

HEALING WOUNDS OF THE WORLD

HEALING WOUNDS OF THE MODERN WORLD

Haqeer Bismil

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PRAISE FOR HEALING WOUNDS OF THE
MODERN WORLD

It is a great honour for me to express my views on the work of a rising poet who has now become an author of a book “**HEALING WOUNDS OF THE MODERN WORLD**” too. At this young age very few people take interest in Religion and follow Allah and His Messenger (PBUH) whole heartedly. Similarly very few amongst youth love to read and write and Haqeer Bismil is one of those few fortunate. Particularly talking about this book, “**HEALING WOUNDS OF THE MODERN WORLD**”; it encourages the reader to think positively. It includes the reasons and consequences of social issues of society and gives solution from the life of Prophet Muhammad (PBUH) and the Holy Quran. Detailed references in the book are also very beneficial and have increased authenticity of the book.

Dear Bismil! You are moving in the right direction. May Allah help you and strengthen your “Emaan”. Best wishes for you and your book, “**HEALING WOUNDS OF THE MODERN WORLD**”.

Jahangir Akhtar Satti

Kahuta

HEALING WOUNDS OF THE WORLD

A guide and well-researched book about the numerous benefits of following life as per the teachings of Holy Quran and the Sunnah of our beloved Prophet (PBUH). While moral cum ethical darkness prevails, Haqeer Bismil has provided a beacon of light; and he has aptly pointed out the ills plaguing our society, and the remedies from Quran and Sunnah. May the Almighty bless us with the right path. Ameen

Haseef Obaid Ranjha

OOO

“**HEALING WOUNDS OF THE MODERN WORLD**” is a beautiful and enlightening presentation of Islam. It is intended for anyone, Muslim or non-Muslim, who desires to have an understanding of the main concerns of Islam and on the foundations on which it is built.

Asif Raza

OOO

The book “**HEALING WOUNDS OF THE MODERN WORLD**” is a splendid introduction to Islam elaborating major problems of modern day life from minutest to very complex ones. The author has perfectly written the causes of these problems, their consequences and solution in the light of Holy Quran and the life of Prophet (PBUH).

Usman Ali Khan

ACKNOWLEDGMENTS

When we are the created beings our proficiencies purely belong to our Creator. He created us from lifeless sperm drop and made us handsome and intelligent. Indeed, in it are the signs of His greatness for those who contemplate. I humbly pay my gratitude to Him who created me physically and mentally sound and blessed me with an urge to be amongst His knowledgeable servants. Although I am still ignorant but my affiliation and love for people of knowledge and wisdom is one of His greatest blessings. In care of that affiliation, I read and observe, He makes me ponder; I ponder, He opens the secrets; I pick up the pen, He makes me write; I write and He gives it meaning and depth. In this complete development, it is He and only He and "I" stand nowhere if He disowns. This is the story of my literary work which He makes me write by His blessings. Peace and salutations be upon Prophet (PBUH), whom Allah sent as the seal of all Prophets (AS) and Mercy to the worlds. In every blessing of Allah I feel the effects of Prophet's duas (prayers); he made for us. May Allah raise his ranks and bless his kin, companions and followers.

In this temporary world no one can be self-sufficient and free of other's assistance. Allah Almighty made us dependent on each other. Every accomplisher has some hidden faces without whose assistance he could not have achieved his aim. I feel it as my duty

to mention the names and pay gratitude to people, without whose help this work could not have been possible. I am thankful to my instructor, mentor and a honorable person, Lt Col Haseef Obaid for his guidance, admiration and unprecedented help despite of his multiple commitments; Maj Asif Raza, whose valuable suggestions helped me in improving the book; Maj Usman Ali Khan, whose companionship is a special blessing for me and who assisted me at every step and stage in publishing this book; Maj Hamza Ashraf, a very loving, humble and talented senior, who is the key member of my literary journey; Jahangir Akhtar Satti and Maj Umar Khayyam, who spared time for proof reading and added value to my book through precious suggestions; my younger brother Muhammad Usman, who played the role of editor as well as cover designer and saved my ample of time which would have been wasted in chasing the publisher and many other friends without whose help my work would have been incomplete. Finally my dear Readers whose admiration and love is one of the key motivating factors in my literary journey. May Allah help me write what He is pleased with and what can bring a positive change in the world. Ameen

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INTRODUCTION

Allah created everything with a set balance and prescribed for it a moderate path to follow. Quran says: “And the earth – We have spread it out wide, and placed on it mountains firm, and caused (life) of every kind to grow on it in a balanced manner.”(15:19)¹ This is the balance which holds the sky from falling upon us, earth from grasping the creatures walking on it, birds from falling down, oceans and seas from preceding the limits and Humankind and Jinns from penetrating the set boundaries. Allah says: “O assembly of Jinns and Humankind! If you have the power to pass beyond the zones of the heavens and the earth, then pass (them)! But you will never be able to pass them, except with authority (from Allah).”(55:33)² Everything in this universe is whirling in balance on a defined path. When anything forsakes that balance by its own will or forcefully, it disturbs the whole cycle of life.

All creatures as a whole can generally be put into two broader categories. The first one are those who don't have free will like angels, sun, moon, stars, trees, oceans and seas etc. They follow the set route and routine and have no authority to exceed that. According to most of the scholars, the animals and birds also fall into this category because they don't possess free will and they only follow their instinct. The second category is of creatures with partial free will. Humankind and Jinns fall into this category. There are some matters in which men and jinns are free to act and others

where they have no free will. They will not be accountable for the actions where they had no free will but in case of actions where they had the choice to choose either right or wrong, they will be recompensed on the Day of Judgment. Allah Almighty says, “Indeed, We guided him (Human Being) to the way, be he grateful or be he ungrateful.”(76:3)³ So, Allah sent His Books and Messengers for the guidance of Humankind and Jinns and made clear to them both the paths and their destinations. The path of sins ends up in Hell and that of righteousness in Paradise.

The Day of Judgment is the announcement day of ultimate success or failure of Humankind and Jinns. In case of success they will be welcomed to enter the Paradise with peace where they will receive the approval and blessings of Allah forever. “Allah will say: This is a day in which the truthful will profit from their truth. Theirs are gardens, with rivers flowing beneath – their eternal Home. Allah is well pleased with them, and they with Allah. That is the great salvation.”(5:119)⁴ On the other hand in case of failure, they will be thrown into tormenting Hell fire to burn therein. Quran says: “And whosoever disobeys Allah and His Messenger (PBUH), then surely, for him is the fire of Hell, he shall dwell therein forever.”(72:23)⁵

These punishments and rewards are beyond our imagination. They will surprise both kinds of people; pouring joy and delight in the hearts of successful while panic and suffering for the failures. When the dwellers of Paradise will witness the rewards prepared for them in Paradise they will even regret the little time spent in negligence or pursuing the worldly gains. On the other side when the sinful people will face the animosity and torture in the Hell, they will beg for a brief time to live in obedience to Allah

but they will be refused. Quran says: “And spend (in the way of Allah) from what we have provided you before death approaches one of you and he says , “My Lord , if only you would delay me for a brief term so I would give charity and be amongst the righteous. But never will Allah delay a soul when its time has come. And Allah is acquainted with what you do.”(63:10-11)⁶

Everyone will be worried about himself even the Prophets except the last Prophet (PBUH), who will be saying “My People, My People” before the Lord for their salvation. Even mothers will abandon their children. “On the Day you shall see that every nursing (mother) will forget her nursing, every pregnant woman will drop her load, and you will see people as if in a drunken state, yet they will not be drunken; but the punishment of God will be severe.”(15:2)⁷

Keeping in view the severity of punishment and immensity of reward, we need to know all ifs and buts of the paths leading to these destinations. So that one might not fall into the pits of Hell or miss out the incredible reward unknowingly. Neither it is possible for a man to ask Allah to brief him regarding these paths directly nor can he carve his own path to Paradise. The natural way is to seek the guidance through Messengers and the Books of Allah. He, The Almighty sent more or less 124,000 Prophets, 4 books and several suhuf (little books) for the guidance of mankind. Every Prophet was sent for a particular time and region to warn and give glad tidings to people. Prophet Muhammad (PBUH) is the last of all Prophets and his guidance is valid for all people till the Day of Judgment. Allah Almighty reveals the reason for sending Prophets: “(We sent) Messengers as bringers of good tidings and warners so that Humankind will have no argument against Allah

after the Messengers. And ever is Allah Exalted in Might and Wise.”(4:165)⁸

Now when Allah has sent the seal of all Prophets and has completed His religion for us, we can't wait for another Prophet or divine book to take us out from the oceans of sins we are drowning in. The only way is to follow Prophet's (PBUH) teachings and the final book, Quran. Are these declining moral values not proof that we have deserted the natural path and are heading towards destruction? Are the heinous acts of selfishness, lie, fraud, disrespect, hatred and envy etc. not self-evident that our decision of setting aside the religion was wrong? Do these billionaires and celebrities committing suicide not give us a message that man requires something other than luxuries and worldly pleasures? Do these homeless people with smiles on their faces and hearts filled with fragrance of gratitude not disapprove our concept of happiness? Actually these all are the signs of Allah which the heedless people don't understand. About such people Quran says: “They know what is apparent of worldly life, and of the Hereafter they are heedless.”(30:7)⁹

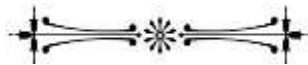
We need to step out from the gardens of heedlessness to understand the greater meaning of our existence. We need to disengage ourselves from this short term life whose every flower will be crushed soon by the spring caravan and whose fragrance will fade away. We need to shed our blood and tears for the life which promises eternity. This is what we have been created for; this is what we have been commanded to. This is the path of all Prophets and the pious people. This is the path which promises a beautiful life before and after death. Then why not to choose this path, O people of great understanding?

O people searching for the truth! Start following the path of Prophet Muhammad (PBUH) and you will not be stranded mid-way. Be his sincere follower. A true Muhammadan is like a ship which faces the slaps of tides every second but doesn't let them reach its passengers. Your journey with Prophet's teachings is the journey of righteousness where every word you read is a step you take towards salvation. His teachings are like Noah's only ship existing to rescue lost humanity. No matter who you are, if you stay out of this ship, you will be obliterated by the deadly satanic tides of the world like the son of Noah (AS) about whom Quran says: "And it sailed with them through waves like mountains, and Noah (AS) called to his son who was apart (from them), "O my son, come aboard with us and be not with the disbelievers." He said, "I will take refuge on a mountain to protect me from water." (Noah) said, "There is no protector today from the decree of Allah, except for whom He gives mercy." And the waves came between them, and he was amongst the drowned."(11:43)¹⁰ This is going to be your ultimate fate if you think there is something other than this Only ship which can rescue you from the problems of this world and the Hereafter.

This is the only path which was the path of all Prophets starting from Adam (AS) till the last Prophet Muhammad (PBUH). Don't entertain the doubtful thoughts or the whispers of Satan. No one forces you to follow this path. You are the boss of your own self. At any point you feel during the journey that you have taken a wrong decision, you may turn back. But I want you to taste the sweetness of this path. In hope of the great reward, here every hitting stone gives peace, words of hatred give birth to love and mercy, fear grows the flowers of trust and every slap turns into a

music and makes you whirl in pleasure. This is the path of mercy and forgiveness. This is the path of love which every Human Being was commanded to follow but most of us forgot the promise. Resultantly we got encircled by multiple evils which have made this world difficult to live in.

In this books, I have tried to address ten major problems with their causes and solution in a simple and brief manner. This book doesn't contain complex logics and details rather few Quranic verses and prophetic narrations in each chapter for a common man to see the real beauty of Islam. At the same time, it also helps one to see the ugliness of dominant satanic system, covered with charming mask. One who reads it, might not gather too much knowledge but will finish it with strong belief in truthfulness of Allah, His Prophet (PBUH) and His religion. This same very feeling will make him taste the sweetness of faith regarding which Holy Prophet (PBUH) said: "Whoever is pleased with Allah as (his) Lord, and Islam as (his) religion, and Muhammad as (his) Prophet, then he has tasted the sweetness of faith." (Tirmidhi)¹¹



1: UNPRODUCTIVE LIFE STYLE

Human Beings are blessed with powerful emotional, mental and physical capabilities. One can make maximum benefit out of them by adopting the right life pattern. The Creator showed that life pattern to Human Beings through His blessed Prophets (peace be upon them). He mentioned the same in the Holy Quran: “Indeed, We guided him to the way.”(76:03)¹² The nations which disobeyed and transgressed were destroyed and their stories are mentioned in the Divine books for us to drive lessons. Present situation may agitate one’s mind that Muslims do not seem to be any productive while those who don’t believe in God and His commandments are much more productive comparatively. This is indeed true and reason for it is very clear. Muslims of today have almost confined themselves to just religious beliefs and are hardly following the way whereas non-Muslims don’t believe but are following the way to some extent. The decline of Muslims is the punishment for their disobedience and rise of disbelievers is the reward for them for their good deeds in this world. Whereas, when belief and obedience both combined, a Christian had to place Prophet Muhammad (PBUH) first in the list of “The 100 Most influential persons in history”.

The other perspective of this comparison is the correct definition of productivity or success. If one calls the advancement in

technology (irrespective of its positive or negative usage), luxurious life style, modern wine bars, attractive warehouses and other such developments as success, he perceives it such due to his lack of knowledge. They apparently seem eye-catching but their outcome is destructive. Such developments have given west only increased crimes rates, decline in moral values, weakened family system, fatal diseases and numerous other problems. They have the highest depression and suicide rates. The way a child's mental or physical capabilities are nothing in comparison to that of a man; similarly Human Beings are blind before the vision of God. That's why Allah says in the Holy Quran: "You (Human Beings) have only been given a little knowledge."(17:85)¹³ So, there is a possibility that our weak knowledge and short sightedness has blurred the true meaning of productive lifestyle.

This takes us to the conclusion that the only right and productive path is the path of God even if it seems apparently illogical. Obedience to God's commandments can make our lives beautiful with less means and resources. The divine restrictions are our savior, which hold us from jumping into an attractive fire. This chapter discloses the reasons for low productivity of Human Beings and its consequences as a warning. Finally, it puts forward the ways from Holy Quran and Prophet's life to treat this problem.

❖ REASONS

1. Aimless Life

Life without aim is hardly different from that of animals. They also eat, drink, sleep and copulate like Human Beings but they have no aim in life. Allah, about heedless people says: “They are worse than lost cattle.”(7:179)¹⁴ A cattle has just two main things to do: grazing during day and sleep during night. Aimless person’s life passes in the similar way with no notable contribution to the world. Rather he contributes negatively by following the temptations and becoming devil’s friend.

2. Unplanned Day

One who doesn’t plan his day, surely devil plans his day. He makes things attractive which he wants a person to do. One who has not framed his daily activities, easily falls into the devil’s trap and becomes his partner. Quran says: “The devils of mankind and jinn-who seduce one another with alluring rhetoric in order to deceive.”(6:112) Daily life of such person remains busy but unproductive. He spends his days and nights in servanthood of his lower self. Whereas, a planned day keeps a person active, productive and positively busy.

3. Overeating

Overeating results tiredness, laziness, illness and weakens the performance of mind and body. Such people need extra sleep for digestion and ultimately they have to sacrifice their work time for it. It also keeps one uncomfortable due to the triggered gas and

bloating of stomach. People, who can't control their lust for food and eat too much, remain less productive. A study by United States government official website "National Library of Medicine" shows that the estimated annual productivity loss due to binge (over) eating in a company of 1000 employees was \$107,965.¹⁵

4. **Bad Sleeping Habits**

In Principle, day is for work and night is for sleep. Unfortunately, large number of people stay awake for major part of night for work or entertainment and sleep till sun is above the head. Whereas, the Messenger of Allah (ﷺ) forbade sleeping before the night prayer and talking after it. (Abu Dawood)¹⁶ In this narration, talking after night prayer means doing any kind of vain activity after Isha prayer which is offered around 2 hours after the sun set. Islam forbids useless activities after night prayer, so that one could complete his sleep and get up before dawn. The habit of "sleeping late and waking up late" affects health as well as the productivity. People fail to reach their workplace in time, remain unsuccessful in following their set schedule or complete their daily tasks due to which, one's personal and communal efficiency declines.

5. **Futile Activities**

Useless hobbies, unnecessary meetings, watching too much television, exploring new places and restaurants for entertainment, playing cards, carom, chess etc. fall into the category of futile activities. People lose significant part of their day in one of such activities without realizing that they could have done something productive instead. At times people become so habitual that they

don't even hesitate to skip important duty or work for these activities. Such people can't play any significant role in keeping the flag of their organization or institution high.

6. **Workplace Distractions**

Distractions are the biggest hurdles for a person in pursuing his goals. Due to the lack of motivation, one fails to avoid useless things tempting him during his journey. He keeps rescheduling his important works due to his involvement in distractive activities. This affects negatively one's own life as well as the institution or workplace he is part of. "A 2016 survey of 2,000 US hiring and HR managers by CareerBuilder showed that the top distraction culprits included smartphones (55%), the internet (41%), gossip (37%), social media (37%), co-workers dropping by (27%), smoking or snack breaks (27%), email (26%), meetings, (24%), and noisy co-workers (20%).

Almost three-quarters of employers surveyed by CareerBuilder said that two or more hours a day were lost in productivity because of workplace distractions, with nearly half (43%) estimating they lost three or more hours a day.¹⁷

7. **Smart Phone Addiction**

Smart phone is a very useful device and has made our lives much easier. We can talk to people around the world, hold online meetings and discussions. We can carry out Research work, sitting at home without visiting libraries. We can buy, sell and pay online bills and can have numerous other benefits. But at the same time it has numerous side effects if not used carefully. Due

to its attractive features, impressive video games and other entertainment sources, most of the people have become addicted to it. People waste their significant part of day on smart phone and then regret it at the end of day. A research on Cell phone addiction shows:

- ✓ 60% of U.S. college students consider themselves to have a cell phone addiction.
- ✓ 71% of people sleep with or next to their cell phones.
- ✓ 35% of people think of their cell phones when they wake up while only 10% of people think of their significant others.
- ✓ 44% of 18-24 year olds have fallen asleep with their phone in their hand.
- ✓ 36% of people check their phones constantly.
- ✓ Nearly 40% of people never disconnect from cell phones, even while on vacation.
- ✓ 44% of Americans say they couldn't go a day without their mobile devices. (Psych Guides)¹⁸

This cell phone addiction affects one's sleep, health and time management negatively. Resultantly, productivity reduces significantly due to the wastage to time and energy.

