge in (the ocean of) mercy until he sits down; and when he sits down he is immersed therein.
(Ahmad, Malik)

Day 237

Exchange gifts, even just a greeting card.

Send presents to one another, for verily presents take away the grudge of the heart; and let no neighbors despise the present of his neighbor, be it ever so little. (Tirmidhiy)

Day 238

Keep your promises and honor the trust bestowed on you.

He has no faith who fulfills not his trust, and he has (really) no religion who fulfills not his promise. (Bayhaqiy)

Day 239

Keep away from jealousy. You cannot harm anyone without harming yourself.

Keep away from jealousy, for jealousy eats up virtues in the same way as fire eats up wood.
(Abu-Dau'd)

Day 240

The strongest relationships are developed in difficult times not good ones. Be with people in their difficult times.

A person who condoles his brother in distress, God will dress him with a dress of honor; whoso condoles his brother in distress will also have the same reward. (Ibni Majah)

Day 241

Do everything to entertain people staying within your religious, social and cultural norms.

Entertain people with their own entertainment.
(Abu-Dau'd)

Day 242

Don't break relationships and be a grudge collector. Retain your relationships with people.

It is not permissible for a man to have severed his relations with any of his brethren for more than three days. (Abu-Dau'd, Ahmad)

Day 243

Fulfill your obligations, stop worrying about your rights. Expect more from yourself and less from others. Your job is only doing your part of it i.e., saying and doing the "right".

You are the best of peoples over raised up for mankind; you enjoin *Al-Maruf* (i.e. Islamic Monotheism and all that Islam has ordained) and forbid *Al-Munkar* (polytheism, disbelief and all that Islam has forbidden), and you believe in Allah. And had the people of the Scripture (Jews and Christians) believed, it would have been better for them; among them are some who have Faith but most of them are *Al-Fasikun* (disobedient to Allah and rebellious against Allah's Command). (3: 110)

Month Nine

Fostering Love Relationships

And among His Signs is that He created for you wives from among yourselves, that you may find repose in them, and He has put between affection and mercy. Verily, in that are indeed signs for a people who reflect. (30: 21)

Day 244

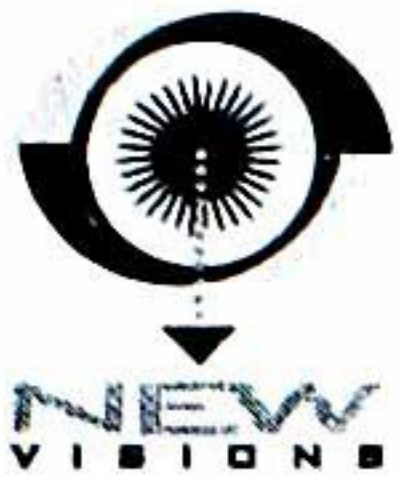
Marriage is a source of peace, comfort and protection. Marriage is a license to love.

Thou wilt see nothing conducive of love like marriage. (Ibni Majah)

Day 245

Having a good spouse is being rich. Treat him/her like that. Never ever take each other for granted.

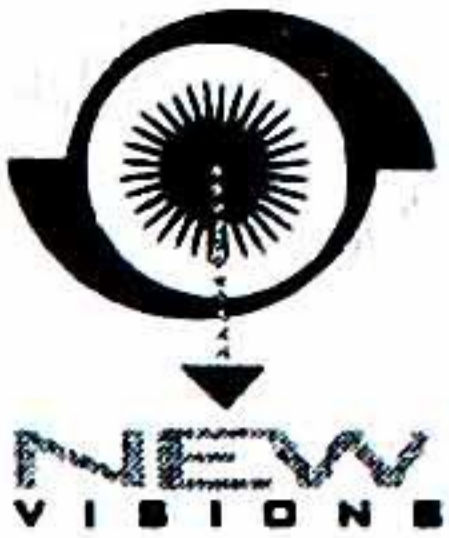
He is indeed a poor man who has no wife, although he has plenty of wealth. And poor indeed is a woman who has no (help) male, although she be so rich. (Razin)



Day 246

Relationships are developed on personality traits but broken on character traits. Why don't we then form the relationship on the character traits?

A woman is married by four qualifications: for her wealth, for her birth, for her beauty, and for her religion, but do thou look out for religious women; and if thou do it for any other consideration, thy hands be rubbed in dirt. (Agreed upon)



Day 247

Do your best to keep the marriage. Availability of too many options, sometimes, is the major reason for half-hearted attempts to keep the relationship going.

The woman who seeks divorce from his husband, without being forced (to it by his unjust treatment), shall not find the fragrance of paradise. (Tirmidhiy, Abu-Dau'd, Ahmad)

Day 248

Ninety percent of the marriages in our country are unhappy. Out of these, ninety percent people say that they would have walked out of the relationship if they had a choice.

And if a woman fears cruelty or desertion on her husband's part, there is no sin on them both if they make terms of peace between themselves; and making peace is better. And human inner selves are swayed by greed. But if you do good and keep away from evil, verily, Allah is Ever Well-Acquainted with what you do. (4: 128)

Day 249

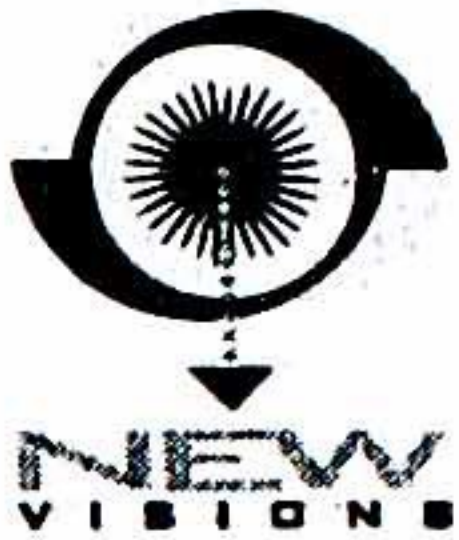
Social pressures or financial security must not be the reason for living together. Two people love each other when they can live without but choose to live with each other. Ask yourself if your relationship is by choice.

A woman came to the Prophet, and said, 'I have no complaint against (my husband) in respect of his natural disposition and judgement, but I am averse to infidelity in Islam: (I cannot love him as my husband). The Prophet said, 'Wilt thou then give him back his garden?' She said, 'Yes'. Then the Prophet said to her husband, 'Accept the garden, and divorce her by a divorcement. (Bukhariy)

Day 250

Having a good spouse is like being with a good companion on a long journey.

To be alone is better than (to have) a bad companion and a good companion is better than being alone. (Bayhaqiy)



Day 251

Real love recognizes and respects the unique individuality. It is our differences that make a relationship enjoyable.

Let no Mu'min hate a Mu'minah: if he hate her for one trait in her character, let him be pleased with another that is in her. (Muslim)

Day 252

Always stay courteous and thankful to each other.

Oh! company of women give alms, and be frequent in asking pardon of God, for verily I see you mostly to be people of the fire (the hell). The women said, 'And what is in us that we are mostly people of fire. The Prophet, peace be upon him said, 'Ye are given much to cursing, and ye are thankless to your companions. (Agreed upon)

Day 253

Fulfill your obligations towards each other. Don't expect anything in return.

Take care! Each one of you is a governor, and each of you shall be asked concerning his subjects: ...; and a man is governor over the people of his house, and he shall be asked concerning his subjects; and a woman is governess over the house of her husband, and over his children, and she shall be asked concerning them; ... (Agreed upon)

Day 254

Be good to each other, love each other and enjoy each other's company. Make yourself loveable, and you will be loved. The best way of having love is to give it to your spouse.

All amusement is vanity: there is no amusement which is praiseworthy except three, namely training a horse, sporting with one's wife, and shooting arrows with one's bows. These are certainly right. (Tirmidhiy, Ibni Majah)

Day 255

Accept each other in totality, with all the strengths and shortcomings.

And enjoin upon one another goodness towards women; verily they are married to you: ye have no power over them at all, unless they came in for a flagrant filthy action; but if they be devoted to you, then seek no way against them. And verily, ye have rights over your women, and your women have rights over you. (Ibni Majah)

Day 256

Dress up for each other, not for the world.