8. **Vain Talk**

Excessive talking is a mental disorder which keeps one always talking. Other than that people who don't maintain self-control through religious knowledge and worship, often seem talking

uselessly. They waste their time in vain talk at workplaces, meetings and homes which hinders them from achieving their daily goal. Islam encourages either silence or useful talk. Allah Almighty while mentioning the qualities of successful believers, says: "Who avoid vain talk."(23:3)¹⁹

This shows that vain talk is the indication of an unsuccessful believer and a greater contributor towards an unproductive lifestyle.

❖ CONSEQUENCES

1. Spiritual Deprivation

The way body needs regular food for health and survival, similarly inner self also needs it. The most important food for survival of inner self after belief is prayer (Namaz). It is as important as air, water and food for the body. Unproductive lifestyle makes it hard for one to be regular in prayers and other religious services which adversely affects his spiritual health. In this regard, Allah Almighty says: "And whoever turns away from My Reminder will certainly have a depressed life, then We will raise them up blind on the Day of Judgment." (20:124)²⁰

With regards to prayer, Holy Prophet (PBUH) said: "Between disbelief (spiritual death) and faith is abandoning the Prayer."(Tirmidhi)²¹ So what good can be expected from a spiritually dead person; he can't even help his own self.

2. **Disappointment**

In life everyone strives for success and desires to be respected for his work and status at workplace and society. An unproductive life style never takes anyone there. Rather one gets bullied by superior and disrespected by subordinates due to his poor performance. Such person loses interest in his work and is ultimately forced to leave that workplace disrespectfully. This kind of behavior and response from people triggers the feeling of disappointment in that person.

3. **Low Performance**

Every manager, director or leader wants high performers in his establishment. A person who doesn't spiritually groom himself and has low self-control won't be able to avoid temptations. He will be distracted by useless activities during work. He might leave his work incomplete for a movie, cricket match or a cup of tea. Such workers badly affect the performance of an establishment. In 2018, a Research institution "Udemy" published a report in which people were asked different questions about workplace distractions and answers received were as under:-

- ✓ 54% said they "aren't performing as well as they should".
- ✓ 50% said they "are significantly less productive".
- ✓ 20% said they are "not able to reach full potential and advance in their career".²²

4. **Showing up late**

One can't be an early bird and a night owl at the same time. People who spend noticeable part of night in entertainment and other vain activities fail to get up early. Such people show up late for work leaving much of the task pending or missing it. They remain inactive and less productive as well due to the improper sleep. The superior and subordinates remain annoyed from such person most of the times because their performance gets affected.

5. **Customer Dissatisfaction**

If a company or organization directly deals with the customers, the overall conduct of employees certainly affects its reputation. A survey posted by "Super Office" shows: "In fact, 86% of buyers are willing to pay more for a great customer experience."²³ If employees show up late, busy themselves with smart phones during customer dealing or take frequent breaks; customer experience will be affected. Customer experience is so important that a leading customer experience research and consulting firm "The Temkin Group" found that companies that earn \$1 billion annually can expect to earn, on average, an additional \$700 million within 3 years of investing in customer experience."²⁴

Likewise, unproductive employees badly affect the customer experience, ultimately damaging the company's reputation and reducing the earnings.

6. **Promotion**

Promotion of employees involves an increase in rank, status, responsibilities and benefits. Most of the employees join a

company with an expectation of increase in salary and rank with time. Those who perform well in their routine tasks and superior perceives them to be capable enough to take on the responsibilities, get promoted. It encourages employees to work for organization with more motivation and full potential. An unproductive person doesn't get promoted due to his poor performance and less reliability to take on the tasks. His salary, rank and status almost remains the same as he joined the company. He loses respect amongst seniors, co-workers, subordinates and even at home.

❖ SOLUTION

1. Set an Aim

Life without aim is simply enslavement to lower self which is somewhat similar to that of animals. Such person's life revolves around eating, sleeping, copulation and other such desires. Aim is what streamlines one's life, makes it beautiful and cuts away the useless activities. Obstructions can't divert a person from his path. When the pagans of Makkah approached Prophet (PBUH) through his uncle, and asked him to abandon his mission. The reply of Prophet (PBUH) was so clear and courageous that it fills with motivation even when one reads it today. He (PBUH) replied: "O my uncle! By God if they put the sun in my right hand and the moon in my left hand on condition that I abandon this course, until God has made me victorious, or I perish therein, I would not abandon it."²⁵ This is how the righteous aim fuels one's courage and lessens the fear of failure and death.

2. **Make a Plan**

Imam Al Ghazali says: “A person who leaves himself without a plan as animals do, not knowing what he is to do at any given moment, will spend most of his time fruitlessly.” Plan minimizes the efforts and maximizes the output. It helps in achieving bigger goals in lesser time and limited resources. One should have at least 4 plans (daily, weekly, monthly and yearly) with him, for a clear picture of his progress and lapses. One might perceive these plans as time consuming but honestly a 5 minutes plan may save upto 5 hours daily. Mind is like a monkey, jumping from branch to branch and tree to tree. It keeps generating nonstop thoughts and a person keeps shifting from activity to activity, achieving nothing at the end of the day. A proper worked out and flexible plan helps one to easily avoid distractions and achieve his goal.

3. **Abandon Luxurious Life**

This suggestion might astonish you but it is fact that many luxuries prove hindrance in achieving aims and following the plans. An American author “Robert A. Heinlein” in this regard says: “Don’t handicap your children by making their lives easy.” Luxury and ease is not always fruitful rather it may develop some bad habits, negatively affecting our plans. If resources and luxuries would have been necessary ingredients for success; Prophet Muhammad (PBUH), who never had two meals a day, whose mattress was such rough which used to leave marks on his body and lacked other basic needs, could not have more than 1.8 billion (around 24% of world population) followers which are increasing day by day. This all is not the result of luxuries.

We sink deep into the 10 inches mattress and then every strategy fails to take us out till the sun is above our heads in the morning. Our routine completely gets disturbed at the very start of day. It once happened with Prophet (PBUH) when one of his beloved wives folded his mattress (sheet) to make it softer. In the morning Prophet (PBUH) said a beautiful saying: “Restore it to its original condition, for its softness prevented me from performing my ritual prayer tonight.”²⁶

If this is the case of a Prophet (PBUH), can anyone out of us say that it doesn't make difference to him? One accepts it or not but it makes difference. To fulfill the aims and follow the plans, one needs to abandon some luxurious life styles.

4. **Needs versus Wants**

Need is what one requires necessarily for survival whereas wants are desires, which add comfort or enjoyment in one's life. Needs are limited, whereas wants have no limits. For example a normal adult needs 15 - 30 minutes exercise daily but you could find people spending hours in gymnasium, ultimately skipping their important tasks. And an average man needs 2500 calories daily but reports show that a large percentage of people take this much calories in a single meal. This makes them consume almost 3 times more than what their body actually needs. Resultantly, they become lazy, obese and get inflicted by many diseases. This is how pursuing the desires affects one's life. The Holy Quran while relating the abandonment of desires with success says: “And as for him who fears to stand in the presence of his Lord and forbids

the soul from low desires. Then indeed, Paradise will be [his] refuge.”(79:40-41)

So divorcing the wants can help us to focus fully on our aims and to channelize the efforts. Prophet (PBUH) taught us a beautiful prayer as well to avoid the evil desires. He (PBUH) said: “O Allah! I seek refuge in You from the evils of my hearing, the evils of my seeing, the evils of my tongue, the evils of my heart and the evils of passions.”(Riyad as-Salihin)²⁷

5. Learn to say “No”

When you have made a daily plan, your job didn't end here. Firstly you need to fight your own self against lower desires to follow your plan. In other words you need to “say no” to yourself first. You can't entertain any thought coming to your mind against your plan or schedule. You should pray, work, eat, sleep and contact your family and friends as per your plan and should not overcome any activity and do something else in its place. This is first step towards the accomplishment of your set plan. The other major distraction is from friends, family and other related people. Don't let them destroy your plan. It does not mean to be ill-mannered or stop caring about others.

Make them politely understand the importance of your aim and plan and impacts on it for wasting an hour in gossip or for a cup of tea. Interestingly, you won't need to do it throughout your life rather for few weeks or months. You will build a reputation and people will simply start respecting you and your plans. They will automatically hesitate to disturb you during your work timings. This is how learning to “say no” can help you in following your plans

and to save your time and efforts. Prophet's (PBUH) mission was to establish the rule of God on earth. Although he was too soft hearted, but in matters which God had decreed, he never entertained any request. Once Usama (RA), the loved one of Prophet (PBUH) was sent to him to intercede regarding a woman who had committed theft. In its response He (PBUH) said: "By Allah, if Fatima (RA), daughter of Muhammad (PBUH), were to steal, I would have her hand cut off."(Muslim)²⁸

There is a great lesson in it for one who is committed to his righteous mission.

6. Carrot and Stick Approach

Carrot and a stick approach definitely works at every level may it be individual, institutional, national or international level. However, its application and implications are different. At individual level, you can neither hand yourself over to police for an unsuccessful day nor you can ask somebody to award you for a successful day. What you can do is that, after successful completion of daily task, you can have a cup of tea with a friend or family or any other joyful thing you like as a reward for your successful day. Similarly for weekly, monthly or yearly success you can plan something better and more joyous. This will keep you energetic and will not let your motivation die. On the other hand, stick is also a time tested motivational tool. It can ward off your laziness and keep you active during work. You can skip a meal, a cup of tea or something similar for not completing your daily task. These small penalties can hold you from falling into distractions. Rewards and Punishments shield us from useless things and indeed it is one of the qualities of

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believers. In Holy Quran, while mentioning the qualities true believer, Allah says: “And who keep themselves away from vain things.”(23:3)



2: DISCONTENTMENT

The creation of Heavens and the Earth and what is in them is not by chance but by choice. Allah created everything with a prescribed measure and preserved their data in a blessed tablet. No sand particle exists without record, no leave falls but Allah knows it (6:59)²⁹, none of our thoughts goes unnoticed and no flight of birds is unobserved. The information of every visible and invisible being is well preserved. Quran describes it in a beautiful way: “It is a notebook where everything that has happened and will happen to every being eternally exists.”(57:22)³⁰ Man, being less knowledgeable fails to understand fully the complexities of Allah’s creation and His way of governing them due to which he either doubts or denies it. Resultantly, he drives himself as per his own understanding and not as per the instructions of Creator. This self-made approach results in low efficiency, more fatigue and difficulty in functioning. At times the situation becomes so worse that one throws away this beautiful gift of life disrespectfully by committing suicide.

Discontentment is one of those spiritual ills which make a person unhappy and depressed, resulting reduced productivity. It is a feeling of being deprived from the sole right and being the victim of God’s injustice. It is a burdensome bundle of complaints which every discontent person carries on his back. It is fostered by

disbelief in case of disbelievers and by doubts and ignorance in case of believers. Disbelief means not accepting the existence of God governing all matters of the universe whereas ignorance and doubts are the byproducts of religious illiteracy. An educated person knows that Allah is the Most Just and Merciful and He never does any injustice to His creatures. Holy Quran says: "Surely Allah doesn't do injustice to the weight of an atom and if it is a good deed, He multiplies it and gives from Himself a great reward."(4:40)³¹

The trials which every one of us faces in his daily life are actually means of self-purification but discontent person perceives them as the outcome to God's special enmity for him. Apparently it seems harmful but those who use their intellect can understand it easily. A child even during the extreme fever throws away the relieving tablets due to their bitterness because he doesn't know that this negligible bitterness will relieve him from greater pain. On the other hand a grown up man who is unable to walk requests his sons to bring for him the medicine irrespective of its bitterness because he knows that it will relieve him from severe pain. These complexities can only be understood by those who humbly submit themselves before the power and knowledge of Allah Almighty. Holy Quran says: "He (Allah) grants wisdom to whom He pleases and he, to whom wisdom is granted, is indeed granted abundant good. But none remember except men of understanding."(02:269)³²

Intellectuals of the world have failed to find the cure of this spiritual disease. People are materialistically growing stage by stage expecting satisfaction from every next stage but unfortunately it brings them more pain and thirst. They have freed themselves

from all religious restrictions and have adopted the enslavement of lower self in pursuit of happiness. But finding happiness in the desires of lower self is not less absurd than quenching thirst with salt. Undoubtedly it increases their thirst and they cry out in pain. Their failure does not mean that there is no cure for this disease because Allah created a cure for every disease. Prophet (PBUH) says: "There is no disease that God has created, except that He also has created its treatment." (Bukhari)³³ As far as the bodily diseases are concerned, if there are still some incurable diseases, for that scientists are to be questioned not God. There were numerous diseases which were incurable a century back but now they can easily be cured. It means a cure is there but science is not yet mature enough to find that. On the other hand spiritual diseases are related to the soul which is the driver of the human body. Every Human Being is spiritually at one of three stages based on his beliefs and actions. The soul at the first or the lowest level is called "Nafas-ul-Ammarah". Allah says in the Holy Quran: "Indeed the soul is a persistent enjoiner of evil." (12:53)³⁴ So the "Nafas-ul-Ammarah" keeps a person indulged in sinful and detesting life while Satan beautifies it for him. This is the person who is the hollownest from inside and his mirror of peace shatters into pieces. This section of people has the highest suicide rate. The atheists who deny the existence of God and divine laws are one of them. The soul at the second stage is known as "Nafs-ul-Lawwamah" which is mentioned in the 75th chapter "The Resurrection" of the Holy Quran. It means a "self-accusing soul" which curses man after every sin. A man feels guilty and embarrassed after committing a sin and he wishes he couldn't have done that. This feeling saves him from

more sins. He is like a person who cuts his body in insanity and after returning to consciousness applies bandage as well as curses his foolish act. This feeling holds him from doing such an act again. This section of people also faces depression and inner hollowness but less than the first one. The third and highest stage is “Nafs-ul-Mutmainnah” which means a “satisfied soul”. This is the stage where will and wish of a man aligns with the decree of Allah and he finds satisfaction and happiness in obeying Him. The worldly tests and trials cannot disturb his inner peace. This same very world filled with unrest and chaos turns for him into Paradise as the fire became coolest place for Prophet Ibrahim (AS). Such man holds the ocean of love and peace in his heart and has nothing to give but the same to even a stone thrower. He turns with the fruit of love and mercy towards the one who throws garbage of hate at him. He becomes true reflection of God’s attributes on earth. On the Day of Resurrection when people will be trembling out of fear, he will be welcomed in a beautiful way. Quran says: “(It will be said) O satisfied soul, Return to your Lord, well pleased and pleasing (to Him), and enter among My servants and enter My Paradise.”(89:27-30)³⁵ Depression or the thought of committing suicide never touches him. He enjoys each and every moment of his life considering it a gift of God, The Most High.

❖ SOLUTION OF DISCONTENTMENT

The transformation of soul from “Nafas-ul-Ammarah” to “Nafs-ul-Lawwamah” and “Nafs-ul-Mutmainnah” is the journey from discontentment to satisfaction, from desires to submission and from Hell to Paradise. To achieve this highest level of happiness you will have to burn yourself in the furnace of divine law (Sharia) to melt away the impurities harbored within you. You will have to follow Prophet Muhammad (PBUH), who knows all pros and cons of this path. His rays of guidance penetrate the hearts like sound waves infiltrating rooms with all doors and holes sealed. The fragrance of his teachings fills the hearts with peace, love and mercy and removes the dirt of hatred, depression and discontentment. Below I present you the spiritual medicine to cure the disease of discontentment and to enter into the aroma of peace and happiness.

1. **Awareness about Fate**

“And how can you have patience about a thing which you know not?” (18:68)³⁶ It is the nature of man that he becomes impatient over a matter unknown to him especially that which affects him adversely. Resultantly, he starts blaming Allah and people around him which generates a sense of discontentment in his heart. First step to avoid this feeling of unhappiness is to know that nothing happens without the will of Allah. He says: “No disaster strikes upon the earth or among yourselves except that it is in a register before We bring it into being - indeed that, for Allah, is easy.” (57:22)³⁷

When one becomes certain that this was to happen and nothing could have averted it, he can have patience over it easily and can avoid any kind of regret. Allah Almighty explains the reason of making us aware about the inevitable disasters that befall upon us. He says: "In order that you may not be sad over matters that you fail to get, nor rejoice because of that which has been given to you. And Allah likes not prideful boasters." (57:23)³⁸

Furthermore, when one becomes aware of the attributes of Allah like The Creator, The Merciful, The Great Forgiver, The Supreme Bestower, The Loving One and The Impartial Judge etc. it becomes easy for him to accept every calamity with calm heart. His firm belief in Mercy of Allah makes him free of all worries.

2. **Accept Allah's Decree**

Holy Prophet (PBUH) said: "From (the signs of) the son of Adam's prosperity, is his satisfaction with what Allah decreed for him, and from the son of Adam's misery is his avoiding to request guidance from Allah, and from the son of Adam's misery is his anger with what Allah decreed for him."(Ibn Majah)³⁹ One's fate rests with Allah, which none other besides Him can change. In times of calamity one must accept that it's from Allah and he should return to Him and pray for His mercy and favors. Allah surely listens to the supplications of His people as He says in the Holy Quran: "And when My servants ask you, (O Muhammad (PBUH), concerning Me – Indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me (by obedience) and believe in Me that they may be (rightly) guided."(02:186)⁴⁰

3. **Seek Hereafter**

Holy Prophet (PBUH) said: “Whoever intends to seek the Hereafter, Allah creates contentment in his heart and collects his virtues for him, and the world comes to him while he turns away. And whoever intends to seek this world, Allah creates poverty before his eyes and divides his affairs for him and nothing comes to him therefrom except what was pre-measured for him.” (Tirmidhi)⁴¹ The reflection of this saying of Prophet (PBUH) with regards to this world can be felt in Jalaluddin Rumi’s poetry. He reveals this great secret in the following lines:

When I run after what I think I want, my days are a furnace of stress and anxiety.

If I sit in my own place of patience, what I need flows to me and without pain.

From this, I understand that what I want, also wants me, is looking for me and attracting me.

There is a great secret here for anyone who can grasp it.

4. **Right approach to Happiness**

Abu Hurairah (RA) reported: “I saw seventy of As-Suffa men and none of them had a Rida' (a garment covering the upper part of the body). They had either Izars (only) or sheets which they tied round their necks. Some of these sheets reached the middle of their legs and some reached their heels and they used to gather them with their hands lest their private parts should become naked.”(Bukhari)⁴² Even in such condition of extreme poverty they were grateful to their Lord and their hearts were filled with

contentment and satisfaction. No one is recorded to have committed suicide. What was the thing which kept them alive and contented in such an adverse condition? Indeed the promise of Allah is true. Whosoever turns his face to Him, whether rich or poor, He fills his heart with satisfaction. In Holy Quran, He says: “Surely in the remembrance of Allah do hearts find comfort.” (13:28)⁴³

5. **Spare time for Prayer**

“Verily Allah says: O son of Adam! Find leisure for My worship and then I shall fill up your heart with contentment and shall shut up your poverty; and if you don’t do (it), I shall keep your hand engaged in work and I shall not close up your poverty.”(Tirmidhi)⁴⁴ Taking out time from worldly affairs and connecting with Allah removes unrest from heart and fills it with the aroma of peace and contentment. The more you spend your time in contemplation and worship stronger the relation with Allah is, and stronger the relation, more contented the heart will be.

6. **Understand worth of wealth**

“Richness is not an abundance of worldly goods, rather richness is contentment with one’s lot.” (Ibn Majah)⁴⁵ The secret of happy life is in acceptance of God’s plans about you. This approach helps a person to endure all trials patiently because he knows that these are the source of strength and self-purification. In case of success he doesn’t jump into the fire of arrogance rather becomes more kind to the creation in gratitude to the Creator. Whereas ignorant person becomes depressed in trials and arrogant in success destroying happiness and inner peace in both cases. The

billionaires and top celebrities committing suicide are self-explanatory to the above quoted saying of Prophet (PBUH). Their success, fame and wealth couldn't give them the peace and happiness which they were longing for.

7. **Look at those below you**

“Look at those who are beneath you and do not look at those who are above you, for it is more suitable that you should not consider as less the blessing of Allah.” (Ibn Majah)⁴⁶ Looking at those below us reminds us of the blessings of Allah which they don't possess but we do. Sheikh Saadi, a great mystic of 13th century mentions the practical impact of this saying of Prophet (PBUH). He says that he always remained patient during hardships but during one difficult journey, he arrived in a city bare-foot. With scorching heat and burning feet, a lament to God came on his lips over his present circumstances. He hadn't finished his complaint, when he saw a person on street without legs, who was dragging himself with his arms. Seeing this, Saadi offered his Astaghfar and Forgiveness to God, as it is better to be without shoes than legs. (The Sufi)⁴⁷

8. **Supplication**

Supplication is such a powerful tool that it can even change one's fate. As it is difficult to achieve contentment of heart, one should keep asking Allah for His help in this regard. Ibn 'Abbas used to say, "O Allah, make me content with the provision You have given me and bless me in it and appoint good for me in everything which I do not have."(Al-Mufrad)⁴⁸

By following these religious instructions one can free himself from the fire of dissatisfaction and admit into the Paradise of

contentment. Contentment is the basic component of happiness and inner peace which cannot be replaced with any worldly attainment.



3: POVERTY

If God had made everyone rich and self-sufficient, the complete flow of life would have been disturbed. In fact the existence of life would not be possible at all. Everyone would be the king of his own kingdom with no one to serve and assist. This scenario would have starved everyone to death because no king would like to work in the fields like farmers, in factories like labors and in kitchen like cooks. So God created equilibrium among people by creating some rich and other poor to let the life flow smoothly into the veins of universe. An ignorant man may label it as an injustice but one who knows the purpose of life can easily grasp this complexity. Prophet Muhammad (PBUH), noblest of all Prophets, who was the wisest in understanding the words of God, says: “O God, cause me to live poor, and cause me to die poor and gather me among the poor on the Day of Resurrection.”(Ibn Majah)⁴⁹ So poverty is not a punishment rather it is the blessing of Allah but very few comprehend. Allah reveals these secrets to His Prophets and the pious, who humble themselves before His Power and Knowledge. A man who can't create an insect wing as Allah created it, how can he understand His incredible Universe and its functions?

Poverty is one of the biggest issues which world is facing today. Rich is getting more rich and poor more poor. Today almost 712 million people are living below poverty line which means living on less than \$2.15 per day⁵⁰ whereas nearly half of the global wealth

is nourishing only 1% richest people of the world.⁵¹ The flow of wealth is very uneven which is causing huge destruction in the world in the form of robbery, killing, immorality, hatred and suicide etc. This is due to the reason that world has abandoned the divine system of zakah (compulsory charity by rich) and optional charity commanded by Allah to keep the flow of wealth balanced. The history witnessed the balanced society at the time of Muslim Ruler Umar Bin Abdul Aziz (RA). The famous transmitter of Hadith, Imam al- Bayhaqi, narrated that Umar (RA) had enriched people to the extent that they didn't find the poor man who would accept zakah. It was further confirmed by the messenger of Umar (RA) to Africa (Tunisia) who collected zakah but could not find anybody to accept it. He said: "I bought slaves from the fund of zakah and freed them after promising their allegiance to the Muslims."⁵² The present world can also reach this state, but only by avoiding unlawful means like usury and by following the divine system of zakat and optional charity.

❖ RULINGS ABOUT CHARITY

1. Zakat Calculation

First of all we need to know the minimum amount on which zakat becomes incumbent upon a person. Scholars deduced from the narrations of Prophet (PBUH) that a person who holds 612.36 grams (52.5 tola) silver or 87.48 grams (7.5 tola) gold or equal money to any of these and a year passes over it, he becomes liable to pay zakah. This threshold is called nisab e Zakat in Arabic.

As the rates of gold and silver vary frequently so we will chose the one with low price as per prescribed weights. For example in Pakistan the nisab of zakat in 2020 was 46,329 Rupees announced by government, which is equal to the price of 612.36 grams (52.5 tola) of silver. If it had been calculated as per the weight of 87.48 grams (7.5 tola) of gold, it would have been around 8 lacs. Scholars prefer silver keeping in view the maximum welfare of poor section of society. A liable person will pay 2.5% of his total possessions to the prescribed recipients of charity (zakah).

2. **Recipients of Zakah**

There are eight recipients of zakah prescribed in the Holy Quran as “Zakah expenditures are only for the poor and the needy and for those employed to collect (zakah) and for bringing hearts together (for Islam) and for freeing captives and for those in debt and for the cause of Allah and for the traveler – an obligation by God. And God is Knowing and Wise.”(09:60)⁵³ Payers of zakah should keep these recipients in consideration.

The recipient must not belong to immediate family member; one’s wife, children, parents and grandparents because they are under his direct responsibility. However, a wife can give zakah to her poor husband because he doesn’t fall into her responsibility.

3. **Preference**

One must give preference to his relatives, then neighbors, then friends and so on. This is because one knows best about the poverty and needs of people who are closer to him. It will ensure the delivery of zakah money in deserving hands.

4. **Optional Charity**

Zakah is the amount which is obligatory on every rich person and if he fails to pay it without any solid reason, he will receive severe punishment in the Hereafter. As for as optional charity is concerned, all pious people have been practicing it even if they themselves were devoid of basic needs. This gives one, peace of heart and creates sense of brotherhood in society. In Hereafter, it will earn great reward for its payer.

❖ **SOLUTION**

The above mentioned are few dos and don'ts of zakah which one must keep in consideration to make best use of zakah. But only knowing that is not enough to encourage a person to give his hard-earned money in charity. In fact charity is like a seed which you burry beneath the earth and water it with patience and hope. Finally it pierces the earth, grows and gives you the flowers and fruits in multitude. The Holy Quran says: "The example of those who spent their wealth in the way of God is like a seed which grows seven spikes; in each spike is a hundred grains. And God multiplies (His reward) for whom He wills. And God is all-Encompassing and Knowing."(02:261)⁵⁴ Charity is a transformation of wealth from a short-term to everlasting status. Quranic teachings, Prophet's (PBUH) life and his narrations will make its value more evident to you and you will then love to give Zakah (charity).

1. Trade Happiness

Every one of us struggles for happiness but none finds it except few. This is not due to the less effort rather it is because of our struggle in the wrong direction. If supposedly happiness is in the lap of east, people are heading towards west to acquire it. Ultimately they end up exhausted and depressed finding no solace except drugs and suicide etc. Prophet (PBUH) showed us the correct direction of happiness. In our dictionaries happiness is in name and fame but actually it's in righteous aim. As per our understanding happiness lies in holding huge wealth and in fact it is in giving it away. A companion of Prophet (PBUH), Jarir (RA) reported: "We were near the Holy Prophet (PBUH) at the early part of the day (when) there came to Him a people scantily clad but covered with blankets or loose garments and with swords hanging down. Majority of them nay all of them belonged to Modar (tribe). The face of Prophet (PBUH) turned pale as He saw them suffering from hunger. Then He (PBUH) went (to His house and came out) and afterwards ordered Bilal (RA) (to proclaim azan). So He (RA) proclaimed Azan and then read aqamat and afterwards said prayer. Then He (PBUH) delivered sermon : O men fear your Lord who created you from a single being – up to the end of the verse – verily Allah is a great watcher over you (6:1); and the verse which is in the banishment – Fear Allah and let everybody look to what he sent in advance for the tomorrow (59:18). Thereafter (every) man gave his charity from his dinar, from his dirham, from his cloth, from his measured wheat, and from his measured date; till even to the extent of a portion of a date. Then the man of Ansars came with a bag of money which was about to bend down his palm; nay

which completely lowered it down. Thereafter the man came successively till I saw two heaps of food and cloth, till I noticed that the face of Prophet (PBUH) was shedding luster like that of a new moon. It was as it were a golden hue.”(Muslim)⁵⁵

Helping the poor brought happiness to Holy Prophet (PBUH). We can also achieve happiness by giving away charity and especially Zakah which is not to be missed in any case when obligatory.

2. **Earn most needed Shade**

“On the Day of Resurrection, the sun would draw so close to the people that there would be left only a distance of one mile.”(Muslim)⁵⁶ In that hour of great trouble, there would be no shade for people except their good deeds. Helping needy people is one of those good deeds which promise shade for that terrible time. Holy Prophet (PBUH) said: “Surely the shade of believer on the Resurrection Day will be his charity.” (Musnad Ahmad)⁵⁷

3. **Nearness of Allah and People**

It is very challenging to attain the nearness of Allah and people at a time because what Allah commands often opposes the desires of people. In such situation when one obeys Allah in matters which oppose people’s desires, they get annoyed and when he tries to please people by fulfilling their desires, it often earns Allah’s anger. In this perplexed situation Holy Prophet (PBUH), revealed to us an attribute which can earn for us the nearness of Allah Almighty and people together. That amazing attribute is generosity. He (PBUH) said: “The generous man is near God, near Paradise, near the people and far off from Hell; and the miser is far off from God, far

off from Paradise, far off from the people and near Hell; and the illiterate charitable man is dearer to God than the pious miser.” (Tirmidhi)⁵⁸

4. **Never Return Empty**

Most of the times one feels that he is not having enough money or possessions to give away in charity but when we look into our houses, we find multiple things which are of no use to us but can be of great help for a poor person. That’s why Holy Prophet (PBUH) encouraged to give away something in charity even it’s of little value. Umm Bujayd (RA) narrates that she took the oath of allegiance to the Messenger of Allah (ﷺ) and said to him: Messenger of Allah, a poor man stands at my door, but I find nothing to give him. The Messenger of Allah (ﷺ) said to her: If you do not find anything to give him, put something in his hand, even though it should be a burnt hoof. (Abu Dawud)⁵⁹

5. **Beyond Need is Burden**

One who becomes aware of the reality of this fleeting life, can never hoard up wealth more than very basic needs. It is because he knows that it will become hurdle in his path to Paradise. Whenever he receives any wealth, he immediately gives it into charity and frees himself from its burden. Holy Prophet (PBUH), in this regard once said: “Had there been gold for me like the mount of Uhud, it would have pleased me that three nights should not pass over Me with something with me therefrom except what I should keep in wait for debt.”(Bukhari)⁶⁰

6. Cure for Stinginess

Finally, those whom worldly possessions have made so stingy that no advice for charity affects them, Allah threatens them with the severe punishment of Hereafter. He says in the Holy Quran: "And those who hoard gold and silver and spend it not in the way of Allah - give them tidings of a painful punishment." (9:34)⁶¹ and Allah's Messenger (ﷺ) said, "Anyone whom Allah has given wealth but he does not pay its Zakat, then, on the Day of Resurrection, his wealth will be presented to him in the shape of a bald-headed poisonous male snake with two poisonous glands in its mouth and it will encircle itself round his neck and bite him over his cheeks and say, "I am your wealth; I am your treasure." Then the Prophet (ﷺ) recited this Divine Verse: "And let not those who covetously withhold of that which Allah has bestowed upon them of His Bounty." (3.180) (Bukhari)⁶²

By reminding oneself with these punishments of eternal life one can cure the stinginess of his soul.

These are few important teachings of Islam to encourage oneself for the service of humanity. It doesn't mean that poor people should rely only on charity or government should encourage charity instead of providing job opportunities. It is obligatory for a person to work hard to earn his livelihoods and government to provide jobs and other facilities to its citizens as much as possible. But it is not humanly possible to eradicate poverty completely nor can everyone find job or work to earn his livings. At this point the excessive wealth of rich people should flow towards poor to fill the gap.

“Anything which is more than our necessity is poison. It may be power, wealth, ego, greed, laziness, love, ambition, hate or anything.” (Rumi)



4: RELIGIOUS INTOLERANCE

Religion is a set of beliefs and practices and intolerance related to that is enforcing own religious beliefs on others and denouncing other's religious beliefs without knowledge. Allah Almighty created this universe and everything in it with a purpose. To govern its affairs, He sent Divine guidance from time to time and people to people through noble Prophets. In Holy Quran He says: "Indeed, We guided him (Mankind) to the way, be he grateful or be he ungrateful."(76:03)

He further clarified the outcome of these two paths. Regarding followers of right path, He said: "But they who believe and do righteous deeds - those are the companions of Paradise; they will abide therein eternally."(02:82) And regarding followers of falsehood, He said: "And will drive the criminals to Hell in thirst."(19:86)

The first set of guidance came through Prophet Adam (AS) and then it continued till Allah sent the seal of all Prophets; Muhammad (PBUH). People denied or obeyed Allah and His Prophets. Prophet Moses (AS) was sent to Egypt to rescue Israelites from Pharaoh. God honored Israelites (Jews) and destroyed the people of Pharaoh. Jesus Christ (AS) was the next Prophet, who was also denied (by Jews and others) and obeyed (by Christians). Finally

Allah sent Prophet Muhammad (PBUH) who is the center of guidance for whole humanity and there is no Prophet to come after him. Christians, Jews and others who recognized his signs in the previous scriptures accepted him and were named as Muslims (one who submits) and deniers were called as Kafir (One who hides the truth).

Now in these two broader groups there are several sub groups or schools of thoughts. In Muslims there are two major schools of thoughts, Shiites and Sunni. In Non-Muslims there are different sub groups like Christians, Jews, Hindus and Ahmadis etc. and they have further subgroups within. Tolerance needs to be restored intra and inter Muslims and Non-Muslims alike. Quran, the final divine book of guidance commands Muslims to maintain peace amongst themselves and also with non-Muslims. For Muslims it says: "And hold fast by the covenant of Allah all together and be not disunited"(03:103) And for non-Muslims: "Says: "O People of the Book! Come to common terms as between us and you: That we worship none but Allah; that we associate no partners with Him; that we erect not, from among ourselves, Lords and patrons other than Allah." If then they turn back, say ye: "Bear witness that we (at least) are Muslims (bowing to Allah's Will)."(03:64)

Accepting all religions as true and practicable can be termed as absurdity and not tolerance. A master who knows that two plus two is equal to four and doesn't correct his student who reads two plus two equals five, surely does injustice to himself and the student. Knowledge with sincere intention of unearthing the truth is requisite for religious tolerance. One who finds the truth, he has

right to preach his beliefs and denounce false beliefs but in a good manner. Allah Almighty says: “Call unto the way of thy Lord with wisdom and fair exhortation, and reason with them in the better way. Lo! thy Lord is Best Aware of him who strayed from His way, and He is Best Aware of those who go aright.” (16:125)

❖ WHAT SHOULD BE TOLERATED?

Tolerance of a teacher varies from that of a student, tolerance of guide varies from that of a follower and tolerance of mother varies from that of a child. We can't gauge all with the same scale. A mother loves her child and she would never like to beat him or leave him crying for a thing. But if that child wants to take poison will she let her take that? She might even beat him or leave him crying but will not let him take poison. This harshness can't be linked with intolerance or violence. Similarly those whom Allah has blessed with wisdom (Muslims) and they have accepted the truth, their harshness towards ignorant people (disbelievers) is of different nature. It can't be called as intolerance and violence. Prophet (PBUH) fought several wars with disbelievers to establish the justice on earth but at the same time he dealt with them with mercy too. Richard A. Gabriel in his article published by HISTORYNET writes: "The idea of Muhammad (PBUH) as a military man will be new to many. Yet he was a truly great general. In the space of a single decade he fought eight major battles, led eighteen raids, and planned another thirty-eight military operations where others were in command but operating under his orders and strategic direction."⁶³

All these struggles were for the establishment of universal justice and to restore world's peace. This harshness has no connection with intolerance. On the other hand he was desperate for their forgiveness. When the verse was revealed: "It does not matter"

whether you ‘O Prophet’ pray for them to be forgiven or not. Even if you pray for their forgiveness seventy times, Allah will never forgive them. That is because they have lost faith in Allah and His Messenger. And Allah does not guide the rebellious people.”(09:80) After the revelation of this verse, Prophet (PBUH) said at the funeral of great hypocrite Abdullah bin Ubai: “Had I known that he would be forgiven by asking for Allah's forgiveness for more than seventy times, surely I would have done so.”(Bukhari)⁶⁴ To this extent he longed for the forgiveness of his people. This behavior seems somehow similar to that of a mother or even higher than that. Today the Muslims whom Allah has blessed with wisdom and they truly follow the teachings of Allah and His Prophet (PBUH) are expected to have similar approach. This is true form of tolerance.