The best woman is she who gladdens her husband when he looks up to her and obeys him when he tells her anything, and who does not fail him in regard to herself or her riches so as to displease him. (Agreed upon)

Fostering Love Relationships

Day 257

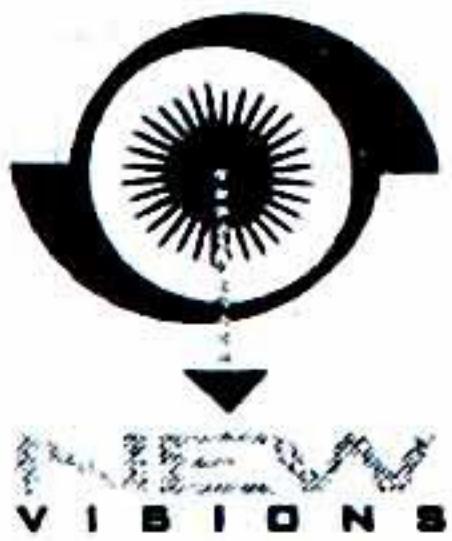
Develop common interests. Help each other in one's personal work.

Najdah b. Amir al-Harurity reports that "The Prophet of God used to take his womenfolk with him in his expeditions, and they used to nurse the wounded". (Muslim, Abu-Da'ud, Tirmidhiy)

Day 258

Real love is developing each other in all dimensions, being the growth partners. The relationship is strengthened only with behavioral feedback. Seek feedback from your spouse and kids on how they perceive you. Act on the feedback and check again.

Admonish thy wife, and if there be any good in her, she will receive (it); and beat not thy wife with the beating of thy slave. (Abu-Dau'd)



Day 259

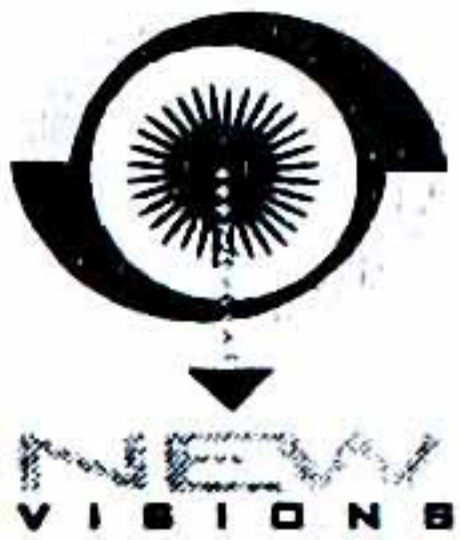
Many times a day, tell your spouse that you love him/her by kissing and saluting your spouse many times especially when you leave or return home.

When ye go into (your) houses, salute the people thereof, and when ye go out, take leave of the people thereof by a salutation.
(Tirmidhiy, Bayhaqiy)

Day 260

Always keep your partner informed about your whereabouts. Always call before coming home.

When thou comest from a journey, come not to thy women by surprise, until the woman whose husband is absent puts herself in order to receive him. (Agreed upon)



Day 261

Women are fragile, take good care of them.

The Prophet peace be upon him would call women 'Glasses'. (Agreed upon)

Day 262

Respect and protect each other's privacy and keep each other's secrets.

On the day of Judgement before Allah the greatest act of misappropriation will be that of a man who ... discloses his wife's secrets to others. (Muslim)

Day 263

Your family deserves the best of you. Do the best for them.

(All) creation is the family of God, and the most beloved of (all) creation of God is he who does good to His family.
(Mishkat Al-Masabih, Bayhaqiy)

Day 264

Suspicion is a virus that slowly kills the relationships. Get it out of you by discussing it.

Beware of suspicion! For verily, nothing is more false than suspicion; and be not inquisitive, nor overhear anything, ... (Agreed upon)

Day 265

Never yell, scream or abuse. Stay respectful to your spouse and kids. Frankness does not mean being disrespectful. Keep a few sentences "unsaid" everyday. Watch your words before uttering them, not afterwards.

Beware, ...for what else throws men into the fire (of hell) upon their faces or upon their noses, but the harvests of their tongues.
(Tirmidhiy, Abu-Da'ud)

Day 266

No relationship can survive without trust. Never, ever break the trust of each other.

Restore the trusts of those who trust thee, and deal not falsely with him who deals falsely with thee.
(Abu-Da'ud, Tirmidhiy)

Day 267

Make your loved-ones feel valuable. This feeling is more than anything else. Remember special days and exchange gifts.

Send presents to one another, for verily presents take away the grudge of the heart…
(Mishkat Al-Masabih, Tirmidhiy)

Day 268

The best gift you could give to each other is your chastity.

Verily God loves His servant, the Mu'min, the pure, the chaste, father of a family. (Ibni Majah)

Day 269

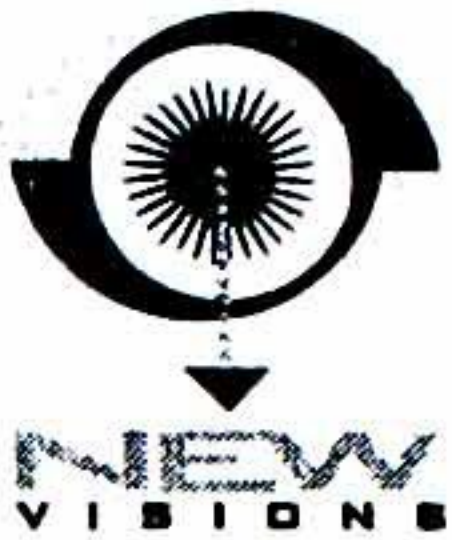
The most important form of attention we can give to our loved ones is listening. Always consult each other in important matters.

... And let each of you except the advice of the other in a just way ... . (65: 6)

Day 270

True love is giving not having. Love is to give oneself for the purpose of nurturing one's own or another's spiritual growth.

And enjoin *As-Salat* (the prayer) on your family, and be patient in offering them. We ask not of you a provision; We provide for you. And the good end is for the *Muttaqun* (the pious). (20: 132)



Day 271

Accept the loved ones of your beloved.
Accept each others' parents, relatives
and friends.

And We have enjoined on man to be dutiful and kind to his parents. His mother bears him with hardship. And she brings him forth with hardship.
(46: 15)

Day 272

Just to win over arguments, don't take the support of slandering.

Verily, those who accuse believing chaste women, who never even think of anything touching their chastity and are good believers-are cursed in this life and in the Hereafter, and for them will be a great torment. (24: 23)

Day 273

Enjoy physical relationships with each other. Remember just fulfilling physical needs without love is an animal instinct, love is human. Nothing spoils an intimate relationship more than this.

Your wives are a tilth for you, so go to your tilth, when or how you will, and send (good deeds, or ask Allah to bestow upon you pious offspring) for your own selves beforehand. And fear Allah, and know that you are to meet Him (in the hereafter), and give good tidings to the believers. (2: 223)

Month Ten

Renewing Inner Self

That Allah may reward them according to the best of their deeds, and add even more for them out of His Grace. And Allah provides without measure to whom He wills. (24: 38)

Day 274

We can never build ourselves at the cost of others.

And those who annoy believing men and women undeservedly, they bear (on themselves) the crime of slanders and plain sin. (33: 58)

Day 275

Happiness is in doing the "right" not what you or others think is "good".

"As for those who strive hard in Us (Our Cause), We will surely guide them to Our paths, (i.e. Allah's religion-Islamic Monotheism). And verily, Allah is with the *Muhsinun* (good doers)." (29: 69)

Day 276

You will pay the price of each and every action of yours, now or later.

Whosoever does righteous good deed, it is for (the benefit of) his own self; and whosoever does evil, it is against his own soul. And your Lord is not at all unjust to (His) slaves. (41: 46)

Day 277

Body is only one percent of what we are, the packing, the real you is what you are from the inside. Our true reality is a 7x4 feet dark room, what we take inside is our true reality.