Followers of false belief need to abandon the falsehood and to accept the truth. Their tolerance is in acceptance of call of the believers because they are their well-wishers. They want to lead them to Paradise and to save them from Hellfire.

❖ REASONS OF INTOLERANCE

1. Illiteracy

The first revelation of Holy Quran started with word “Iqra” meaning “Read” which shows the importance of education in the sight of Allah Almighty. "The Messenger of Allah said: 'One Faqih (knowledgeable man) is more formidable against the Shaitan than one thousand devoted worshippers.'" (Ibn Majah)⁶⁵

A knowledge man knows how to strike balance in life. He, on the basis of knowledge suppresses his desires and follows moderate path. Concerning other person beliefs, he behaves with wisdom and politeness as taught by Allah Almighty in the Holy Quran: “Invite ‘all’ to the Way of your Lord with wisdom and kind advice, and only debate with them in the best manner.” (16:125) After advice and debate those who still don’t accept the truth and spread mischief on earth then Allah Almighty orders to fight against them. He says: “Keep on fighting against them until mischief ends and the way prescribed by Allah prevails.” (2:193)

A Muslim who has no knowledge of these commandments of Allah, fights against his own Muslim brothers on minor differences. He kills disbelievers prior to advice and debate. He follows the way neither taught by Allah Almighty nor followed by Holy Prophet (PBUH) and harms himself and people and brings bad name to Islam.

This is the reason, The Messenger of Allah (ﷺ) said: "The superiority of the learned over the devout worshipper is like my superiority over the most inferior amongst you (in good deeds)." He went on to say, "Allah, His angels, the dwellers of the heaven and the earth, and even the ant in its hole and the fish (in water) supplicate in favor of those who teach people knowledge." (Riyad as-Salihin)⁶⁶

2. Opposition

Concerning opposition in beliefs we normally find three type of people. First one are those who oppose others belief even if they know it to be true. Second group is of those people who accept the truth when called with wisdom and polite advice. Third group is of those people who accept the truth when realized even if in a harsh manner. First group didn't even respond to the call of Holy Prophet (PBUH) despite knowing the fact. Allah Almighty says: "The People of the Book know him (Muhammad) just as well as they know their own children, but those who have lost their souls will not believe." (6:20) The behavior of this group remains almost similar all the time and in every situation whether they are amongst believers or disbelievers. So, the way of admonition has least impact on them. Third group accepts the truth when understood, may be in any way. So, the way of admonition has least impact on them also whether they are amongst believers or disbelievers.

Second group accepts the truth when called with wisdom and polite advice. Majority of people fall into this category. Admonishing without wisdom and politeness has lead this major group to aversion and defiance, which further leads them to

intolerance. This is the reason that Islam has defined the attributes, an admonisher should have and also the rules of admonition and many books have been written by scholars on this subject.

In a nutshell, opposition fueled by uneducated and unwise admonishers lead majority of people towards intolerance.

3. **Ancestors Worship**

Although ancestors worship is a specific religious practice but here following the footsteps of ancestors is only meant. It is common in Muslims as well as in non-Muslims. People follow and defend the practices which they found their ancestors doing without examining their validity. Quran denounces this practice by saying: "And when it is said to them, "Follow what Allah has revealed," they say, "Rather, we will follow that which we found our fathers doing." Even though their fathers understood nothing, nor were they guided?"(02:170)

When each group of people follows the practices of his own ancestors and leaves away the true guidance of Allah Almighty, differences and intolerance prevails.

4. **Fabrication of Scriptures**

All the Religious Scriptures are not divine that they can be one hundred percent true. Besides that majority of the scriptures have been fabricated and altered time to time by the later generations. While explaining a verse of Holy Quran, Molana Modudi regarding Christians says: "The beliefs of the early followers of the Messiah were mainly in conformity with the reality they had witnessed, and

conformed to the teachings they had received from their guide and mentor. But they later resorted to an exaggerated veneration of Jesus, and interpreted their own beliefs in the light of the philosophical doctrines and superstitious ideas of the neighboring nations. Thus they invented an altogether new religion not even remotely related to the original teachings of the Messiah.” (Tafheem ul Quran)⁶⁷ Thus, the alterations made by the Christians in bible resulted in difference and hatred amongst themselves and towards other Religions.

Same is the case of other religious scriptures and the only exception is Holy Quran. The world is witness to the fact that despite repeated efforts by the disbelievers, no alterations could be made in the Holy Quran. It is because Allah Almighty took the responsibility of its protection and said: “Indeed, it is We who sent down the Qur'an and indeed, We will be its guardian.” (15:9)

Amongst Muslims, fabricated traditions are one of the major reasons of the differences and hatred. Although traditions of Holy Prophet (PBUH) have been very carefully recorded by the Scholars and even the chain of narrators has been preserved but the traditions fabricated by the enemies of Islam after the death of Prophet (PBUH), affected the Unity of Ummah and ignorant Muslims and enemies are still using those traditions to fuel the differences and intolerance.

5. **Over Confidence**

Over Confidence makes one believe in himself as right and superior to others. This behavior gives birth to multiple problems when its implications are seen in relation to religion or beliefs. Such

person starts deeming other's beliefs and practices as wrong and immoral and considers himself and his beliefs as pure and perfect. While addressing such people, Allah Almighty says: "Very well is He aware of you since He produced you from the earth, and while you were still in your mothers' wombs and not yet born. So do not boastfully claim yourselves to be purified. He fully knows those that are truly God-fearing." (53:32)

At another occasion Allah says: "You have only been given a little knowledge."(17:85) and "Humans have been created weak by nature."(04:28)

When we see the life of Companions of Prophet (PBUH) and the early Scholars, we find them in total conformity with these commandments. Hazrat Umar despite being amongst those who received the good news of Paradise, once said: "If a caller from heaven announced that all people would enter Paradise together but for one man, I would fear that I am him. (Hilyat al-Awliya)

But today, we find scholars who openly claim about their sect or belief to be perfect and boast over the claim of being amongst the inheritors of Paradise. On the other side they call other sects disbelievers and inheritors of Hell on minor differences. This overconfidence about belief and actions has lead people to intolerance and violence.

6. **Celebrities Worship**

In an article "A New Age of Celebrity Worship", Coeli Carr writes the statement of "Fischhoff" in which he says: "The very need to find an idol and follow him is programmed into our DNA."⁶⁸ From

religious perspective we try to follow a famous cleric who has a great following. In pursuit of that we go to the extent that God, His Prophets and Divine Books get relegated from our journey. After all, that cleric or a famous religious figure whether deceased or alive is Human Being. He is expected to have many defects but people start following him blindly due to their liking for him. Ultimately people with different ideals and beliefs end up in differences and disputes.

7. **Sponsored Differences**

Today, we know that many influential people and countries use religion for their material gains. As there is almost no country in the world being governed as per the Prophetic methodology, therefore even the Muslim governments mostly suppress or misuse Islam and at times facilitate the world powers against it.

In a book, "Confessions of a British Spy and British Enmity against Islam" the writer relates an event written in a magazine entitled *Ittilâ'at*, which was published in Iran in the time of its Prime Minister Musaddiq. On a day of Qurbân two bearded Muslims wearing turbans and long robes bought a cow to kill as a sacrifice. As they were passing a Hindu quarter on their way home, a Hindu stopped them to ask them what they were going to do with the cow. When they said they were going to kill it as a sacrifice, the Hindu began to shout, "Hey, people! Help! These men are going to sacrifice our god." And the two Muslims also shouted, "O Muslims! Help! These men are going to seize our sacrifice." Hindus and Muslims gathered around the place and began to fight by using sticks and knives. Hundreds of Muslims were killed. Later, however, the two

people who had been taking the cow through the Hindu quarter were seen disappearing into the British embassy.”⁶⁹

We often witness these kind of incidents in Pakistan where almost every time some “hidden hands” are found behind the scene. One such incident occurred in Punjab (Jaranwala), on 16 August 2023, in which around two dozen churches and 91 houses of Christians were burnt by a mob on the allegation of blasphemy. “Nearly two weeks after the incident, the Punjab police had claimed that the blasphemy case in Jaranwala was linked to an enemy country’s spy agency, adding that they had successfully eliminated the network behind the nefarious designs. However, in September, one of the arrested suspects told the police that he hired a hitman, Allah Ditta Maseeh, and provided him with money and a motorcycle to eliminate his opponent, the main accused in the desecration incident. When Ditta’s attempt to murder the target failed, the suspect devised a plan involving the desecration of the Quran to frame his opponent.” (Dawn News)⁷⁰

Even before reading this news about involvement of a spy agency or an individual, I was of the view that this incident has been planned by a group or a spy agency because it seemed to be very unnatural. Islam doesn’t allow anybody to destroy the worship places and burn the bible or any other Holy Book but enemies of Islam successfully did it by provoking the ignorant Muslims through desecration of Holy Quran. Moreover, sectarian disputes, Ahmadi group mischiefs and terrorism activities are fueled by the hidden hands for material gains resulting intolerance and disputes.

8. **Minorities Discrimination**

Minorities in many countries are not free to practice their religion. Especially different religious restrictions are imposed on Muslims in the west regarding their dresses, beards and other practices. For example France bans the head covering for women and its violations can lead to a fine of up to €150 (about \$162). Even during COVID 19 pandemic when mask was made compulsory, “The French government confirmed that its years-long ban on wearing burqas, niqabs and other full-face coverings in public will remain in place, even as face masks become mandatory. While French citizens nationwide will be covering their faces, women who do so with Islamic garb are still subject to punishment.”⁷¹

Similarly India has made the lives of Christians, Muslims and Sikhs minorities horrific in the name of Hindu nationalism. This undue behavior of governments leads minority community to intolerance. They pick up arms against the government to take revenge and get their rights.

❖ CONSEQUENCES OF INTOLERANCE

1. **Inter Religion Conflicts**

Allah permits war only in case of self-defense or to restore the system of justice. Unfortunately many religious wars have been fought and are still being fought for political and personal gains or as a retaliation to differences. Presently, Muslim’s genocide across the world and their retaliation to that has costed numerous lives

and huge materialistic losses on both sides. "Mr. Bush named US invasion in Afghanistan as Crusade and said at the White House after a weekend war council with senior aides at Camp David, "and we understand, and the American people are beginning to understand, this crusade, this war on terrorism, is going to take a while, and the American people must be patient."⁷² By calling it a crusade, President Bush presented Afghanistan invasion as a religious war to gain the support of public. This crusade resulted in more than 64,100 Afghan military and police casualties and more than 2,300 US soldier's death since October 2001. And according to the United Nations Assistance Mission in Afghanistan (Unama), nearly 111,000 civilians have been killed or injured since it began systematically recording civilian casualties in 2009.⁷³

In Palestine, to gain the control of Holy Land, Israel has been brutally killing Muslims since 1947 and in recent attacks since 7 October 2023, at least 34,735 Palestinians have been killed and 78,108 injured in Israel's military offensive on Gaza. (Reuters. May, 24)⁷⁴

Similarly, human lives and material losses have been caused in many other countries due to the religious conflicts.

2. **Intra Religious Conflicts**

Religious intolerance coupled with multiple other factors has resulted intra religious difference and conflicts. All religions i.e. Judaism, Christianity, Islam and Hinduism etc. have numerous sects and on the basis of minor differences they fight each other. Concerning sects, the Holy Prophet (PBUH) said: "The Jews split into seventy-one sects, one of which will be in Paradise and

seventy in Hell. The Christians split into seventy-two sects, seventy-one of which will be in Hell and one in Paradise. I swear by the One Whose Hand is the soul of Muhammad, my nation will split into seventy-three sects, one of which will be in Paradise and seventy-two in Hell.” It was said: “O Messenger of Allah, who are they?” He said: “The main body.””(Ibn Majah)⁷⁵ Although, population wise Islam is the 2nd largest religion of the world but sectarian conflicts have made Muslims ineffective as a community. Thousands of Muslims are being butchered and tortured across the world but unfortunately Muslims are busy in plotting against brother Muslims. These are the sure consequences of unwanted differences and intolerance.

3. **Blasphemy Killings**

Religious intolerance coupled with illiteracy and other factors leads to blasphemy killings. In Islam every Human life is very sacred and to enjoin the punishment of death sentence, proper rules have been laid down. Killing a person just on the basis of allegations is a great sin. The Prophet (ﷺ) said, "Whoever killed a Mu'ahid (a person who is granted the pledge of protection by the Muslims) shall not smell the fragrance of Paradise though its fragrance can be smelt at a distance of forty years (of traveling). (Bukhari)⁷⁶ Alone in Pakistan, 18 women and 71 men were extra-judicially killed over blasphemy accusations in Pakistan from 1947 to 2021, according to the Centre for Research and Security Studies (CRSS) report.⁷⁷

4. **Divided we Fall**

Differences without disputes are the symbol of life. They keep the doors of study and research open. Sadly, intolerance has driven people from differences to disputes due to which inter religious harmony has been greatly disturbed.

Especially Muslims have been greatly affected by mutual differences as a community. The concept of Muslim Community as “one body” has almost vanished. Due to the internal divide, Muslims have become weak and have lost their value at international level.

“United we stand, divided we fall. Let us not split into factions
which must destroy that union upon which our existence
hangs.”

(Patrick Henry)

5. **Bad name to Religion**

Intolerant people and groups who involve themselves in terrorist activities and killing of people on the basis of false accusations, bring bad name to their country and Religion. Although, terrorism has been linked with Muslims through long term planning and dedicated efforts by the enemies of Islam but main responsibility of this bad name to Islam lies on Muslims. Muslims didn't defend themselves from the evil plans of enemies of Islam through wisdom and patience and are now bearing the bitter fruits of their idleness.

People around the world see Muslims as violent and inhumane and consider Islam as the religion of violence. Foreign companies don't invest in Muslim countries fearing loss due to the terrorist

activities. Muslims are not trusted and tourism is facing downfall. Countrymen feel unsafe fearing suicide attacks and target killing. There is a long list of bad consequences which resulted from lack of wisdom and tolerance.

❖ SOLUTION

1. Knowledge

Allah Almighty says in the Holy Quran: “Call (the pagans) to the path of your Lord through wisdom and good advice and argue with them in the best manner. God knows well about those who stray from His path and those who seek guidance.” (16:125)

An ignorant person neither knows the difference between right and wrong nor is aware of manners of admonition. When he starts admonishing people, he mostly leads them further astray due to the lack of knowledge. In above quoted verse stages of calling to the path of Allah have be described. First step is to advise people with wisdom and politeness. Those who aren't convinced by this method, then they should be debated in a good manner. One should never lose patience because it leaves the person in darkness and his intellect stops functioning. Prophet (PBUH) said: “Patience is an illuminating torch.” (An-Nasai)⁷⁸ Losing this torch simply means losing the right way.

Third step is to fight in the way of Allah. People who lack knowledge directly jump to the third stage without admonishing people and cause corruption in the land.

Muslims attitude towards others Muslims is also very hurting. They cut ties and kill each other on minor differences. Whereas Prophet (PBUH) said: "A faithful believer to a faithful believer is like the bricks of a wall, enforcing each other." While (saying that) the Prophet (PBUH) clasped his hands, by interlacing his fingers."(Bukhari)⁷⁹

On the other hand while condemning this sin, Holy Prophet (PBUH) said: "After me there will be many calamities and much evil behavior. Whoever wants to create division among the Ummah (Muslims) when they are all united, strike him with the sword."(Nasai)⁸⁰

A Muslim who has knowledge of these commandments will neither kill a non-Muslim on the basis of self-made ideology nor will sever ties with Muslim brothers on minor differences nor will create division.

2. **Action**

After acquiring knowledge the next step is to act upon it, without which one won't be able to taste the fruits of knowledge in this world or the Hereafter. Renowned Muslim Scholar "Imam al Ghazali" said: "Know that the knowledge which does not remove you from sins today and does not convert you to obedience, will not remove you tomorrow from Hellfire."

Concerning tolerance and unity, Allah's commandments are very clear. He commands Muslims to unite with People of the book on the basis of commonalties between them. "Say: "O People of the Book! Come to common terms as between us and you: That we worship none but Allah; that we associate no partners with him;

that we erect not, from among ourselves, Lords and patrons other than Allah." If then they turn back, say ye: "Bear witness that we (at least) are Muslims (bowing to Allah's Will). (03:64)

To Muslims He says: "And hold fast, all together, to the Rope of Allah and do not divide into groups."(03:103) By acting upon these commandments of Allah Almighty and the narrations of Holy Prophet (PBUH), Muslims can have peaceful ties with non-Muslims and have unity amongst themselves.

3. **Gifts**

Gifts should be presented to believers as well as to non-believers in hope of peace and love amongst each other. Holy Prophet (PBUH) said: "Give presents to one another. Presents remove malice from the hearts."(Mishkat al-Masabih)⁸¹

Concerning foreign delegations, He (PBUH) said: "Give respect and gifts to the foreign delegations as you have seen me dealing with them." (Bukahri)⁸²

This conduct would urge other people to think positively about your religion, your beliefs and practices and would help in maintaining peace.

4. **Admonishing**

Human Beings need constant reminders to do a thing or to avoid it. That's why Allah has repeated important commandments numerous times in the Holy Quran to admonish Mankind. The Scholars should first act upon religious teachings themselves and then teach and admonish people especially on the issues which are more prevalent in the society. By this way Religious

intolerance and other prevalent issues can be addressed and be controlled.

In the Holy Quran, “God commands (people) to maintain justice, kindness, and proper relations with their relatives. He forbids them to commit indecency, sin, and rebellion. God gives you advice so that perhaps you will take heed.” (16:90) At another point, He says: “So ignore them, and admonish them, and say to them concerning themselves penetrating words.”(04:63)

5. **Jihad**

Jihad is an Arabic word which means “to strive in the path of God”. Normally word “Jihad” is used as an alternative to “war” or “fighting” but it is not accurate interpretation. Fighting is one of the many means of striving and it should be purely for Allah. Holy Prophet (PBUH) says: “Fighting is of two kinds: The one who seeks Allah's favor, obeys the leader, gives the property, he values, treats his associates gently and avoids doing mischief, will have the reward for all the time whether he is asleep or awake; but the one who fights in a boasting spirit, for the sake of display and to gain a reputation, who disobeys the leader and does mischief in the earth will not return credit or without blame.”(Abu Dawood)⁸³ Fighting for personal gain sows the seeds of mischief and disorder and that can never be associated with Jihad. Jihad with sincere intent ends violence and mischief and gives peace a chance. It deters the mischief spreaders and heals the wounds of oppressed. Therefore, it is a religious and moral duty of every person to strive (do Jihad) for interfaith harmony with pen and power within the boundaries of law of the land and the commandments of Allah

Almighty. Prophet (PBUH) says: “Whosoever of you sees an evil, let him change it with his hand; and if he is not able to do so, then with his tongue; and if he is not able to do so, then with his heart and that is the weakest of faith.” (Riyad as-Salihin)⁸⁴

A person with low intelligence might not understand Jihad as flag bearer of peace and tolerance. The fact is that there are always people on earth who neither understand sincere and polite advice nor understand logical arguments and keep denying the truth and spreading the mischief. For these people it is necessary that there should be a community, group or force who should deter them to keep the society secure from their mischief. We can better understand the relation of Fighting (Jihad) and Peace by the saying of Allah about Qisas (Retributive Justice) and life. He says: People of understanding, the law of the death penalty as retaliation grants you life so that perhaps you will have fear of God. (2:179)



5: FAKE FEMINISM

Feminism is a struggle for equal rights of women. The words "féminisme" ("feminism") and "féministe" ("feminist") first appeared in France and the Netherlands in 1872, Great Britain in the 1890s, and the United States in 1910.⁸⁵ If we consider this slogan as pioneer movement of women rights then it would mean that women had no rights before 19th century since beginning of the Human life. This is indeed untrue and we find the traces of women rights in every Prophet's era since beginning of Human life where Allah Almighty says: "And We said, "O Adam, dwell, you and your wife, in Paradise and eat therefrom in [ease and] abundance from wherever you will. But do not approach this tree, lest you be among the wrongdoers."(02:35)⁸⁶ This Quranic verse shows that Allah Almighty made no difference in sending Adam (AS) and his wife to Paradise. In the same very Quran, Allah revealed a complete chapter with name An-Nisa (The women) having 176 verses. There is no such chapter short or long with the name Ar-Rijal (The Men) in the Holy Quran. Similarly, when the wife of Prophet Imran (AS) dedicated to Allah what was in her womb; Allah made that female and accepted it from her. "So her Lord accepted her with good acceptance and caused her to grow in a good manner."(03:35-37)⁸⁷ And there are several other examples which clearly show superiority or equality of women. On the other hand many evidences show that men are superior to women. For

example, witness of two women at the place of one man (02:282)⁸⁸, permission for taking four women into marriage (04:03)⁸⁹ at a time and making men in charge of women (04:34)⁹⁰ etc. If we see all this without giving a thought, definitely it would seem like an uneven distribution of rights and duties by Allah amongst men and women. In fact the reality is entirely different but to understand that we will have to see this in broader perspective.

The natural world contains about 8.7 million species, according to latest estimate described by scientists.⁹¹ Now if we look into this number almost every specie would be living in a different kind of environment, consuming different food and will have unique attributes. Keeping this in view, none can say that they should have equal rights and duties. For example a fish has been designed to live in water and it's a symbol of life for it but if you put underwater any animal of land like dog or chicken it would surely die if not take out immediately. Food of one may be poison for the other. This is because Allah created everything with different purpose, strengths and weaknesses. It would be injustice with the creativeness of Allah if we put everything under single use for the sake of equality.

Human Being is the supreme creature of Allah, created in pairs with different capabilities and tasks. Men have their own weaknesses and strengths and similarly women have their own. The present wave of feminism demands putting men and women under similar use which is impossible from every perspective and is actually injustice with them. That's why I have named it as fake feminism because it does not ensure the rights of women rather it snatches away their rights.

❖ REASONS

1. **Lack of knowledge**

Allah Almighty says: "And mankind has not been given of knowledge except a little."(17:85)⁹² When man thinks with that little knowledge without taking guidance from Divine Scriptures, he can't comprehend the vastness of God's plans. He resultantly harms himself by acting opposite to that. For example, the sole purpose of burqa (veil) is to avoid temptation and give protection to women. A section of society took it as oppression of women and deprived them from this protection. Increasing harassment cases are self-evident to this fact.

2. **Advertising Tool**

There is a natural attraction in women which is being exploited badly today. The woman is being degraded on the name of liberation and has become an advertising tool. Almost every product has a picture of beautiful woman with half body exposed. Even workplaces are also using women to attract the customers like shopping malls, restaurants, transport and mobile companies etc. This is indeed insult of God's supreme creature. All these organizations and companies are attracting women through false feminist propaganda for their personal gains.

3. **Materialistic Approach**

In many moderate families, still father works to earn the money while mother manages the domestic affairs. This is ideal system to run family affairs smoothly. However, race of materialistic supremacy has brought women too in market place. Every member of family is struggling to earn money to augment family

wealth. This has deviated women from their basic responsibility of managing home affairs and grooming of their children.

4. **Escape from Responsibilities**

Feminist movements influenced by western culture are making women feel their responsibilities as illegal burden and domestic violence. This approach contributed towards the demise of family system. When a father works from dawn to dusk for better life of his family, there are responsibilities of mother at home too. It is related in the book Qurbul Isnad from Imam Jafar as-Sadiq that Imam Muhammad al-Baqir relates that, "Imam Ali (RA) and Sayyidah Zahra (RA) requested the Prophet (PBUH) to distribute the tasks inside the house and outside between the two of them. The Prophet (PBUH) allotted the tasks inside the house to Fatima and outside the house to Imam Ali (RA)." In another narration when Fatima (RA) complained of what she suffered from hand mill and grinding and asked Prophet (PBUH) for a maid-servant. He (PBUH) said: "Shall I tell you a thing which is better than what you asked me for? When you go to your beds, say: 'Allahu Akbar (i.e. Allah is Greater)' for 34 times, and 'Al hamdu Li llah (i.e. all the praises are for Allah)' for 33 times, and Subhan Allah (i.e. Glorified be Allah) for 33 times. This is better for you than what you have requested." (Bukhari) Renowned scholar of ninth century, Imam al-Tabari said in his commentary on this hadith: "We may understand from this hadith that every woman who is able to take care of her house by making bread, grinding flour and so on, should do so. It is not the duty of the husband if it is the custom for women like her to do this themselves."

5. **Paid Campaigns**

Paid campaigns and rallies are being organized by feminist organizations to inject their propaganda into the societies which have a balanced family system. Latest wave of feminism in Pakistan is self-evident, where unethical women were holding disgusting banners, which had no link with the issues of Pakistani women.

6. **Secular Practices**

There are few practices in our societies which are against the teachings of religion as well as women rights. These include domestic violence, no inheritance rights, forced marriages and dowry etc. Instead of solving these issues in a right way, feminist movements are using them as a propaganda tool.

❖ CONSEQUENCES

1. **Weak Family System**

The wave of fake feminism has affected family system by discarding from women their family responsibilities and by presenting to them, men as rivals. An unwise retaliation from men has added fuel in destruction of family system. Although Muslims are safe from these issues to the greater extent but these organizations are now making their way into moderate societies through paid campaigns to promote their concept.

2. **Humiliation of Women**

This campaign has brought great disrespect to women around the world. They are being treated as an object and not as Human Beings. They are being used in workplaces as a tool of attraction to increase the customers. This objectification has taken away their value and dignity. “A new study estimates that in US more than 64,000 pregnancies resulted from rape between July 1, 2022, and January 1, 2024, in states where abortion has been banned throughout pregnancy in all or most cases.” (Scientific American)⁹³ In Pakistan as few as 84 cases of workplace harassment were registered between the years 2010-13 while 398 cases were registered between 2013 -18. However, 5,008 cases were registered between 2018 – 22 out of which 3,698 were filed by women and 1,310 by men. (Dawn)⁹⁴

These so called women rights organizations are becoming strong and popular day by day, then why harassment of women is increasing instead of decreasing. This simply shows that they have no interest in women rights nor it's their goal. They are simply using women related issues for their personal interests.

3. **Body Dissatisfaction**

Many researches show that unrealistic portrayal of women in advertisements has brought body dissatisfaction. A common woman wants to look like a girl on television and becomes dissatisfied due to its impossibility. “After television became widespread in Fiji, a study found that 11% of adolescent girls reported vomiting for weight control and the prevalence of disordered eating doubled from 13% to 29%. An analysis of 25

different published studies found that exposure to thin ideal media images leads to increased body dissatisfaction for women. Research also links these images to increased feelings of depression and anger as well as decreased positive emotions and self-esteem - especially among adolescents. In a recent UK survey, 25% of young people (13% of boys and 37% of girls) said celebrities have caused them to worry in relation to their body image, and 19% (10% of boys and 28% of girls) said TV shows caused them to worry in relation to their body image.⁹⁵

These harmful outcomes are directly linked with so called women rights movements, as they helped women to participate in every activity like films, advertisements and sports etc. contrary to the religious teachings. Influencers in these platforms objectified women for their personal gains and degraded them. When general public see these objectified women, it totally changes their behavior towards themselves as shown in the research.

4. **Sexual Harassment**

Women rights movements portrayed burqa (veil) as the instrument of oppression. They were so successful in their propaganda that even in moderate societies women started wearing indecent dresses. The slogan of “my body my choice” made women forget the religious and societal norms. Women’s such behavior towards dressing gave rise to sexual harassment around the globe. A study by a British online newspaper “Independent” shows: “A majority of men in the UK think a woman is more likely to be sexually harassed or assaulted if she wears revealing clothes.”⁹⁶ Another research by Research Gate shows that the model in provocative

clothing is more likely to provoke sexual harassment and to be sexually harassed than the model wearing non-provocative clothing.⁹⁷ To avoid this unwanted behavior, Allah Almighty commanded: “O Prophet (PBUH), tell your wives and your daughters and the women of the believers to bring down over themselves [part] of their outer garments. That is more suitable that they will be known and not be abused. And ever is Allah Forgiving and Merciful.”(33:59)⁹⁸

5. **Extramarital Relations**

Extramarital relations have increased due to the campaigns supporting women freedom contrary to the religious teachings. Women work side by side with men and become victim of harassment due to the violation of religious norms. A survey by World Population Review reveals that the majority of extramarital affairs start with close friends or co-workers.⁹⁹ This is the basic reason religion doesn't allow unnecessary interaction between male and female other than spouse and close relatives. Furthermore same survey shows that more than half of people in Thailand who are married admit to committing infidelity at least once during the course of the marriage. In Denmark, close to 46 percent of people admit to sleeping with someone outside of the marriage. Germany and Italy are not far behind, where 45 percent of people who are married in both of these countries admit to committing infidelity. Belgium, Norway, and France also have infidelity rates that are 40 percent or higher.¹⁰⁰ There are the countries which are known to be the best in case of women rights.

Their self-made definition of women rights has made women an object of sexual satisfaction for them.

6. **Increase in divorce**

Freedom and unnecessary interaction between men and women has increased the ratio of extramarital relations which has become the main reason of divorce in different ways. At times a married woman develops relation with male friend or coworker and decides to break the old relation and in other cases men divorce such wives when they come to know about their immorality. The finding of American Psychological Association shows: "Infidelity in the United States is responsible for 20-40% of divorces."¹⁰¹ Another study shows that infidelity or extramarital affairs contributed 58% towards divorce.¹⁰²

Other than extramarital affairs, women rights movements provoked women to challenge the supremacy of their husbands and deny any dominance even if it has been given by religion for better functioning of house affairs. This attitude of women towards their husband and family caused increase in divorce cases.

❖ **SOLUTION (ISLAMIC FEMINISM)**

1. **Allah's Fear**

It is possible for a person to deceive the worldly system of reward and punishment but he can't deceive the divine system of Judgement. When one realizes this fact through knowledge and faith, he becomes conscious about his actions. This God-consciousness keeps one away from evil deeds and urges him

towards good deeds. With regards to women rights, Ja'far bin Muhammad (RA) reported on the authority of his father that Prophet (PBUH) said in his farewell Pilgrimage: "Fear Allah concerning women! Verily you have taken them on the security of Allah, and intercourse with them has been made lawful unto you by words of Allah. You too have right over them, and that they should not allow anyone to sit on your bed whom you do not like. But if they do that, you can chastise them but not severely. Their rights upon you are that you should provide them with food and clothing in a fitting manner. I have left among you the Book of Allah, and if you hold fast to it, you would never go astray."(Muslim)¹⁰³

This was the final sermon of Holy Prophet (PBUH) yet he found it mandatory to admonish men with regards to their treatment with women.

2. **Show Gratitude**

Be thankful to your spouse for her efforts in managing the house affairs smoothly and being with you in every thick and thin. It will encourage her to work more sincerely and will generate love for you in her heart. Prophet (PBUH) says: "Whoever is not grateful to the people, he is not grateful to Allah."(Tirmidhi)¹⁰⁴

Besides that, when one looks towards the blessings of Allah Almighty, he realizes that they are much greater than the help of any Human Being. This realization makes one a grateful servant of God. He pays gratitude for each and every blessing. This approach leaves positive impact on one's complete life including family. In this regard, the beloved daughter of Holy Prophet

(PBUH), Hazrat Fatima (RA) is the role model for all Muslims and particularly for women. Ibn A`bud said: Ali bin Abi Talib (RA) said to me: "O son of A`bud, do you know what the rights of the food are?" I said: "What are its rights, O son of Abu Talib?" He said: "To say: in the Name of Allah; O Allah, bless for us what You have provided for us. Do you know how to express gratitude when you have finished eating?" I said: "What is gratitude for it?" He said: "To say: Praise be to Allah Who has fed us and given us to drink." Then he said: "Shall I not tell you about me and Fatimah (RA)? She was the daughter of the Messenger of Allah (ﷺ) and she was one of the dearest of his family to him, and she was my wife. She worked with the millstone until the millstone left marks on her hand, and she brought water with a bucket until the bucket left marks on her chest. She took care of the house until her garment became dusty and she lit a fire under the pot until her garment became dirty, and she suffered hardship because of that. Some female captives (or servants) were brought to the Messenger of Allah (ﷺ) and I said to her: "Go to the Messenger of Allah (ﷺ) and ask him for a servant to relieve you of the hardship you are in." So she went to the Messenger of Allah (ﷺ) and she found some servants with him. Then she came back and did not ask him for one. (And he narrated the hadeeth - And he [the Messenger of Allah (ﷺ)] said: `Shall I not tell you of something that is better for you than a servant? When you go to your bed, glorify Allah thirty three times, praise Him thirty three times, and magnify Him thirty four times." She stuck her head out and said: "I am content with Allah and His Messenger," twice. (Musnad Ahmad)¹⁰⁵

3. **Be Kind**

The Messenger of Allah (ﷺ) said: `Allah is Kind and loves kindness, and He rewards for kindness in a way that He does not reward for harshness. (Musnad Ahmad)¹⁰⁶ One should always try to be kind to people especially to wife. Allah Almighty has blessed woman with such a quality that kindness is more effective for her than harshness. In the regard, Prophet (PBUH) said: "Act kindly towards woman, for woman is created from a rib, and the most crooked part of the rib is its top. If you attempt to straighten it, you will break it, and if you leave it, its crookedness will remain there. So act kindly towards women."(Muslim)¹⁰⁷

This narration also shows that Islam deals with all matters in a logical and natural way. At Times one might not understand the logic behind a commandment but it is undeniable fact that no rule or instruction of Islam is irrational.

4. **Patience**

A husband should deal with the mistakes of his wife with patience and should not take everything to his ego. This will change the attitude of his wife in a polite manner without use of force. Anas (RA) narrated: "While the Prophet (PBUH) was in the house of one of his wives, one of the mothers of the believers sent a meal in a dish. The wife at whose house the Prophet (PBUH) was, struck the hand of the servant, causing the dish to fall and break. The Prophet (PBUH) gathered the broken pieces of the dish and then started collecting on them the food which had been in the dish and said, "Your mother (my wife) felt jealous." Then he detained the servant

till a (sound) dish was brought from the wife at whose house he was. He gave the sound dish to the wife whose dish had been broken and kept the broken one at the house where it had been broken.”(Bukhari)¹⁰⁸

This is how Prophet (PBUH) dealt with the family issues and left beautiful lessons for us.