O you believe! Fear Allah and keep your duty to Him. And let every person look to what He has sent forth for the morrow, and fear Allah. Verily, Allah is All-Aware of what you do. (59: 18)

Day 278

Whatever good or bad we do, becomes a part of us.

Whosoever intercedes for a good cause will have the reward thereof, and whosoever intercedes for an evil cause will have a share in its burden. And Allah is Ever All-Able to do everything (and also an All-Witness to) everything. (4: 85)

Day 279

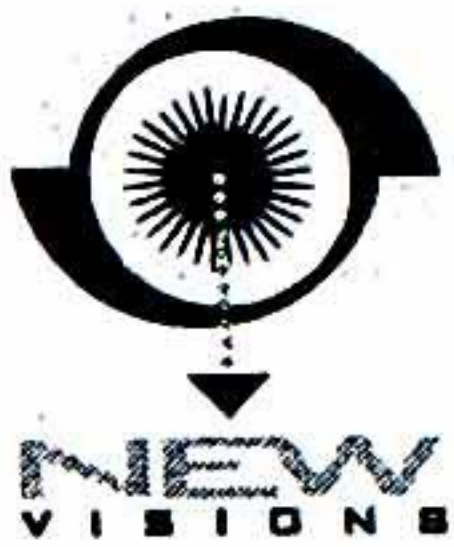
Know universal principles. List down all those things you would like people to say about you after you die. These are universal principles.

Is he, then, to whom the evil of his deeds is made fair-seeming, he considers it as good? Verily, Allah sends astray whom He wills, and guides whom He wills. So destroy not yourself (O Muhammad, peace be upon him) in sorrow for them. Truly, Allah is the All-Knower of what they do! (35: 8)

Day 280

Measure yourself with the universal yardstick. Quality of life comes from following universal principles.

These are limits (set by Allah), and whosoever obeys Allah and His Messenger (Muhammad, peace be upon him), will be admitted to Gardens under which rivers flow (in Paradise), to abide therein, and that will be the great success. (4: 13)



Day 281

Universal principles provide the only yardstick to determine the superiority of people over others. Measure people by their character, not money alone.

Let the people of Injil (Goespel) judge by what Allah has revealed therein. And whosoever does not judge by what Allah has revealed (then) such (people) are the *Fasiqun* [the rebellious i.e. disobedient (to a lesser degree) to Allah]. (5: 47)

Day 282

List down your life principles and then live with those. Never compromise.

There are four habits, in whosoever they are found, he will be a complete hypocrite. If any one of these habits is found in a man, he will have one habit of disruption till he gives it up, when something is given to him in trust he commits dishonesty, when he talks he tells lies, when he makes a contract he deceives, and when he quarrels he starts abusing. (Muslim, Bukhariy)

Day 283

The real security comes with the character. Power comes from choosing to live with character. A man of clean character is powerful.

Yes, but whoever submits his face (himself) to Allah and he is a *Muhsin* then his reward is with his Lord, on such shall be no fear, nor shall ey grieve. (2: 112)

Day 284

Never let your values (what you value like, money, spouse, kids, work, etc.) make you compromise your principles.

O you who believe! Verily, among your wives and your children there are enemies for you (who may stop you from the obedience of Allah); therefore be aware of them! but if you pardon (them) and overlook, and forgive (therefore), then verily, Allah is Oft-Forgiving, Most Merciful. Your wealth and your children are only a trial, where as Allah! With Him is a great reward (Paradise).
(64: 14-15)

Day 285

Ask yourself if all the material things you own e.g. money, home, job titles, etc. are taken away, what is your net worth? How many people will still love and respect you?

Abundance of accidental goods is not riches, but the wealth of soul. (Agreed upon)

Day 286

Never do anything evil even if there is no one watching you. Be responsible to yourself and God.

For all there will be degrees (or ranks) according to what they did. And your Lord is not unaware of what they do. (6: 132)

Day 287

Your reputation is what others think you are, whereas your character is what you truly are. Focus on building your character not reputation.

God! Make my inside better than my outside, and make my outside (also) righteous. O God! I beg of Thee righteousness in what Thou givest to men, namely, family and wealth and children, that they may not lead (me) astray, nor do Thou lead me astray. (Tirmidhiy)

Day 288

Never hesitate in writing down your dealings, no matter how close the relationship is.

O you who believe! When you contract a debt for a fix period, write it down. Let a scribe write it down in justice between you. Let not the scribe refuse to write as Allah has taught him, so let him write... (2: 282)

Day 289

Always keep your promises and fulfill your commitments.

And fulfill (every) covenant. Verily, the covenant will be questioned about. (17: 34)

Day 290

Return other's belongings that either you borrowed from others or were deposited to you.

And if you are on a journey and cannot find a scribe, then let there be a pledge taken, then if one of you entrusts the others, let the one who is entrusted discharge his trust (faithfully), and let him be afraid of Allah, his Lord. And conceal not the evidence, for he who hides it, surely, his heart is sinful. And Allah is All-Knower of what you do.

(2: 283)

Day 291

Never ever steal anything even if very small

And (as for) the male thief and the female thief cut of their hands as a recompense for that which they committed, a punishment by way of example from Allah. And Allah is A l-Powerful, All-Wise.
(5: 38)

Day 292

Never conceal the truth, no matter what it costs you.

And mix not truth with falsehood. nor conceal the truth while you know. (2: 42)

Day 293

Obey all the national laws, rules and all other policies set out by the authorities. If others don't, it should not be taken as an excuse. You are answerable for yourself.

Obey the Muslim ruler, ... until he asketh you to do against the will of God ... (Agreed upon)

Day 294

Always give more than you promise.
Never cheat.

Woe to *Al-Mutaffifun* (those who give less in measure and weight). Those who, when they have to receive by measure from men, demand full measure, And when they have to give by measure or weight to (other) men, give less then due.
(83: 1-3)

Day 295

Never ever breach the trust or confidence, bestowed on you.

He whom we have appointed an officer and for whom we have provided a provision, if he takes any thing after that, he is a transgressor.
(Abu-Dau'd)

Day 296

Always pay back your debts.

The worst sin after the great sins which God has forbidden, is that a man die while he has debts against him for which he has nothing wherewith to pay them off. (Abu-Dau'd, Ahmad)

Day 297

Always be truthful and never ever speak a lie regardless of its repercussions.

Verily, truth is goodness, and goodness leads to paradise; and verily lying is wickedness, and wickedness leads to the fire (of hell).
(Sahih Muslim, Sahih Bukhariy)

Day 298

Always be the just.

O you who believe! Stand out firmly for justice, as witness to Allah, even though it be against yourself, or your parents, or your kin, be he rich or poor, Allah is a Better Protector to both (than you). So follow not your lusts (of your hearts), lest you avoid justice and if you distort your witness or refused to give it, verily, Allah is Ever Well-Acquainted with what you do. (4: 135)

Day 299

Seek the truth, do the truth and say the truth.

Verily the hypocrites will be in the lowest depth of the fire; no helper will you find for them.

(4: 145)

Day 300

Listen to your heart, it never lies. Before every action of yours, ask yourself, How would I feel, if it happened to me?"

He whose good work pleases him and whose evil work seems evil to him, that is the Mu'min.
(Ahmad)

Day 301

You can not make fool of others, so why to try?

And for all there will be degrees according to that which they did, that He may recompense them in full for their deeds. And they will not be wronged.
(46: 19)

Day 302

Competence gets us to the top, but it is the character that keeps us there.

Verily, the worst of men in the sight of God in respect of rank on the day of resurrection shall be the learned man who profound not by his knowledge. (Darimiy)

Day 303

You can never earn "true" respect among your fam lies, friends, relatives etc without character

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The best among you is the one who is best in character. (Agreed upon)

Day 304

Self-respect comes with the character. See in the mirror and ask yourself "What do you think of the person in the mirror?"