5. **Develop Understanding**

Husband and wife should develop mutual understanding and should respect emotions of each other. If a spouse is angry and upset, the other one should try to understand her problem and should help her getting out of that instead of responding in the rude manner. At times, one can't control his anger, in such situation one should express anger with words or actions which may not be too much hurting. By this way, one will be able to release anger to some extent and the other person will also realize the situation and will act accordingly. Hazrat Aisha (RA) said: “Allah's Messenger (PBUH) said to her, "I know when you are pleased with me or angry with me." I said, "Whence do you know that?" He said, "When you are pleased with me, you say, 'No, by the Lord of Muhammad,' but when you are angry with me, then you say, 'No, by the Lord of Abraham.' Thereupon I said, "Yes (you are right), but by Allah, O Allah's Messenger (PBUH), I leave nothing but your name.”(Bukhari)¹⁰⁹

6. **Playing with Wife**

Be friendly with your wife and play with her to keep her pleased. This will strengthen the love between you and your wife. Hazrat Aisha (RA), the beloved wife of Prophet (PBUH) narrated a story while she was on a journey along with the Messenger of Allah (PBUH). She said: I had a race with him (the Prophet) and I outstripped him on my feet. When I became fleshy, (again) I had a race with him (the Prophet) and he outstripped me. He (PBUH) said: This is for that outstripping.”(Abu Dawood)¹¹⁰

7. **Pronounce your Love**

There should be no hesitation in pronouncing your love to your wife as she has been made lawful for you by Allah Almighty. Amr bin Al-As (RA) reported that he said to the Messenger of Allah (ﷺ): "Who is the most beloved of the people to you?" He said: "Aisha." He said: "From the men?" He said: "Her farther." (Tirmidhi)¹¹¹ Look at the wisdom of Prophet (PBUH), he instead of taking directly the name of her wife's father, mentioned it in relation to his wife by saying "her (Aisha's) father". This act was surely to teach people about the sanctity of husband and wife relation. In another narration, Hazrat A'ishah (may Allah be pleased with her) reported that the Messenger of Allah (ﷺ) would give me the vessel and I would drink from it, when I was menstruating, then I would give it to him and he would look for the place where I had put my mouth and put that to his mouth.”(Nasai)¹¹²

8. **Help in Housework**

Normally, in Muslim societies responsibility of work inside home is given to wife and outside the home to husband. This distribution is purely as per capabilities of the spouses and the demand of nature. Hazrat Ali (RA) and Sayyidah Zahra (RA) requested the Prophet (PBUH) to distribute the tasks inside the house and outside between the two of them. The Prophet (PBUH) allotted the tasks inside the house to Fatima and outside the house to Hazrat Ali (RA).”

Now, this distribution is for the ease of husband and wife and is not a red line which can't be crossed in any case. A husband should assist his wife in household chores during leisure time. Same was the practice of Holy Prophet (PBUH). Al-Aswad (RA) narrated that he asked `Aisha "What did the Prophet (PBUH) use to do in his house?" She replied, "He used to keep himself busy serving his family and when it was the time for prayer he would go for it."(Bukhari)¹¹³ In another narration when Hisham asked Hazrat 'A'isha, (RA) 'What did the Prophet, may Allah bless him and grant him peace, do in his house?' She replied, 'He did what one of you would do in his house. He mended sandals and patched garments and sewed.' (Al Adab Al Mufrad)¹¹⁴

9. **Affection to Daughters**

Daughters are the blessing of Allah and hold a very high status in Islam. Before the advent of Islam, Arabs used to bury their daughters alive. Prophet (PBUH) condemned this grave sin and struggled to restore the rights of women. Prophet (PBUH) encouraged the upbringing of daughters and demolished the

tradition of infanticide. In a narration reported by Anas (RA), Prophet (PBUH) said: "Whoever maintains two girls till they maintain maturity, he and I will come on the Resurrection day like this; and He (PBUH) joined his fingers."(Riyad as-Salihin)¹¹⁵ Prophet's (PBUH) love for his daughter Fatima (RA) was exemplary and has been recorded by different narrators of hadiths. Hazrat A'isha (RA), the Umm al-Mu'minin, said, "I did not see anyone who more resembled the Messenger of Allah, may Allah bless him and grant him peace, in manner of speaking than Fatima. When she came to him, he stood up for her, made her welcome, kissed her and had her sit in his place. When the Prophet came to her, she stood up for him, took his hand, made him welcome, kissed him, and made him sit in her place. She came to him during his final illness and he greeted her and kissed her." (Al Adab Al Mufrad)¹¹⁶

10. Respecting Mother

Islam has given very special status to mother. Once a man enquired from Prophet (PBUH): "Who among people is most deserving of my fine treatment?" He (ﷺ) said, "Your mother". He again asked, "Who next?" "Your mother", the Prophet (ﷺ) replied again. He asked, "Who next?" He (the Prophet (ﷺ)) said again, "Your mother." He again asked, "Then who?" Thereupon he (ﷺ) said, "Then your father." (Riyad as-Salihin)¹¹⁷

This indicates the highest share of mother in good treatment amongst close relatives. In another narration, Abu Tufail (RA) reported: I saw the Messenger of Allah (PBUH) dividing meat at Jeerrana when a woman approached till she came to Holy Prophet

(PBUH). He (PBUH) spread out his sheet for her and then she took her seat thereon. I enquired: Who is she? They replied: She is his mother who suckled him.”(Abu Dawud)¹¹⁸



6: DIVORCE

Divorce is the legal dissolution of marriage by mutual consent of wife and husband or by one of them. It is a hateful act in the major religions of the world and is permitted only in specific situations. The Holy Bible says: "I tell you that anyone who divorces his wife, except for sexual immorality, and marries another woman commits adultery."¹¹⁹ God forbids it to keep the sanctity of woman, to shun extramarital relations and to give firm base to family system. Today Christians barely follow the Holy Bible that's why no positive outcome of these commandments can be seen. However, its impacts on Muslim community are noticeable. An American renowned thinker and writer Bella DePaulo (Ph.D., Harvard, 1979), in her well researched study in 2019 discloses that "Nations with greater proportions of Muslims have lower divorce rates."¹²⁰ This is due to the reason that Islam like other divine religions of the world, condemns this hateful act to keep firm the foundation of family system. The Prophet (PBUH) said: "Of all the lawful acts the most hateful to Allah is divorce." (Abu Dawood)¹²¹ At the same time Allah made it lawful to facilitate the spouses who are unable to keep the relation in any case. Delay has been placed intelligently to give the reconciliatory time, if husband and wife decide to continue with the marital relation. Allah says in the Holy Quran: "Those who intend to divorce their wives shall wait four months

(cooling off); if they change their minds and reconcile, then God is Forgiver, Merciful. If they go through with the divorce, then God is Hearer, Knower.” (02:226-227)¹²²

Today family system is taking its last breaths because of the weak policies of countries and lack of religious knowledge and practices. As per the study carried out by Unified Lawyers; a dynamic and innovative law firm established in Sydney, Australia: “The global divorce rate has increased 251.8% since 1960.”¹²³ This horrific number is increasing day by day and if strong banks are not raised to hold this flood, it may ruin the complete world. Islam perfectly addresses this issue in the Light of teachings of Holy Quran and the sayings of beloved Prophet (PBUH).

❖ REASONS OF DIVORCE

1. No Fault Divorce

The first modern no-fault divorce law was enacted in Russia in December 1917.¹²⁴ It allows one to dissolve marriage without assigning any fault to his/ her spouse. This law played a negative role in family system; increasing the divorce rate. A wife or husband can break the marriage for her/ his personal gains or due to an unstable emotional state; later regretting the decision. Islam also teaches patience and instructs its believers to avoid hasty decision regarding divorce. While explaining the verse 1 of chapter (65) Divorce of the Holy Quran, Molana Modudi says: "O believers, you should not make undue haste in the matter of pronouncing

divorce: your minor family quarrels should not so incite you that you should pronounce the final divorce in a fit of anger and there remains no chance for reconciliation.(Tafheem ul Quran)¹²⁵

2. **Extramarital Relations**

Modern world lacks any laws which prohibit unwanted male female interaction. When a person meets the opposite sex, he or she naturally develops liking for him /her especially young people. If there are no laws or social norms to hold them, they will either go for adultery or will get divorced from wife/ husband already in relation, for a new one. A study about adultery and divorce conducted by a London based family laws platform “Goodwins” shows that the “Adultery typically creates feelings of betrayal, anger and hurt that can exacerbate the bad blood between the parties. If mishandled, these feelings can lead to poor communication and decision making that may result in you getting protracted divorce proceedings or an unfavorable outcome.”¹²⁶

In US 60% of couples cited a partner’s unfaithfulness (unlawful affairs) as a reason their union ended.¹²⁷ Another research shows that living together prior to marriage can increase the chance of getting divorced by as much as 40 percent.¹²⁸

3. **Drugs Abuse**

Drugs affect the normal functioning of brain negatively. A person addicted to drugs doesn’t feel pleasure from pleasurable things as a normal person does. This affects the family life of that person especially spouse. It becomes difficult for a spouse to satisfy such husband/ wife in any case. He/ She would object and complain

even his/ her spouse works day and night to keep him pleased. He may beat her out of no reasons. Finally, such behavior compels other partner to take divorce or he himself divorces her. The University of Buffalo's Clinical and Research Institute on Addictions discovered that alcohol and substance use are among the most common reasons for divorce—the third-most common reason for women and the eighth-most common for men. In the United States, the current divorce rate is approximately 45%. However, data shows that more than 7% of divorces occur due to substance abuse issues.¹²⁹

4. **Domestic Violence**

Generally it is defined as a violent behavior of any of the married couple towards his/ her partner. It may be emotional, financial, physical or sexual violence. It mostly results from dissatisfaction from the partner which may vary from status to sexual dissatisfaction. Resultantly, the other partner has to withdraw the marriage contract to escape from violence. A California Law Firm, in a study about domestic abuse shows that the domestic violence or domestic abuse is a serious issue that can have devastating effects on relationships, families, and individuals. Not only is domestic violence considered grounds for divorce in California, but it can directly impact the outcome of the divorce proceedings.¹³⁰

5. **Intolerance**

None of humankind has been created perfect or without defect. It is humanly impossible for a person to be hundred percent as his/ her marriage partner wants. Lack of tolerance leads to disputes

and finally results separation. This is fact and we witness this reality in our day to day life. During a survey conducted by Express Tribune Newspaper, Dr Rizwan Aziz, a psychologist, said that intolerance and lack of flexibility among men was another major reason behind the rising divorce rates.¹³¹ According to Gilani research Foundation amongst various factors causing an increase in divorce rate in Pakistan, lack of patience tops the list as cited by 48%.¹³² Recently (August 2023), when Pakistan's famous morning show host and former actor Nida Yasir, during an interview was asked about marital issues, she cited the lack of tolerance as one of the main reasons why people are unable to sustain their marriages. (Tribune)¹³³

6. **Dowry System**

Dowry is a price or gifts given by the parents of bride at the time of marriage. It is a common practice in many countries across the world, especially in South Asian countries. A noticeable number of women remain single due to the non-availability of resources for dowry and many face violence after marriage if their dowry was not as per the demand of husband or his family. Recent suicide case of an Indian girl named Ayesha related to dowry issues is heartbreaking and has compelled people to think over its evils.¹³⁴ In 2021, a research paper published by Journal of Development and Social Sciences on perception of dowry shows that "Dowry is also one of the causes which lead to divorce. Participants informed that heavy dowry saves brides from divorce. They blamed little dowry for divorces "in case of little dower, in-laws sent back to parents' house". Marital life affects badly as day-to-day quarrels or

demands make relationships nasty between husband and wife and with in-laws. “Quarrelsome life eventually leads towards separation or divorce”.¹³⁵

7. **Financial Problems**

Divorce is the mostly outcome when a husband is unable to fulfill basic needs of his family or his wife is a thankless partner, who always complains. In wealthy couples divorce occurs due to the disputes over how, when and where to spend the money? “Money is widely known as one of the leading causes of divorce in America. It’s estimated that financial problems contribute to 20-40% of all divorces. That means that for every 10 marriages that end in divorce, four of them are because of money.” (Jimenez Law Firm)¹³⁶

“Finances can be more damaging to a marriage than arguments about children, sex, the in-laws or anything else. That’s the case from both sides of the marriage (from husbands and wives) and it applies regardless of the level of income, net worth or debt.” (Spectrum Family Law)¹³⁷

8. **Unrealistic Expectations**

People at younger age due to less awareness think marriage will bring all their problems to end. When they enter into the marriage agreement and start living together, they find things totally different. The unpreparedness about the upcoming challenges gives birth to stress, disputes, misunderstanding and confusion amongst couple, further leading to domestic violence or divorce. In 2005, the National Fatherhood Initiative published a report on a

national survey they conducted on Marriage in America. One of their findings was that 45% of divorced respondents said that unrealistic expectations in marriage by them and/or their spouse was a major contributor to the end of their marriage.¹³⁸

❖ CONSEQUENCES OF DIVORCE

1. Depression

Depression is a mental disorder which makes a person sad and hopeless for longer period of time. After the divorce, when a person recalls the good time spent in married life and finds it difficult to restore the relation due to the religious, legal and social restrictions, he becomes depressed. Furthermore, financial issues, problems in managing routine affairs and future concerns increase his depression. In US, a study conducted by National Library of Medicine shows: "On average, individuals who got divorced reported the highest level of depressive symptoms, followed by those who became widowed, and lastly those who remained married."¹³⁹ According to an AARP study, 28% of people age 40 and up experience depression following their divorce.¹⁴⁰

2. Drugs Abuse

To cope with post-divorce depression people involve themselves in drugs abuse, adultery and other such kind of unhealthy activities which not only affect them but the complete society harvests their harms. According to US National Library of Medicine the rates of

drug abuse are higher among divorced individuals than among those who are married.¹⁴¹ A study regarding use of antidepressant found that the use of antidepressant increased in the four years leading to the relationship break-up in both genders. The proportion of women taking antidepressants in the lead up to divorce increased by 7%, compared with 5% for men.¹⁴²

3. **Extramarital Relations**

Today marriage is not as simple as it was in the past. Now one needs huge finances for a wedding ceremony. If a couple gets divorced, it becomes financially difficult for them to get married again soon after the divorce. During this period, to cope up with depression and to fulfill the sexual urges they resort to unlawful relations. According to Sean Galla, an experienced facilitator, community builder and Peer Support Specialist: "Since most men do not take time to grieve the loss of their marriage, they immediately get back out there and get into new relationships and use dating after divorce as a way of escaping the pain instead of giving themselves time to heal. This is because most men prefer not to be alone after divorce to avoid having to deal with the emotions thereafter. This often leads to troubled relationships and, more likely, divorce in their second marriages."¹⁴³ A study by US National Library of Medicine shows that about 46% of mothers dated one partner after divorce, 21% reported dating serially, 18% reported dating simultaneously, and 15% chose not to date.¹⁴⁴ Another study indicates 65% of women start dating within the first year of being separated or divorced.¹⁴⁵

4. **Increased Suicide Cases**

Human Beings are neither physically nor spiritually perfect. People search for perfect person for marriage or at least expect perfect behavior from their spouse after marriage. When their expectations are not met, they resort to divorce in haste and later regret their decision. This feeling coupled with multiple other social and financial problems leads one to depression. Those who fail to cope up with depression are likely to end up committing suicide. According to institute of Family Studies the suicide rate among divorced adults is three times more than that of married adults.¹⁴⁶ A study published by the American Psychological Association reveals adult children of divorce are 14 percent more likely to attempt suicide than those who grew up in intact homes.¹⁴⁷

5. **Bad Impact on Children**

Forty-three percent of children in the United States are being raised without their fathers.¹⁴⁸ Separation badly affects the life of children psychologically as well as financially. If they remain with father, he won't be able to take care of them as a mother does and if they remain with mother, they are likely to face financial issues. Even if one remarries, step mother or father can't have affiliation with them as real parents have. Official journal of the World Psychiatry Association published a study which shows that the offspring of divorced/separated parents are also more likely to engage in risky sexual behavior, live in poverty, and experience their own family instability. Risk typically increases by a factor between 1.5 and 2.¹⁴⁹ Another study reveals that the children from divorced parents have an 8% lower probability of completing high

school, a 12% lower probability of college attendance, and an 11% lower probability of college completion.¹⁵⁰

❖ SOLUTION

1. Submission

Human Beings due to their limited knowledge sometimes can't reach the depth of a matter with regards to its pros and cons. In such situations they should humbly submit before Allah Almighty to find the truth. Divorce is mostly an outcome of disputes or feeling of disliking towards the spouse. One may overcome this feeling by patience and belief in the words of Allah Almighty. He says in the Holy Quran regarding spouses: "And live with them in kindness. For if you dislike them - perhaps you dislike a thing and Allah makes therein much good."(04:19)¹⁵¹ People failing to understand this fact, take divorce in haste and later regret their action.

2. Arbitration

Parents and elders of family have a great role to play in maintaining the marriage of their children. They should counsel them and guide them towards right course of action to deal with marital issues. In Holy Quran Allah Almighty says: "And if you fear dissension between the two, send an arbitrator from his people and an arbitrator from her people. If they both desire reconciliation, Allah will cause it between them. Indeed, Allah is ever Knowing and Aware."(04:35)¹⁵²

3. **Restriction of Desires**

Extramarital relations are also one of the common reasons of divorce. A natural attraction between male and female results such issues if not handled wisely. A partner involved in such relations either goes for divorce to establish a new relation or the other partner takes divorce due the betrayal of the spouse. To avoid being prey to this evil, Holy Prophet (PBUH) gave a golden advice to his Companions. Jabir (RA) reported that Allah's Messenger (ﷺ) saw a woman, and so he came to his wife, Zainab, as she was tanning a leather and had sexual intercourse with her. He then went to his Companions and told them. "When a woman fascinates any one of you and she captivates his heart, he should go to his wife and have an intercourse with her, for it would repel what he feels."(Muslim)¹⁵³

4. **Take a Righteous Spouse**

There are things which one needs to take into consideration before marriage for a good life after marriage. We have different standards for selection of a spouse like beauty, wealth and family status etc. In fact these things mostly contribute negatively in married life if righteousness is missing. Prophet (PBUH) said: "A woman may be married for four things: Her wealth, her lineage, her beauty or for her religion. Choose the religious."(Ibn Majah)¹⁵⁴ In another narration He (PBUH) said: "Nothing is more beneficial for a believer after fear of Allah than a righteous wife whom, if he commands her she obeys him, if he looks at her he is pleased, if he swears an oath concerning her she fulfills it, and when he is

away from her she is sincere towards him with regard to herself and his wealth." (Ibn Majah)¹⁵⁵

If one's spouse is such as mentioned by Prophet (PBUH), she would keep him pleased and satisfied, resultantly they won't even think of departing from each other.

5. **Delay in Divorce**

Anger may incite a person to make a decision without considering its outcome. Therefore, decision at the time of anger is mostly wrong and one regrets after harvesting its outcome. Marriage is a very sacred relation which is bound by the words of Allah Almighty. Allah doesn't want it to be broken in anger and haste. Therefore, He recommended delay in the process of divorce so that if someone wants to return, he should have doors opened for himself. Allah says in the Holy Quran: "For those who swear not to have sexual relations with their wives is a waiting time of four months, but if they return [to normal relations] - then indeed, Allah is Forgiving and Merciful." (02:226)¹⁵⁶ While explaining Surah At-Talaaq, Molana Modudi says: "O believers, you should not make undue haste in the Matter of pronouncing divorce. Your minor family quarrels should not so incite you that you should pronounce the final divorce in a fit of anger and there remains no chance for reconciliation." (Tafheem ul Quran)¹⁵⁷.

Therefore, if any such situation arises, one should divorce his spouse as per the instructions of Quran and Sunnah so that he has a cooling off period to rethink about the decision of divorce.

6. **Physical Relation**

A healthy physical relation is mandatory for a stable married life. Husband and wife both should respect each other's emotions and shouldn't be selfish. The Messenger of Allah (PBUH) said: "It is not appropriate that you fall upon your wives like a beast but you must send a message of love beforehand." In another narration He (PBUH) said: "When a man calls his wife to his bed and she refuses, and he went to sleep angry with her, the angels will curse her until morning."(Bukhari)¹⁵⁸ There are other narrations which term relation between husband and wife as an act of charity.

Therefore, one must try to be available to his spouse for intimate relation so that he doesn't have to adopt an illegal way to fulfill his desires. On the other hand one should take care of the emotions of his spouse because one is never always physically and emotionally fine for an intimate relation. This would help both in keeping their relation firm and enjoyable.

7. **Politeness**

The wonders which politeness can do harshness can never. Harshness may be successful to some extent at workplace but not in relations especially amongst spouses. One must be polite to his/ her spouse and accept the mistakes. Regarding politeness Allah's Messenger (PBUH) said: He who is deprived of tenderly feelings is in fact deprived of good. (Muslim)¹⁵⁹

Regarding spouse, He (PBUH) said: "The best of you is one who is best to his wives, and I am the best of you to my wives."(Ibn

Majah)¹⁶⁰ Therefore, one must be polite to his spouse for a happy and stable married life.

8. **Mutual Understanding**

A couple should develop mutual understanding to solve the family matters with wisdom. At a specific point of time if one's spouse is physically or mentally not well or is going through challenging times, he should understand the problem and cooperate with her in combating it. This will help the spouses to sail through the hard times with safety and ease. Like every other matter, we have the best example of Holy Prophet (PBUH) in this regard too. After receiving first revelation Allah's Messenger (PBUH) returned with his heart beating severely. Then he went to Khadija bint Khuwailid (His Wife) and said, "Cover me! Cover me!" She covered him till his fear was over and after that he told her everything that had happened and said, "I fear that something may happen to me." Khadija replied, "Never! By Allah, Allah will never disgrace you. You keep good relations with your kith and kin, help the poor and the destitute, serve your guests generously and assist the deserving calamity-afflicted ones." (Bukhari)¹⁶¹

This is how Prophet's wife calmed the heart of her husband at the time of difficulty. This was the reason, Holy Prophet (PBUH) once said to Hazrat Aisha (RA) about Hazrat Khadija (RA): Her love had been nurtured in my heart by Allah Himself. (Muslim)¹⁶²

One can have a stable married life by following the instructions of Holy Prophet (PBUH).

9. **Express your Love**

One should express love to his spouse repeatedly. It may be through words of mouth, presentation of gifts, arranging special food or through kind and respectable actions. "Hazrat A'ishah (may Allah be pleased with her) reported that the Messenger of Allah (ﷺ) would give me the vessel and I would drink from it, when I was menstruating, then I would give it to him and he would look for the place where I had put my mouth and put that to his mouth."(Nasai)¹⁶³

Holy Prophet (PBUH) did this to express love to his wife at the time when women used to be kept isolated and were treated badly during menses by Arabs.

10. **Lawful Entertainment**

Islam doesn't forbid from activities which are good for one's physical and mental health and have no negative impact on people and society. Entertainment has a positive impact on one's mood and mental health. Therefore, one may entertain himself and his spouse with lawful activities. Jabir bin Samurah (RA) said: "I sat with the Prophet (ﷺ) more than one-hundred times. His Companions used to recite poetry and talk about things that occurred during Jahiliyyah, and he would remain silent, and sometimes he would smile along with them." (Tirmidhi)¹⁶⁴

"A'isha (RA) said: "I used to play with dolls in the presence of the Prophet (PBUH) and my friends would play with me. When the Messenger of Allah (PBUH) entered, they would hide from him and

he would call them to join me and they would play with me."(Al-Adab Al-Mufrad)¹⁶⁵

At another instance, She (RA) said: once Prophet (PBUH) raised an end of a curtain which was hung in front of her store-room, revealing some dolls which belonged to her. He asked: What is this? She replied: My dolls. Among them he saw a horse with wings made of rags, and asked: What is this I see among them? She replied: A horse. He asked: What is this that it has on it? She replied: Two wings. He asked: A horse with two wings? She replied: Have you not heard that Solomon had horses with wings? She said: Thereupon the Messenger of Allah (ﷺ) laughed so heartily that I could see his molar teeth. (Abi Dawud)¹⁶⁶

In another narration, She (RA) said: By Allah, I remember the Messenger of Allah (ﷺ) standing on the door of my apartment screening me with his mantle enabling me to see the sport of the Abyssinians as they played with their daggers in the mosque of the Messenger of Allah (may peace be upon him). He (the Holy Prophet) kept standing for my sake till I was satiated and then I went back. (Muslim)¹⁶⁷

This shows that the desire for entertainment is natural and in case of husband and wife, it can help them in strengthening their relationship.



7: HYPERSEXUALITY

Compulsive sexual behavior is sometimes called hypersexuality or sexual addiction. It's an intense focus on sexual fantasies, urges or behaviors that can't be controlled. This causes distress and problems for your health, job, relationships or other parts of your life.¹⁶⁸

Islam has a balanced approach towards every aspect of life. This is the reason that the followers of Islam have been called as Ummat e Wasat (Moderate Nation)¹⁶⁹. Today, when people have left the path of moderation, and have turned towards the desires of lower self, the complete system of life has collapsed. People often behave inhumanly and disgustingly. Concerning sexual behavior, in pursuit of pleasure, the world has resorted to such ways and means that people of the past never thought of.

Sexual desires have occupied Human Beings to the extent that our literature, poetry, jokes, meetings, advertisements and films etc. are never free of sexual content. After seeing the behavior of people, a normal person feels like Allah has created Human Beings solely for this purpose. In addition to legal means, people have resorted to many illegal and harmful ways for sexual pleasure.

Each new day world is witnessing rise in sexual abuse. As per the report of America's largest anti-sexual violence organization, RAINN (Rape, Abuse & Incest National Network), "Every 68 seconds another American is sexually assaulted. 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime. About 3% of American men—or 1 in 33 have experienced an attempted or completed rape in their lifetime."¹⁷⁰

According to statistic reports in England and Wales, 20% of women (1 in 5) and 4% of men have experienced sexual violence in their lifetime. Approximately 85,000 women and 12,000 men experience rape or sexual assault in England and Wales every year which is around 11 sexual offences every hour.¹⁷¹

Seeing the overall alarming condition of western society, national poet Allama Iqbal had to say: "Throw them out in the street. The new civilization's eggs are rotten." Still there are ignorant people in the Muslim world who want to fill their plates with these rotten eggs despite of having delightful food of Islam.

Islam like any other divine religion has given beautiful way to fulfill the bodily desires with the purpose of reproduction. Any deviation from that, causes serious disorder in the society. Suppose if water being stored in a dam is not utilized for production of electricity, irrigation of crops or any other useful purpose it will surely overflow from banks and will cause destruction. Same is happening with regards to bodily desires. These desires are not being fulfilled through natural way for the purpose defined by Allah and resultantly are causing huge destruction in the society. There is no

need to devise new ways to cure this disease rather returning to the ways already defined by the Allah, is the only solution to this problem.

❖ REASONS

1. Lacking Taqwa (Allah's Fear)

The monitoring and judgement system of this world is not perfect to deter man from all evil deeds. From time to time man gets chances to commit sins where no one can catch or punish him. In such situations, only fear of Allah Almighty and Hereafter can be helpful in rescuing man from sinful acts. In case of sexual desires, due to strong urge, it becomes more difficult for one to hold himself from sins. At times people despite knowing the damaging outcome, can't control themselves from sexual act. This is because they lack God-consciousness (Taqwa).

Allah's Messenger (ﷺ) said: "Once three persons (from the previous nations) were traveling, and suddenly it started raining and they took shelter in a cave. The entrance of the cave got closed while they were inside. They sought Allah's help by referring the past good deeds. First one presented his good deed and the rock shifted a bit from the mouth of the cave. Then second one presented his good deed and the rock shifted and they could see the sky through it. The (third) one said, 'O Allah! You know that I had a cousin (i.e. my paternal uncle's daughter) who was most beloved to me and I sought to seduce her, but she refused, unless

I paid her one-hundred Dinars (i.e. gold pieces). So I collected the amount and brought it to her, and she allowed me to sleep with her. But when I sat between her legs, she said, '**Be afraid of Allah**, and do not deflower me but legally. 'I got up and left the hundred Dinars (for her). O Allah! If You consider that I did that for fear of you than please remove the rock. So Allah saved them and they came out (of the cave).' (Bukhari)¹⁷²

Fear of Allah miraculously saved third person from the sinful act. Today, faith has weakened due to which fear has diminished from the hearts of people. Resultantly sins have become widespread especially sexual urges.

2. **Not Protecting Gaze**

It is a sad fact that people around the world have almost stopped following the religious instructions except few rituals. This has caused unending problems in every aspect of life. Concerning sexual desires, people fail to follow the precautions given by the religion and cause problems for themselves and the others. Gazing at a strange women is prohibited because it is one of the steps towards adultery. Therefore, Prophet (PBUH) called it adultery itself. He (PBUH) said: "The adultery of the eye is the lustful look." (Muslim)¹⁷³ In another narration, He (PBUH) said: "A look (at what is Haram) is a poisoned arrow of the Devil's arrows". (al-Mustadrak)

People don't lower their gaze due to the lack of guidance and self-control and resultantly their sexual desires get activated each time they look lustfully towards a woman. Wandering of gaze coupled with other factors leads them towards hypersexuality.

3. Listening to Non-Mahram

Listening to non-mahram is only permitted in case of need but today it has become so common that the concept of mahram and non-mahram has almost diminished. People listen to strange women in markets, restaurants, workplaces, movies, dramas and news etc. Music concerts are arranged which compulsorily include women who provoke the sensual desires of the audience through songs, revealing dresses and dance. Prophet (PBUH) said: The adultery of the ears is listening to voluptuous (song or talk).” (Muslim)¹⁷⁴

Concerning this matter Molana Modudi says: "There is no harm if the other man is spoken to in case of a genuine need, but on such an occasion the woman's tone and manner of speech should be such as does not let the other man think that he could cherish any false hope from her. There should be no undue softness in her tone, no allurements in her conversation, no consciously affected mellowness in her voice, which should excite the male hearer's emotions and encourage him to make advances. If this verse is read together with verse 31 of Surah An-Nur, in which Allah says: "They should not stamp the ground in walking lest their hidden decoration is revealed," the intention of the Lord clearly seems to be that the women should not attract other men by their voice or the jingle of their ornaments unnecessarily and if at all they have to speak to the other men, they should speak to them in an unaffected tone and manner. That is why it is forbidden for the woman to pronounce the call to the Prayer. Moreover, if a woman is attending a congregational Prayer and the Imam commits a mistake, she is not permitted to say Subhan-Allah like the males

but should only tap her hands to call the imam's attention to the error. Now just consider this: When Islam disallows the woman to talk to other men in a soft and sweet tone and even forbids her to produce her voice before the other men without a genuine need, will it approve her to appear on the stage and sing, dance, flirt and behave coquettishly? Will it permit her to sing love songs over the radio and excite the people's emotions by presenting sweet melodies full of obscene themes? Will it permit that she should play the roles of the wives and sweet-hearts of others in dramas? Or that the women should be made the airhostesses and be especially trained to charm and allure the passengers? Or that they should visit clubs and attend social functions and gatherings in full make-up and mix freely with men and have fun and a good time with them? From which Qur'an has this culture been derived? For the Qur'an that was sent down by God there is to be found no hint as to the admissibility of this sort of culture. (Tafheem ul Quran)¹⁷⁵

Islam didn't prohibit anything without a solid reason. As mentioned in Holy Quran and sayings of Prophet (PBUH), listening to non-mahram arouses sexual feelings which if left not controlled surely lead to undesired sexual behavior.

4. **Talking to Non-Mahram**

Like other evils talking to non-mahram has also become very common. Although, meeting, gazing, talking and listening normally occur at a same time but these evils have so widespread that a need was felt to mention them separately.

People unhesitantly talk to strange women in workplaces, markets and on phone calls etc. Most of the companies have started hiring women for call centers, reception and shopping malls etc. to attract the customers. Whereas Allah Almighty says in the Holy Quran: “Do not talk in a soft voice lest the man of the diseased heart should cherish false hopes from you, but speak in an unaffected manner.” (33:32) Allah commands to avoid soft speech whereas these women are specially trained and taught to keep their speech and manners soft and attractive to appeal customers. This is clearly adultery about which Prophet (PBUH) said: “The adultery of the tongue is licentious speech.” (Muslim)¹⁷⁶

People especially youth unnecessarily engage with these women in offices, shopping malls and call centers etc., stimulating sensual desires.

5. Revealing Dresses

Islam is the divine religion therefore it identifies and addresses the root causes of all evils. Concerning dress Islam has given some guiding principles for men and women separately. When we forsake those principles, problems start occurring. Allah Almighty clearly says in the Holy Quran: “And tell the believing women to lower their gaze and guard their chastity, and not to reveal their adornments except what normally appears.” (24:31)

Besides that Ibn Jarir has related an incident from Aishah (RA) saying that once the daughter of Abdullah bin Tufail, who was her mother’s son from her former husband, came to her house on a visit. When the Prophet (peace be upon him) entered the house, he saw her but turned his face to the other side. Aishah (RA) said:

O Messenger of Allah (PBUH), she is my niece. Thereupon the Prophet (PBUH) remarked: When a woman reaches the age of puberty, it is not lawful for her to display her body except the hand and the face. (Tafheem ul Quran)¹⁷⁷

Imam Ghazali says: "It is not enough that women wear sheets and veils, but when they wear white sheets and put on attractive veils, it creates even more sensuality, and sometimes this adornment means that they look a little better than having an open face. With this idea in mind, the white sheet and attractive veil are forbidden for women, and the woman who does this is a sinner, and the father, brother, and husband who allow this matter will also be included in this sin." (Kemya e Sa'adat)¹⁷⁸

Today, when we see the world facing multiple challenges with regards to these matters, we fully realize the importance of Allah's commandments. A research by Fashion and Textiles, International Journal of Interdisciplinary, focused on a 25 years span addressing relationships between dress and harassment shows: "When wearing heavy cosmetics the model was rated highest on the likelihood of provoking sexual harassment followed by the moderate and no cosmetics condition. When wearing no cosmetics the model was judged least likely to be sexually harassed."¹⁷⁹ Another research regarding "Clothing and Attributions Concerning Sexual Harassment" published by Research Gate revealed that subjects rated the model in provocative clothing as more likely to provoke sexual harassment and to be sexually harassed than the model wearing non-provocative clothing.¹⁸⁰

The commandments of Allah Almighty and His Messenger (PBUH) prohibiting provocative clothing and the outcome of disobeying this command in the form of sexual harassment clearly shows that revealing clothing provokes desires and leads towards hypersexuality.

6. **Intermingling of Men and Women**

Imam al Ghazali says that it should be known that there is no more corruption than women sitting without hijab next to men in gatherings and feasts etc.”(Kemya e Sa’adat)¹⁸¹

Intermingling of men and women promotes hypersexual behavior. This social concern of present world carries two major issues. Firstly, presence of women at public places, workplace, shopping malls, restaurants and airports etc. has increased to the extent that it becomes challenging for even the most pious person to safeguard his eyes, ears and heart when moving to these places. Secondly, due to the lack of religious awareness, people don’t take necessary measures like modest dressing by women, avoid soft speech while talking to men and lowering the gaze etc. This careless behavior provokes sexual desires especially in men. Holy Prophet (PBUH) said: “The adultery of the eye is the lustful look and the adultery of the ears is listening to voluptuous (song or talk) and the adultery of the tongue is licentious speech and the adultery of the hand is the lustful grip (embrace) and the adultery of the feet is to walk (to the place) where he intends to commit adultery and the heart yearns and desires which he may or may not put into effect.” (Muslim)¹⁸²

This devilish system has so arranged the things that one can neither protect his eyes and ears nor avoid women interaction in offices and public places. This undesirable change has given rise to hypersexuality resulting increase in sexual abuse in the society.

7. **Drugs**

As we are aware that the use of drugs negatively affects the body as well as mind. Resultantly, man does such acts which neither religion nor society permits. In Holy Quran, Allah Almighty states intoxicants as the work of Satan. Satan uses this tool to spread numerous evils in the society and sensual desire is one of them. Drugs induce sexually violent behavior and also reduce the victim's power to resist. A study by Fountain Hills Recovery shows: "Alcohol is one of the most important risk factors that contribute to sexual violence. At least 50% of sexual assaults involve alcohol consumption by the perpetrator and/or victim."¹⁸³ Recently a news came up that Canadian military is considering curbing alcohol consumption to prevent acts of sexual misconduct. (Radio Canada. 2023)¹⁸⁴

Statistically and scientifically it is proven that drugs cause sexual misconduct in people because it causes increased levels of testosterone and estradiol.