When a Mu'min (believer) commits a sin, a dark spot appears on his heart. If he repents and seeks forgiveness (of Allah), his heart becomes spotless again. If he persists in sin, the dark spot increases.
(Tirmidhiy, Ibni Majah, Ahmad)

Month Eleven

Creating Abundance

By no means shall you attain Al-Birr (piety, righteousness-here it means Allah's reward, i.e. Paradise), unless you spend (in Allah's Cause) of that which you love; and whatever of good you spend, Allah knows it well. (3: 92)

Day 305

We can never have abundance in our lives without giving something to someone who will never be able to repay.

Those who perform *As-Salat (Iqamat-As-Salat)* and give *Zakat* and they have faith in the Hereafter with certainty. Such are on guidance from their Lord, and such are the successful. (31: 4-5)

Day 306

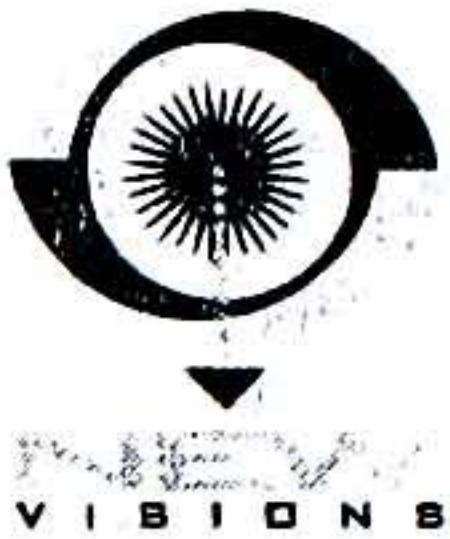
What you have today is exactly what you have given to others (yesterday).

And spend in the Cause of Allah and do not throw yourselves into destruction (by not spending your wealth in the Cause of Allah). and do good. Truly. Allah loves *Al-Muhsinun* (the good-doers). (2: 195)

Day 307

Our wealth is a trial. God wants to test us with our wealth.

There is trial for every people, and the trial of my people is by wealth. (Tirmidhiy)



Day 308

To find yourself, lose yourself in the service of others.

And those who, before them, had homes and had adopted the Faith, love those who emigrate to them, and have no jealousy in their breasts for that which they have been given, and give them (emigrants) preference over themselves even though they were in need of that. And whosoever is saved from his own covetousness, such are they who will be the successful. (59: 9)

Day 309

God does not give to those, who do not spend. By helping others, you actually help yourself.

Whoever brings a good deed shall have ten times the like thereof to his credit, and whoever brings an evil deed shall have only the recompense of the like thereof, and they will not be wronged.
(6: 160)

Day 310

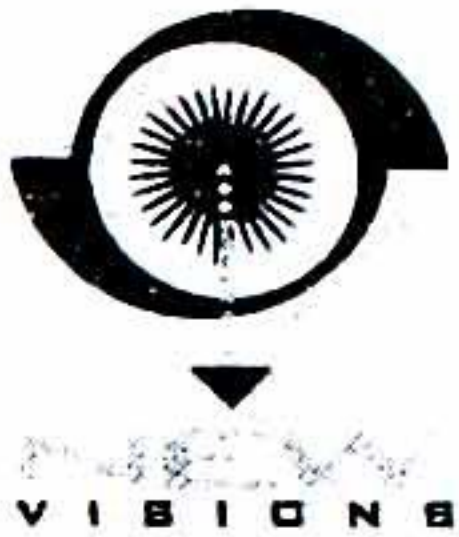
The more you give, the more you get. Give something to everyone, you see or meet, even if it is just a greeting or a blessing.

Who is he that will lend to Allah a goodly loan so that He may multiply it to him many times? And it is Allah that decreases or increases (your provisions), and unto Him you shall return.
(2: 245)

Day 311

The collection of jewelry and richness will never protect you, your real protection is service and giving.

And those who hoard up gold and silver and spend them not in the way of Allah, announce unto them a painful torment. (9: 34)



Day 312

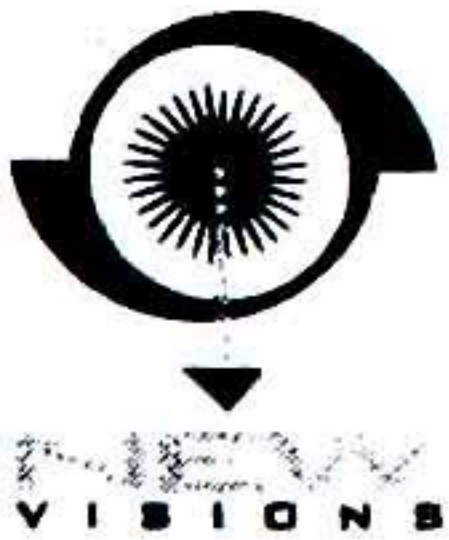
The average age of those who do 4-5 hours volunteer work on a weekly basis for human cause, is 6-8 years more than who don't. Make yourself important so that God may let you live a few more years to serve. Service and giving heals.

Nothing keeps away the decree (of God) except prayer. and nothing increases the life (of man) except goodness; and man is only denied the provisions (of life) because of sins upon which he falls. (Ibni Majah) Almsgiving extinguishes the wrath of God. (Tirmidhiy)

Day 313

All human beings are equal, regardless of their socio-economic status. Treat everyone with equality.

"O ye people, Allah says: "people We created you from one male and one female and made you into tribes and nations, so as to be known to one another". Verily in the sight of Allah, the most honoured amongst you is the one who is most God-fearing. There is no superiority for an Arab over a non-Arab and for a non-Arab over an Arab, nor for the white over the black nor for the black over the white except in God-consciousness ... (Last Sermon of the Holy Prophet, peace be upon him)



Day 314

Treat your home servants like family members. Dress them, feed them and treat them the way you do the other family members.

Your servants are your brothers and your stewards: God has placed them under your hands; whoso then has a brother under his hand, let him feed him out of what he eats himself, and let him clothe him out of what he clothes himself; and compel them not to do a work which will overpower them, and if ye do compel them (to any such work), then assist them in doing the same. (Agreed upon)

Day 315

Serve your parents, relatives, orphans, and the other needy ones with whatever you have.

They ask you (O Muhammad, peace be upon him) what they should spend. Say: "whatever you spend of good must be for parents and kindred and orphans and *Al-Masakin* (the poor) and the wayfarer and whatever you do of good deeds, truly, Allah knows it well." (2: 215)

Day 316

What you are left with, you have lost, what you have given, you have kept forever.

The people of the Prophet's house killed a goat. Then they gave away portions to the poor, so that there remained only a portion thereof. The Prophet (peace be upon him) asked, 'What remains hereof?' They said, 'Nothing but the shoulder.' The Prophet said, 'Nay, all of it remains except its shoulder, for the reward thereof us eternal'. (Tirmidhiy)

Day 317

Help and serve others in every way you can, with everything and anything you have. Give to those who ask and who don't.

And in their properties there was the right of the *Sail* (the beggar who asked) and the *Mahrum* (the poor who does ask others). (51: 19)

Day 318

God does not need our help in serving our fellow beings. In fact, with this He provides us with an opportunity to have something for us, something even better.

And whosoever strives, he strives only for himself. Verily, Allah stands not in need of any of the *Alamin* (mankind, jinn, and all that exists).
(29: 6)

Day 319

Contribute to the society in any way, you can.

Every good work is a charity. (Agreed upon)

Day 320

Know and fulfill your obligations towards your neighbors.

He is not a Mu'min who eats his fill while his neighbor lies hungry by his side. (Bayhaqiy)

Day 321

Be important in the life of a child.

I said, 'O Prophet of God! Shall I have any reward for what I spend upon the children of Abu-Salamah when they are only my children?' The Prophet said, 'Spend upon them, for thou shalt have the regard of what thou dost spend upon them.' (Agreed upon)

Day 322

Work with people in distress (i.e., mentally retarded, handicapped, patients, aged, etc.) on a voluntary basis.

Whoso relieves a Mu'min from a distress in this world, God will relieve him from his distress on the day of resurrection; and whoso makes it easy for a man in straitened circumstances to pay his debt, God will make (everything) easy for him in this world and the hereafter; ... God is always ready to help his servant so long as the servant is ready to help his brother.....

(Mishkat Al-Masabih)

Day 323

To keep your wealth clean, pay your zakat regularly.

He whom God has given wealth, and who pays not its zakat, his wealth shall be made, on the day of resurrection, into a bald-headed serpent having two fangs: it shall be put upon him as a collar on the day of Resurrection; then will it seize his two projecting parts of the nether jaw, and say, 'I am thy wealth, I am thy treasure'. (Bukhariy)

Day 324

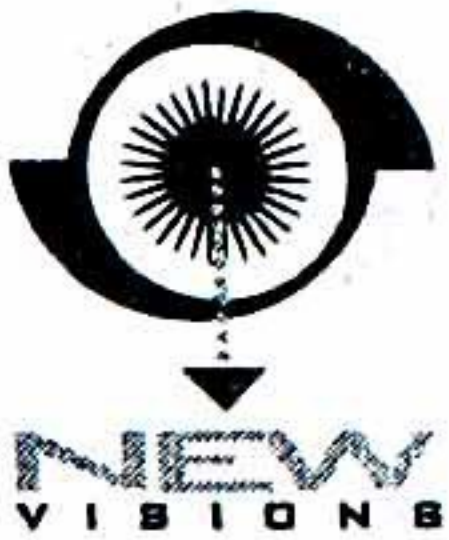
Charity is the rent we pay for the space we occupy on this land. The better the place we occupy, the higher the rent must be.

Let the rich man spend according to his means; and the man whose resources are restricted, let him spend according to what Allah has given him. Allah puts not burden on any person beyond what He has given him. Allah will grant after hardships, ease. (65: 7)

Day 325

Contribute a minimum of 10 % of your income to a worthwhile cause.

Those who spend their wealth (in Allah's Cause) by night and day, in secret and in public, they will have their reward with their Lord. On them shall be no fear, nor shall they grieve. (2: 274)



Day 326

Love and feed poor. Never ever let someone go from your door, empty-handed.

Aishah! Turn not the poor away (from thy door) without giving him something although it be a date. O Aishah! Love the poor, and let them come near thee; God will bring thee nearer to Himself on the day of resurrection.
(Tirmidhiy, Bayhaqiy, Ibni Majah)

Day 327

We were sent as custodians of the planet not owners. Make sure that you hand it over to the new generation in a better shape than you received.

And it is He Who has made you generations coming after generations, replacing each other on the earth. And He has raised you in ranks, some above others that He may try you in that which He has bestowed on you. Surely, your Lord is Swift in retribution, and certainly He is Oft-Forgiving, Most Merciful. (6: 165)

Day 328

Volunteer for various community service activities.

Enjoined upon every joint of a man is charity, every day in which sun rises; doing justice between two people is charity; and assisting a man upon his beast, and loading upon it, or lifting up to it his baggage, is charity; and a good word is charity; and every step taken towards prayer is charity; and removing hurtful things from the road is charity. (Agreed upon)

Day 329

Make sure that a party, wedding and/or construction at your home does not destroy the privacy, comfort, and cleanliness of the whole neighborhood.

He shall not enter paradise whose neighbours are not secure from the calamities (inflicted by him).
(Muslim)

Day 330

Always protect others as well as the public property.

People, verily your blood, your property and your honour are sacred and inviolable.... (Tirmidhiy)

Day 331

Conserve non-renewable resources and renew renewable resources.

O children of Adam! ...eat and drink but waste not by extravagance, certainly, He likes not *Al-Musrifun* (those who waste by extravagance). (7: 31)

Day 332

Plant a tree in your house on the birthday of everyone in the family. Also plant a few trees in the community and take care of these.

Never a Muslim plants a tree, but he has the reward of charity for him, for what is eaten out of that is charity; what is stolen out of that, what the beasts eat out of that, what the birds eat out of that is charity for him. (Agreed upon)

Day 333

Make arrangements in your house to feed free birds.

No Muslim plants a plant, or sows a field, and birds, men, and beasts, eat therefrom, but it is his almsgiving. (Bukhariy)

Day 334

Ask yourself what legacy are you leaving behind?

Verily, what reaches the Mu'min, of his works and his good actions, after his death is the knowledge which he acquired and spread abroad and a righteous issue which he has left (behind him), or a book which he has given to inherit, or a place of worship which he has built, or a house for the homeless which he has built, or a canal which he has caused to be excavated, or an act of charity which he has done out of his wealth while in his health and life, (the good effects thereof) reach him (even) after his death. (Bayhaqiy, Ibni Majah)

Month Twelve

Restoring Peace

Narrated Abu Huraira, Allah's Messenger (may Allah peace be upon him) said, "Allah says: '... If he remembers Me in a group of people I remember him in a group that is better than them; and if he comes one span nearer to Me, I go one cubit nearer to him; and if he comes one cubit nearer to Me, I go a distance of two outstretched arms nearer to him; and if he comes to Me walking, I go to him running'.

(Bukhariy, Muslim)

Day 335

We were sent by God as His vicegerent, we can never do without Him.

And (remember) when you Lord said to the angels: "verily, I am going to place (mankind) generations after generations on earth." ... (2: 30)

Day 336

The life would become a mess if there were no policy manuals, guidelines and laws, at our homes, in our organizations and in the society.

If only there had been among the generations before you persons having wisdom, prohibiting (others) from *Al-Fasad* (disbelieve, polytheism and all kinds of crimes and sins) in the earth, except a few of those whom We saved from among them! Those who did wrong pursued the enjoyment of good things of life, and were *Mujrimun* (criminals, disbelievers in Allah, polytheists, sinners). (11: 116)

Day 337

Even if you buy a machine or an electronic item, there is a user manual describing what to do and what not to do to get the most out of your purchase. Doing against guidelines terminates the warranty.

Do they not travel in the land, and see what was the End of those before them? ... And there came to them their Messengers with clear proofs. Surely, Allah wronged them not, but they used to wrong themselves. (30: 9)

Day 338

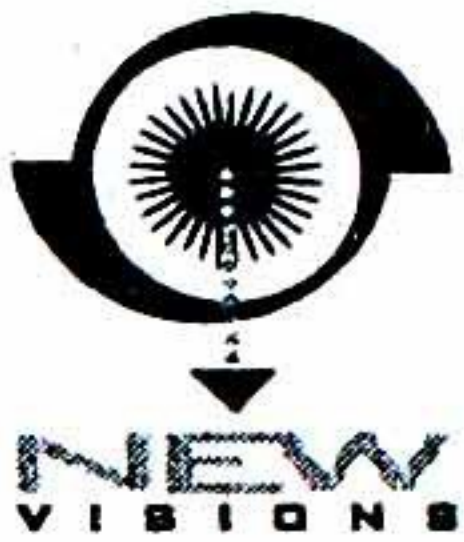
Just like that, the Holy Qur'an is the "Life Manual" providing guidelines for living this life, successfully.

And We send down of the Qur'an that which is a healing and a mercy to those who believe, and it increases the *Zalimun* (polytheists and wrongdoers) in nothing but loss. (17: 82)

Day 339

How can one imagine spending the life successfully without learning and following the guidelines prescribed by our Engineer and Creator. Remember God wants us to be successful.

O mankind! There has come to you a good advice from your Lord, and a healing for that (disease of ignorance, doubt, hypocrisy and differences) which is in your breasts, -a guidance and a mercy for the believers. (10: 57)



Day 340

If we are not spiritually healthy, we can never stay emotionally, mentally and physically healthy.

Indeed he succeeds who purifies his own self. And indeed he fails who corrupts his own self.
(91: 9-10)

Day 341

Five mandatory prayers are meant to provide you with an opportunity to seek His guidance. Prayers are for you. God is not desperate for your prayers.

And when My slaves ask you (O Muhammad, peace be upon him) concerning Me, then (answer them), I am indeed near (to them by My knowledge). I respond to the invocations of the supplicant when he calls on Me (without any mediator or intercessor). So let them obey Me and believe in Me, so that they may be led aright.
(2: 186)

Day 342

Heart (qalb) provides the guidance system. Call it a conscience, a gut feeling or voice of God. Listen to it.

Beware! There is a piece of flesh in the body. If it is healthy, the whole body is healthy. If it becomes unhealthy, the whole body gets unhealthy, that is heart. (Agreed upon)

Day 343

Prayers help in keeping this guidance system alive.

Indeed whosoever purifies himself shall achieve success, And remembers the Name of his Lord, and prays (five compulsory prayers and *Nawafil-additional prayers*. (2: 186)

Day 344

How would you feel, if the most powerful man in the country was your relative? Can you dare to refuse to go to him when he calls you? God is the Creator of this Universe, the Most Powerful, then how could we ignore His call?

Allah is He Who created you, then provided food for you, then will Cause you to die, then (again) He will give you life (on the Day of Resurrection) is there any of your (so-called) partners (of Allah) that do anything of that? Glorified and Exalted is He above all that (evil) they associate (with Him).

(30: 40)

Day 345

Just imagine, if God be with us, who can be against us and how powerful and strong would you feel.

And if they turn away, then know that Allah is your *Maula* (Patron, Lord, Protector and Supporter) - (what) an Excellent *Maula,* and (what) an Excellent Helper! (8: 40)

Day 346

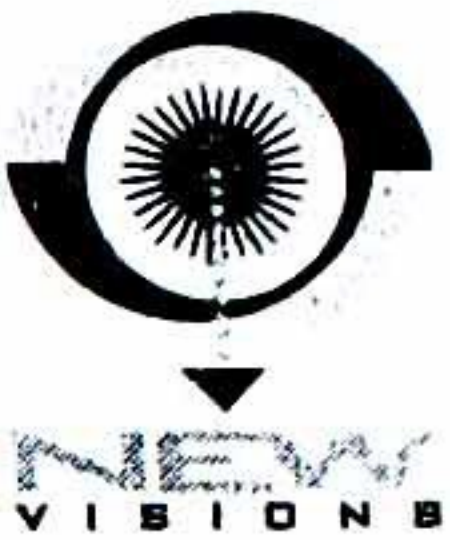
Faith is the strongest power. Live with faith.

If Allah helps you, none can overcome you; and if He forsakes you, who is there after Him that can help you? And in Allah (Alone) let believers put their trust. (3: 160)

Day 347

Bowing to one God saves you from bowing in front of many.

"O to companions of the prison! Are many different Lords (Gods) better or Allah, the One, the Irresistible?" (12: 39)



Day 348

If we decide not to seek His guidance, we will make un-informed decisions leading to regrets, dissatisfaction, guilt, etc.

Verily, We have send down to you (O Muhammad, peace be upon him) the Book (this Qur'an) for mankind in truth. So whosoever except the guidance, it is only for his own self, and whosoever goes astray, He goes astray only to His (own) loss. And you (O Muhammad peace be upon him) are not a *Wakil* (trustee or disposer of affairs, or guardian) over them. (39: 41)

Day 349

He is the only one who knows everything, is sincere and honest and would always lead us to the right direction. Take God as a friend, a mentor, a guide and a coach.

He knows what is in the heavens and on earth and He knows what you conceal and what you reveal. And Allah is the All-Knower of what is in the breasts (of men). (64: 4)

Day 350

God loves you more than your mother. Seek His forgiveness for your sins. Fear Him but don't be afraid of Him.

And march forth in the way (which leads to) forgiveness from your Lord, and for Paradise as wide as heavens and the earth, prepared for *Al-Muttaqun* (the pious). (3: 133)

Day 351

God is everywhere. Everyday, practice silence and feel God in you.

And indeed We have created man, and We know what his own self whispers to him. And We are nearer to him than his juglar vein. (50: 16)

Day 352

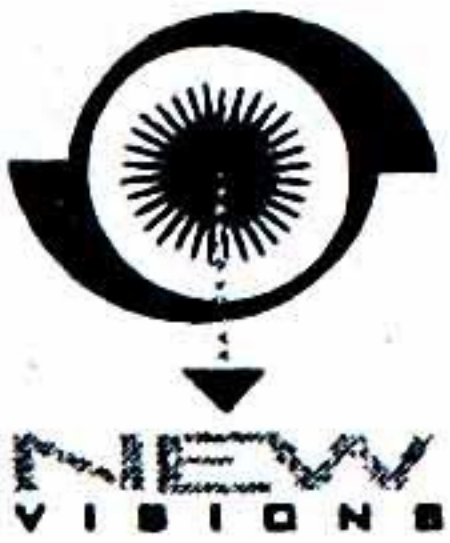
Discuss your problems, only with God, not with anyone else.

He said: "I only complain of my grief and sorrow to Allah, and I know from Allah that which you know not." (12: 86)

Day 353

Don't ask for material things, pray for peace, happiness, satisfaction and His Guidance.

Guide us to the Straight Way. The way of those on whom you have bestowed Your Grace, not (the way) of those who earned Your Anger, nor of those who went astray. (1: 6-7)



Day 354

Tell Him what you want, but take what God gives you with many thanks, it may be even better, though you don't realize it right now.

Man (the disbeliever) does not get tired of asking good (things from Allah); but if an evil touches him, then he gives up all hope and is lost in despair. (41: 49)

Day 355

If you want more of God, give more of you to God.

Therefore remember Me (by praying, glorifying). I will remember you, and be grateful to Me and never be ungrateful to Me. (2: 152)

Day 356

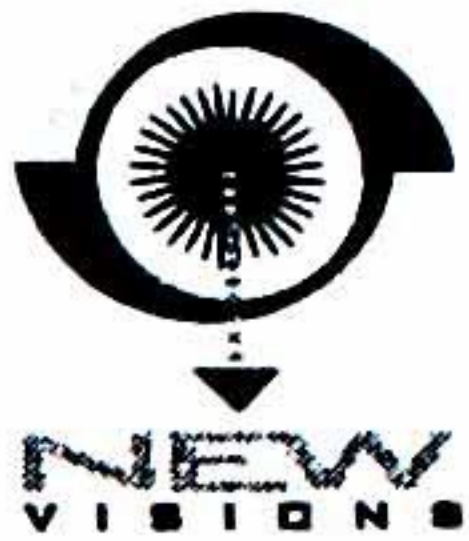
The bigger the issue, the bigger must be our prayers. But also remember Him in your good times.

And when harm touches man, he invokes Us, lying on his side, or sitting or standing. But when We have removed his harm from him, he passes on as if he had never invoked Us for a harm that touched him! Thus it is made fair-seeming to the *Musrifun* that which they used to do. (10: 12)

Day 357

There are three answers to a prayer. "Okay, take it", "Sorry, it is not for you", and "Wait a while". Remember "No" is an answer and accept it.

You shall certainly be tried and tested in your wealth and properties and in your personal selves, and you shall certainly here much that will grieve you from those who received us Scripture before you (Jews and Christians) and from those who ascribe partners to Allah; but if you persevere patiently, and become *Al-Muttaqun* (the pious) then verily, that will be a determining factor in all affairs. (3: 186)



Day 358

Don't always ask new things, also be thankful to Him for whatever you already have and don't even realize. Things like hands, eyes, parents, family, etc. and even the fact that we can walk without crutches and breathe, etc. Many of us have all these blessings but take these for granted. List down all the things you currently enjoy and show gratitude for all these.

And He gave you for all that you asked for, and if you count the blessings of Allah, never will you be able to count them. Verily, man is indeed and extreme wrong doer, a disbeliever. (14: 34)

Day 359

He gives more to those who are always thankful to Him.

And (remember) when your Lord proclaimed: "If you give thanks (by accepting Faith and worshiping none but Allah), I will give you more (of my Blessings); but if you are thankless, verily My punishment is indeed severe." (14: 7)

Day 360

Everyday, find ten new things or events to be thankful to Him.

... And He gave you hearing (ears), sight (eyes) and hearts. Little is the thanks you give! (32: 9)

Day 361

Appreciate and enjoy his creations and nature. He created all this for you.

See you not (O man) that Allah has subjected for you whatsoever is in the heavens and whatsoever is in the earth, and has completed and perfected His Graces upon you, (both) apparent and hidden? Yet of mankind is he who disputes about Allah without knowledge or guidance or a Book giving light! (31: 20)

Day 362

Start and finish each and every day with God's help.

O you who believe! Remember Allah with much remembrance. And glorify His Praises morning and afternoon [the early morning *(Fajr)* and *Asr* prayers]. (33: 41-42)

Day 363

You will never have peace without God in your life.

...Verily, in the remembrance of Allah do hearts find rest. (13: 28)

Day 364

Spend some time in spreading God's message to those who are not fortunate enough to get it.

Let there arise out of you a group of people inviting to all that is good (Islam), enjoining *Al-Ma'ruf* (i.e. Islamic Monotheism and all that Islam orders one to do) and forbidding *Al-Munkar* (polytheism and disbelief and all that Islam has forbidden). And it is they who are successful.
(3: 104)

Day 365

Remember, everything would change but the Laws of God.

That has been the way of Allah already with those who passed away before. And you will not find any change in the way of Allah. (48: 23)

.... This day, I have perfected your religion for you, completed My Favour upon you, and have chosen for you Islam as your religion. (5: 3)

A time will come over men when nothing will remain of Islam except its name, nor anything of the Qur'an except its formalities; their places of worship will be well preserved and in use, while they will (really) be ruined because of their guidance; their learned men will be the worst of (all) who are under the heaven; from these will come forth mischief-making, and in them will it settle.

(Bayhaqiy)

It's a Privilege!

It's a privilege to live in this special way
It's a privilege each and every day

It's a privilege to know the purpose of being
Open minded and with hearts so clean
It's a privilege to know what life means
It's a privilege to live in this special way

It's a privilege that we have a specific role
Of becoming the best creations of all
It's a privilege to discover that personal goal
It's a privilege to live in this special way

It's a privilege to get to the driving force
Of energy, power, courage and more
It's a privilege to find its real source
It's a privilege to live in this special way

It's a privilege to know where the secret lies
Lending your shoulder when someone cries
It's a privilege if you could even try
It's a privilege to live in this special way

It's a privilege to give and giving away
Yourself and wealth in any way
It's a privilege to say good all you say
It's a privilege to live in this special way
It's a privilege to be a helping hand
To feel for others and understand
It's a privilege to create peace on this land
It's a privilege to live in this special way

It's a privilege to forgive and let it go
Happiness comes this way and let you grow
It's a privilege to reap what you sow
It's a privilege to live in this special way

It's a privilege to be firm, bold and strong
And never choose what is morally wrong
It's a privilege to take path complex and long
It's a privilege to live in this special way

It's a privilege if you always abide the "right"
And for others become an inspiring guide
It's a privilege to shine in the dark night
It's a privilege to live in this special way

It's a privilege if you have not yet paid the price
And are still living a superficial life
It's a privilege to get ready for that big surprise
It's a privilege to live in this special way

It's a privilege to get to the top of the world
By learning, sharing by listening and heard
It's a privilege to know the difference you made
It's a privilege to live in this special way

It's a privilege to trust and believe in God
Having faith on Him by heart and soul
It's a privilege to rise by holding his cord
It's a privilege to live in this special way

It's a privilege to ponder and be thankful to Him
And seek His forgiveness for all your sins
It's a privilege then to gain peace as a win
It's a privilege to live in this special way

It's a privilege to survive these tough days
Of creating this life with a new craze
It's a privilege to "born again" before you stray
It's a privilege to live in this special way

It's a privilege to live in this special way
It's a privilege each and every day

(Roshina and Faiez Seyal)

References

1. All the Quranic references in parenthesis are from "The Noble Qur'an, translation by Dr. Muhammad Muhsin Khan & Dr. Muhammad Taqi-ud-Din Al-Hilali and published by Darussalam Publishers and Distributors Riyadh, Saudi Arabia.

2. Digits before the colon indicate the Quranic Sura or chapter number and the digits after the colon represents the verse or the ayah number.

3. All other references are the golden sayings of the Holy Prophet Muhammad, peace be upon him, taken from different editions of Ahadith sources, including Sahih Bukhariy, Sahih Muslim, Al Jaami Al Saheeh, Mishkat Al-Masabih, Tirmidhiy, Abu-Dau'd, Nasa'iy, Bayhaqiy, Ahmad, Masnad, Malik, Darimiy, Ibni Majah, Kanzul Aamaal and Razin as mentioned in various parentheses.

4. In few of Quranic references used in this book, the words within parentheses (i.e. insert to alter or clarify meanings) are not included because of the space and layout limitations. These words or sentences (i.e. ones within parentheses) are the personal interpretation of the translator and are neither the Quranic words nor the part of translation of the Quranic verse and hence do

not affect the meaning of translation.

5. The Quranic reference of "Day 184" i.e. (3: 200) has not been replaced with the new translation (i.e. by Dr. Muhammad Muhsin Khan & Dr. Muhammad Taqi-ud-Din Al-Hilali). The reason being: the English translation of this verse does not truly reflect the actual Quranic scripture. So in order to avoid any kind of contradiction, this reference (i.e. 3: 200) has been kept the way as it was in the earlier 1st & 2nd editions of this book, which describes the right meaning of this verse.

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6. Darimiy
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10. Sahih Muslim
11. Al Jaami Al Saheeh
12. Nasa'iy
13. Razin
14. Tirmidhiy
15. Mishkat Al-Masabih
16. Musnad Ahmad
17. Kanzul Aamaal

Be a Part of our

"War against Ignorance"

Assalam-o-Alaikam! Islam is a flickering light in our darkness and therefore we are positive that you appreciate the fact that it is for the first time that such a work is being pursued that connects the longstanding teachings of Islam with modern behavioral and management sciences. Our mission is to enhance the quality of life for individuals and families, organizations, societies and ultimately the entire human system, and we intend to do so through developing an understanding of Islamic principles in modern minds. We strongly believe that Islam was meant to be more than just religious dogma, as it is a complete code of life, which provides guidelines for a successful, happy and peaceful society. These guidelines address every aspect of life:

At the individual level: They deal with personal success, health, wellness, relationships, and the like.

At the family level: They provide foundation for building happy and peaceful families by addressing various issues such as the rights and obligations of every family member towards the other etc.

At the organizational level: They focus on creating and managing successful businesses, and provide rules in many areas such as leadership, business

ethics, consumer rights, worker-manager relations and obligations, resource management, role of the organization regarding the community, and so forth.

At the national level: They offer a complete blueprint of how a true welfare state should be. It points out the roles and obligations of all its members and it talks about several systems including educational, political, defense, and economic (including banking and taxation). Strategies on good governance or relationships with non-Islamic as well as Islamic states have also been provided.

At the universal level: They tackle questions regarding human and animal rights, environmental protection and so on.

All current systems in each of the levels mentioned above are suffering due to the fallacies that are present in every one of them. We strongly believe that this affliction is because of the ignorance of people and nations on the subject of Islam and its true spirit.

Two major hurdles come in the way of enlightening people and making them want to practice Islamic principles. The first is that populace is adamant about sticking to certain practices and beliefs simply because they have been present for generations in our society or because these rituals and beliefs have strongly become a part of our social norms. The second obstacle is the prevalent myth amongst both

Muslims and non-Muslims that Islam (or any religion) is only a personal matter and has nothing to do with work and/or home life. In fact, because of this dogma many adopt only those principles that are convenient for them and reject the rest that are not.

Since 1995, we have taught the real meaning of Islam through our public and corporate seminars as well as via our consulting and coaching services. Our approach is to camouflage Islam with modern behavioral and social sciences and we have to admit that the feedback has been fabulous. We feel very satisfied with our work, as besides seeing the wisdom behind Islamic values, people have learnt to relate them with their personal as well as professional lives. They have opened their eyes to the truth that Islam is much more than just a set of morals and if followed with entirety, leads to sustained personal and communal success, happiness and peace.

We were reported of thousands of success stories that were a result of the inspiration and knowledge that our work provided and hence encouraged by the results, we, took one-step forward in to the world of publications. Since 1999, we have been deploying tremendous feats that would aid in our research on various issues and at the same time, we have been publishing a range of books and pamphlets. Many books are already available in the market and many more are underway. Three research projects in the areas of organizational culture, leadership, and change management are also in progress along with

several others that we plan to undertake in the future.

Our research programs and the hundreds of complimentary seminars, have only been funded by the "paid" consultancy and training programs of the author. Given our meager resources, with Allah's Support we are doing our utmost to spread the message of hope, truth, righteousness and tranquility. Nevertheless, this is a gigantic task and so we are seeking external assistance that would further aid us to fight this "war against ignorance".

You can help us in our effort to eradicate ignorance. However, be sure that you do so only if you truly believe in our work being "life-changing", something that can make a significant difference in the lives of the people, society and the entire human system-regardless of social, ethnic, and religious beliefs. If you want to help us in any way, kindly contact us @:

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Remember that there is no higher religion than human service- Help us in our endeavor to accomplish communal good and May Allah be your Guide and Protector.

About the Author

Faiez Seyal is an authority on the philosophy, practices, principles and psychology of CHANGE (including personal, group, organizational, and societal), an identity he has established through his consistent ability to help individuals and organizations recreate their destinies. He is a great influencer, motivator and a coach for this generation. In the last one and half decade of his career in Pakistan, Faiez has successfully completed over 250 training and consulting assignments in a wide range of disciplines including participatory organization planning and change strategies, manpower and job analysis, organization and work redesign. Others include, strategic management, organizational effectiveness, leadership development, organizational culture transformation, developing learning organizations, restructuring, business performance improvement, team building, management and HR information systems, vision formulation, executive recruitment, reward and performance management, training of trainers, total quality, ISO 9000, and re-engineering, etc.

On the training side, Faiez has designed and delivered over 5000 hours of experience-based leadership and laboratory training in addition to facilitating hundreds of workshops. The training which was designed and delivered by Faiez himself,

included: personal effectiveness, psychology of peak performance, inter-personal and inter-group relations, interpersonal skills and speech communication. Leadership development, strategic selling, sales psychology, corporate culture, managing change, ethics of change, sales development, ethical management, customer care, delivering persuasive presentations, personal and corporate creativity, developing self-motivated teams, crafting the 21st century organizations, time and life mastery, teaming to win, positive thinking, emotional intelligence, persuading people over the phone, tele-marketing, practical spirituality, building self-reliant teams, managerial skills, changing arrogance into modesty, and training of trainers.

Faiez pioneers the professional and public speaking profession in Pakistan and is a most-sought after speaker in the country with clients ranging from leading national and multinational companies to Pakistan Army, Punjab Police, NGOs, educational institutions and hospitals. His experience includes addressing millions of people and hundreds of organizations across the globe. Faiez is known to the public for his various personal development programs including "The Sixth Discipline", "The Road to Success", "Born Again", "Change Your Lens, Change Your World", "Together Forever".

For the corporate world of Pakistan Faiez has his series of unique "...from the inside out" seminars addressing virtually for almost every issue faced by

21st century organizations. These programs include "Leading Change...from the inside out"; Making Change work Practices and Principles of Change". "Crafting a Customer Responsive Organization"; "Learning to Learn Creating Learning Organizations"; "Healing the Organizational Soul through Fast T.R.A.C.K."; "Leadership 63 Leading from the Inside Out". "Making the Difference Together Teaming from the Inside Out"; "30 Second Manager Managing from the Inside Out"; Peak Performance Art and Science of Achievement"; "Creating a Self-motivated Team Inspiration from the Inside Out"; "Customer Intimacy Service from the Inside Out" and "Leading Sales Selling from the Inside Out". These seminars were developed on Faiez's research on the global best practices in the areas of management, behavioral and mind sciences, spiritualism, religion and his own experience of interacting with people from virtually every socioeconomic category.

In addition to these seminars, Faiez is regularly invited by the corporate Pakistan as well as various no-profit organizations and educational institutions for presenting at various events, including annual sales conferences, annual award distribution, new product launch, certification ceremonies, new change initiative launch, conferences, symposiums, etc. In the past few years, Faiez has also delivered thousands of talks, lectures for the disadvantaged sector of our society. He and his team has produced and distributed thousands of pamphlets covering various topics that affect our lives.

To further serve his passion of enhancing the quality of lives for others, Faiez has very successfully worked with thousands of individuals and hundreds of couples on a one-to-one basis - in the areas of personal success, interpersonal relationship including children and marital relationships, getting rid of phobias and fears etc. In addition, he has empowered and helped many individuals with recovering from diabetes, arthritis, cancer, paralysis, urinary tract infections, migraine, cardiac diseases, etc. using his unique formula of combining the practice of spiritual healing with the principles of Islam.

Faiez has written extensively on total quality, leadership, spirituality, religion, total well being, and acquiring management and personal success. He is a best-selling author of "The Road to Success", "Born Again" and "30 Second Manager" and is presently working on books on self-healing, organizational culture, managing change and leadership.

His audiotapes on personal success, anger, marital relationships, societal change, self-healing, positive thinking and positive living have been hits and are loved from Karachi to Khyber. Faiez himself, his programs, his books and his audiocassettes are consistently published, quoted and referred in the media.

He is a graduate of internationally acclaimed SHRM Program of Harvard Business School. He has

received his professional training from the world-known National Training Laboratories (NTL) Institute for Applied Behavioral Science, USA and Tavistock Institute of Human Relations, England. Faiez is also a Licensed Master Practitioner of NLP™ from Richard Bandler; a Certified Human Systems Development (HSD) Consultant and a Certified HSD Trainer from Academy of Educational Development, USA. He is a Chartered Fellow of the Chartered Institute of Personnel and Development (CIPD), England. He has a master's degree from Pakistan and another from the University of Central Oklahoma, USA. He believes in his continuous professional development and so he has participated in countless training programs, conferences, symposiums, and workshops, throughout the world.

One and a half-decade of service and commitment towards making the difference at all levels of society has earned Faiez unmatched respect, satisfaction and peace. Together, Faiez and his team will Insha'Allah continue to be the leading source of education, training, development and inspiration for the people of the 21st century and look forward to your continuous cooperation, support, and most importantly your prayers.

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شاہراہ کامیابی (The Road to Success کتاب کا اُردو ترجمہ)

ایک غیر معمولی کامیاب زندگی گزارنے کیلئے رہنما کتاب

ایک ایسی کتاب جو آپ کو بتاتی ہے کہ آپ کون ہیں آپ کے پاس کیسی صلاحیتیں ہیں اور آپ اپنے ہاتھوں سے اپنی تقدیر کو بدلنے کیلئے کیا کر سکتے ہیں۔ یہ اُن تمام لوگوں کیلئے زندگی بھر کا تحفہ ہے جو اپنے آپ کو کمزور محسوس کرتے ہیں اور اللہ تعالیٰ کی عطا کی ہوئی قوتوں کو بروئے کار لاتے ہوئے کامیابی حاصل کرنا چاہتے ہیں۔ اپنی زندگی کی ذمہ داری کو خود اُٹھائیں اس سے پہلے کہ کوئی اور آپ کی زندگی کی باگ دوڑ سنبھالے۔

قیمت : ۲۵۰ روپے

کیا کروں' کیا نہ کروں - جواب قرآن سے لیجئے

قرآن کے حوالہ جات پر مبنی ایک خوبصورت کتاب ہے۔

قیمت : ۱۵۰ روپے

بدلیں گے ا زندگی کے حقائق اور اُن کی اصل روح کو جاننے اور سمجھنے کیلئے ایک منفرد کتاب

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قیمت : ۳۰۰ روپے

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قیمت : ۳۰۰ روپے

ہمیشہ ساتھ ساتھ (Together Forever کتاب کا اُردو ترجمہ)

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قیمت : ۳۰۰ روپے

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قیمت : ۱۷۵ روپے

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