8. **Obscene Content**

We are aware that religion prohibits even looking at dressed up women to avoid sensual desires. In this regard, Imam Ghazali says: "It is not enough that women wear sheets and veils, but when they wear white sheets and put on attractive veils, it creates even

more sensuality.” (Kemya e Sa’adat)¹⁸⁵ So, when attractive clothing gives rise to sexual desires, one can well imagine how uncontrollable these desires would be after watching obscene content. There are numerous studies conducted worldwide and incidents reported, which show that obscene content promotes sexual misconduct. “In Pakistan when two accused (15 and 17 years old boys) were asked for the reason of sexually assaulting a 9 years old neighbor child; they both confessed that a porn video led them to that.” (Urdu Point)¹⁸⁶

Hundreds of such incidents are available on record from across the world where rapists confessed the role of obscene content in their act of rape.

❖ CONSEQUENCES

1. Sexual Abuse

Today, when people have forsaken the commandments of Allah and His Messenger (PBUH), numerous problems have come up in every sphere of life. Concerning sexual desires, both men and women have adopted lifestyle totally opposite to what Allah commands. This disobedience has given rise to unwanted sexual behavior in the complete world. “In US 81% of women and 43% of men reported experiencing some form of sexual harassment and/or assault in their lifetime. It is estimated that 734,630 people were raped (including threatened, attempted, or completed rape) in the U.S. in 2018.”¹⁸⁷ Approximately 85,000 women and 12,000

men experience rape or sexual assault in England and Wales every year which is around 11 sexual offences every hour.¹⁸⁸

Cases of sexual assault around the world are gradually increasing and are taking more violent forms.

2. **Child Abuse**

Due to the reasons discussed earlier, people crave for different sexual experiences including child abuse. Children are normally not aware of sexual matters and are therefore easy prey for evil minded people. Resultantly, child abuse cases have increased alarmingly around the globe. According to World Health Organization report globally, it is estimated that up to 1 billion children aged 2–17 years, have experienced physical, sexual, or emotional violence or neglect in the past year (2021).¹⁸⁹

According to the National Police Chiefs Council report, which looked at data from all 42 police forces in England and Wales:

- ✓ 106,984 child sexual abuse offences were reported in 2022, a 7.6% increase on 2021.
- ✓ 73% involved sexual offences against children.
- ✓ 27% were offences relating to indecent images of children. (BBC)¹⁹⁰

Same are the child abuse statistics of other countries with minor variations.

3. **Marital Rape**

Marriage is a contract based on mutual rights and duties of wife and husband. Islam has provided solution to even minutest problem in every aspect of life. Stability of family is only possible on the basis of moral grounds and if every minor issue is brought to the court, marriage can't sustain. Concerning copulation, it is fact that men have higher sexual desires than women. Secondly, women can't always be available for copulation because of their inherent weaknesses like periods and pregnancy etc. Islam has addressed this problem by allowing polygamy (taking four wives at a time). Marital rape is one of the unique gifts of modern secularism to the Human Beings. By discouraging polygamy, it has opened doors for marital rape and adultery. The first country which criminalized the marital rape was Soviet Union in 1922, followed by Poland in 1932. After World War II, many members of the Communist Bloc followed the Soviet example, e. g. Czechoslovakia in 1950.¹⁹¹ In Muslim communities, up till now marital rape is very uncommon because husband and wife are bound by mutual rights and duties and men also take up to four wives to meet their natural desires. However, in western societies this issue has become widespread. A study published by 'Science Direct' shows that every year in the USA, approximately 8% of women experience physical abuse by a partner, and that more than three out of every 100, or 1.8 million women, are severely assaulted in any given year. The lifetime prevalence of sexual violence within intimate relationships is 9–14% in the general population of US women, and 40–46% in the population of battered women.¹⁹²

According to the latest National Family Health Survey (NFHS-5), nearly 1 in 3 Indian women age 18-49 have suffered some form of spousal abuse; and around 6% have suffered sexual violence.¹⁹³

These are the consequences of fulfilling the desires through unnatural ways.

4. **Wife Swapping**

Man has devised another evil way in pursuit of his sensual pleasures known as wife swapping. A report from one of Italy's most respected broadsheet newspapers suggests one in four of all Italian couples regularly take part in wife swapping.¹⁹⁴

In America, conservatively 2.5 million couples exchange partners and/or swing on a somewhat regular basis (three or more times a year).¹⁹⁵

In 2013, such scandal came up in Indian Navy when an officer's wife was forced to take part in wife-swapping. Later she filed a complaint and said that there are parties every day and the women wear very revealing almost vulgar clothes. I found later that wife-swapping was common there. She also said that 20-30% of naval officers indulged in wife-swapping.¹⁹⁶

A decade ago majority of people around the world were unaware of this evil practice but due to prevalence of social media and men's increased sensual desires, now it is making its way into even moderate and civilized societies.

5. Incest

Incest is a sexual relation between close family members who are forbidden for marriage. Allah Almighty says: “Prohibited to you [for marriage] are your mothers, your daughters, your sisters, your father's sisters, your mother's sisters, your brother's daughters, your sister's daughters, your [milk] mothers who nursed you, your sisters through nursing, your wives' mothers, and your step-daughters under your guardianship [born] of your wives unto whom you have gone in. But if you have not gone in unto them, there is no sin upon you. And [also prohibited are] the wives of your sons who are from your [own] loins, and that you take [in marriage] two sisters simultaneously, except for what has already occurred. Indeed, Allah is ever Forgiving and Merciful. (4:23)

These commandments clearly prohibit sexual relations with close family members. Western society has unfortunately crossed all moral limits. A report by US Department of Justice reveals that there are at least 100,000 incest cases in the United States each year.¹⁹⁷ Another study sample published by “Medical Science Monitor” consisted of 43 incest cases with an age range from 4 to 40 years. Two-third of the victims were under 18 years old. All perpetrators were males. Father-daughter incest (34.9%) was found to be most common incest type, followed by brother-sister incest (14%).¹⁹⁸

These statistics clearly reveal the moral corruption of present world.

6. **Military**

Cases of sexual assault have also become very common in world's modern armies. On average, about 10,000 men and similar number of women are sexually assaulted in the American military each year, according to Pentagon statistics. And before women were fully integrated into the armed services, the bulk of the victims were men.¹⁹⁹ Another report by "The Guardian" reveals: "Rape within the US military has become so widespread that it is estimated that a female soldier in Iraq is more likely to be attacked by a fellow soldier than killed by enemy fire."²⁰⁰

Recently, the U.S. military has launched an ambitious effort to hire and train more than 2,000 experts focused on preventing sexual assault and other harmful behaviors within its ranks. The move comes after an estimated 25% increase in military sexual assaults, which affected about 35,900 active duty service members (19,300 women and 16,600 men) in 2021, up from about 28,600 in 2018.²⁰¹

7. **Entertainment Industry**

Since, entertainment industry has increased the sexual content for the sake of money and viewership, hypersexual behavior has widespread, causing increase in sexual abuse cases in the industry. An exclusive survey by "USA Today" in partnership with The Creative Coalition, Women in Film and Television and the National Sexual Violence Resource Center found that 94% of hundreds of women questioned say that they have experienced some form of sexual harassment or assault during their careers in Hollywood.²⁰²

It is also very common in Bollywood. In this regard BBC interviewed actresses who faced sexual harassment during their carrier in Bollywood. Usha Jadhav is one of the few women willing to go public with her experiences of harassment. When she first arrived in Bollywood, she says she was told that she would have to sleep with directors or producers to get ahead. "We are giving you something - you need to give something back too," she recalls being told.²⁰³

It is also common in other entertainment industries with certain variations in frequency of cases.

8. **Educational institutions**

A survey conducted by the American Association of University Women (AAUW 2002) on 2064 students in 8th through 11th grade reported:-

- ✓ 83% of girls have been sexually harassed.
- ✓ 78% of boys have been sexually harassed.
- ✓ 38% of the students were harassed by teachers or school employees.
- ✓ 36% of school employees or teachers were harassed by students.
- ✓ 42% of school employees or teachers had been harassed by each other.

In their recent study (AAUW 2006) on sexual harassment at colleges and universities, the AAUW reported:

- ✓ 62% of female college students and 61% of male college students report having been sexually harassed at their university.
- ✓ 66% of college students know someone personally who was harassed.²⁰⁴

These are the consequences of hypersexual behavior triggered by the non-religious life style that even educational institutions have alarming rate of sexual abuse.

9. **Healthcare Sectors**

Healthcare Sectors also have high rate of sexual harassment. A recent study conducted by BMC Nursing shows: “The prevalence of sexual harassment against female nurses was 43.15%. It ranged 10 to 87.30%. The 35% of the female nurses were verbally, 32.6% non-verbally, 31% physically and 40.8% were being harassed psychologically. The 46.59% of them were harassed by patients, 41.10% by physicians, 27.74% by patient’s family, 20% by nurses and 17.8% were by other coworker perpetrators. The 44.6% of them were developed mental problems, 30.19% physical health problems, 61.26% emotional, 51.79% had psychological disturbance and 16.02% with social health problems.²⁰⁵

Another study in which 325 participants were recruited, revealed: Forty percent (40%) stated they had been sexually harassed at work. Forty-five percent (45%) reported the harassment occurred more than 3 times and 46.4% reported loss of desire for work. Action taken for investigation was only reported by 5.4%. The

logistic regression revealed that female doctors were 1.45 times more prone to sexual harassment.²⁰⁶

10. **Illicit Child**

Besides the bad consequences for the perpetrator and victim there are multiple other problems linked with illicit sexual relations. Children born out of wedlock are one of those problems. They don't get care and education as normal children get and majority of them, when they grow up, are found involved in criminal activities. The ratio of illicit children is alarmingly increasing day by day. According to the recent (2024) report by World Population Review the number of children born out of wedlock is more than 50% in many countries. That includes countries such Mexico, Iceland, France, Denmark, Sweden, Norway, Chile, and many others. Chili has the highest out-of-wedlock birth rate at 75.1% of all births.²⁰⁷

In an article "Out-of-Wedlock Births Rise Worldwide" Joseph Chamie writes: "Of the world's 140 million births that happened in 2016, about 15 percent or 21 million were born out of wedlock. The high incidence of childbearing out of wedlock is a relatively recent phenomenon. The proportions of such births a half century ago were substantially lower than today. For example, in 1964 most countries in the Organization of Economic and Co-operative Development had no more than 10 percent of their births outside of marriage. By 2014 in only five countries – Greece, Israel, Japan, South Korea and Turkey – were the proportions of births out of wedlock below 10 percent. In the large majority of more developed countries, including Germany, the United Kingdom and the United

States, more than one-third of all births take place out of wedlock.²⁰⁸

11. **Abortion**

Abortion is also one of the bad consequences of hypersexual behavior. People engage in illicit relations and then to hide their sin or to avoid the responsibility of bringing up a child, they resort to abortion. According to World Health Organization report 73 million induced abortions take place worldwide each year. Six out of 10 (61%) of all unintended pregnancies, and 3 out of 10 (29%) of all pregnancies, end in induced abortion.²⁰⁹

Due to the decrease in population many advanced countries have put ban on abortion but still it couldn't be stopped. New findings from the Monthly Abortion Provision Study show that in US an estimated 1,037,000 abortions occurred in the formal health care system in 2023 despite bans.²¹⁰

This is horrific outcome of secular modernism, which presented religious commandments before people as burdensome and impracticable and urged them to stand against them. Hypersexuality is not an individual's problem rather it's a complete system which promotes hypersexuality. We have gone through its few horrific consequences and there are numerous others which have been left to avoid prolonging of subject. As a society, if we want to get rid of these evil consequences, we will have to restore the system based on the law of nature or in other words Islamic system. There is no other so perfect solution to these issues.

❖ SOLUTION

1. Knowledge

Knowledge is necessary to keep oneself on right path. If one who has no knowledge of right and wrong, he is most likely to fall into false temptations. Concerning sexual matters, Islam has provided guidance regarding every matter. When one knows how to dress, how to talk, how to avoid temptations, what are the harmful consequences of engaging in illicit relations and what punishments people of the past received for such acts; it becomes easy for him to remain away from sins and follow pure life. That's why Allah Almighty says in the Holy Quran: Say, "Are those who know equal to those who do not know?" Only they will remember [who are] people of understanding. (39:9)

While explaining this verse, Molana Modudi (RA) says: "For the real supremely important thing is the knowledge of the Truth and man's action according to it, and on this depends his true success. Allah asks: How can these two be equal? How can they possibly follow the same way together in the world, and meet with the same end in the Hereafter?" (Tafheem ul Quran)²¹¹

2. Taqwa (Allah's Fear)

Fear of Punishment and desire for reward helps a person in keeping himself on right path. Especially in case of Hereafter where least tormented of the inhabitants of the Fire would be he who would wear two shoes of Fire and his brain would boil on account of the heat of the shoes. (Muslim)²¹² This was the reason that in almost all the cases of adultery at the time Holy Prophet

(PBUH), perpetrator themselves came to Prophet (PBUH) out of fear, confessed their crime and demanded punishment. Abu Bakr (RA) said: I was sitting with the Prophet (ﷺ) when Ma'iz bin Malik came and confessed (to adultery) in his presence once, and he sent him away. Then he came and admitted it in his presence a second time and he sent him away. Then he came and admitted it in his presence a third time and he sent him away. I said to him: If you confess a fourth time, he will stone you. Then he admitted it the fourth time, so he detained him and asked about him, and they said: We do not know anything but good about him. Then he ordered that he be stoned. (Musnad Ahmad)²¹³

When we read the story of Prophet Yousaf (AS) in Holy Quran, we realize how miraculously Taqwa (Fear of Allah) guarded his chastity and protected him from the trap of Satan. Allah Almighty says: “The woman, in whose house he (Joseph) was, sought to seduce him. She closed the doors tightly and said: “Come on, you.” He said: “I take refuge in Allah. He is my Lord. He made good my abode. Surely, the wrong-doers cannot have Salvation.” (12:33)

3. Timely Marriages

Copulation is one of the basic human needs that's why Islam has commanded parents to arrange marriage for their children as soon as they get mature. When a person doesn't get married timely and engages in unlawful relations to fulfill his natural desires, he becomes accustomed to it. Resultantly, it becomes difficult for him to abandon these relations even after marriage. A companion of Prophet (PBUH), Abdullah (RA) narrated: “We were with the Prophet (PBUH) while we were young and had no wealth. So

Allah's Messenger (PBUH) said, "O young people! Whoever among you can marry, should marry, because it helps him lower his gaze and guard his modesty (i.e. his private parts from committing illegal sexual intercourse etc.)."(Bukhari)²¹⁴ At another occasion Abdullah (RA) narrated: "We used to participate in the holy battles led by Allah's Messenger (PBUH) and we had nothing (no wives) with us. So we said, "Shall we get ourselves castrated?" He (PBUH) forbade us that and then allowed us to marry women with a temporary contract and recited to us: "O you who believe! Make not unlawful the good things which Allah has made lawful for you, but commit no transgression."(Bukhari)²¹⁵

These commandments show that the marriage is a basic human need and therefore, parents should arrange marriage for their children as soon as they get mature for their welfare and the welfare of whole society.

4. **Mutual Rights**

Allah Almighty defined the mutual rights and duties of husband and wife to make their marriage peaceful. On one hand He ordered man to treat his wife politely, help her and bear her finances. On the other hand woman was ordered to obey, respect and help her husband in managing house affairs. Adherence to these commandments generates peace and love amongst couple and saves them from seeking it outside the marriage. Islam has promised reward for couple when they engage in intimate relation. In a narration reported by Abu Dharr (RA), Prophet (PBUH) said: "And in man's sexual Intercourse (with his wife,) there is a charity. They (the Companions) said: Messenger of Allah! is there reward

for him who satisfies his sexual passion among us? He said: Tell me, if he were to devote it to something forbidden, would it not be a sin on his part? Similarly, if he were to devote it to something lawful, he should have a reward.”(Abi Dawud)²¹⁶

When husband and wife take care of each other’s rights and live happy and healthy life, a stranger doesn’t appeal them and they remain safe from any illicit relation.

5. **Lowering the Gaze**

Islam has forbidden both male and female from looking at non-Mahram (stranger). Allah Almighty says in the Holy Quran: “O Prophet (PBUH)! Tell the believing men to lower their gaze and guard their chastity. That is purer for them. Surely Allah is All-Aware of what they do. And tell the believing women to lower their gaze and guard their chastity.”(24:30-31) It’s a fact that looking at non-Mahram stimulates the sensual desires which if not control can lead to sexual harassment or extramarital relations. That’s why when Prophet (PBUH) was asked about a sudden glance at Non-Mahram, He (PBUH) commanded to turn away the eyes.”(Abi Dawud)²¹⁷ At another place He (PBUH) said: “The adultery of the eye is the lustful look.” (Muslim)²¹⁸

Today, as there is no Islamic system in any country around the world and on the name of modernization women have been allowed to participate in every activity with no restrictions on dress code. This demands strict observance of command about lowering the gaze to avoid wrong sexual urges.

6. **Moderate Dress**

No commandment of Allah Almighty is meaningless. Allah commanded Human Beings especially women to wear moderate dress to avoid temptation. He says in the Holy Quran: "O Prophet (PBUH), tell your wives and your daughters and the women of the believers to bring down over themselves [part] of their outer garments. That is more suitable that they will be known and not be abused."(33:59) Implementation of these commandments can be clearly seen at the time of Prophet (PBUH) regarding which 'Aisha (RA) reported: "Allah's Apostle (PBUH) used to offer the Fajr prayer and some believing women covered with their veiling sheets used to attend the Fajr prayer with him and then they would return to their homes unrecognized."(Bukhari)²¹⁹

Umm Salamah (May Allah be pleased with her) said: I was with the Messenger of Allah (ﷺ) along with Maimunah (May Allah be pleased with her) when Ibn Umm Maktum (May Allah be pleased with him) (who was blind) came to visit him. (This incident took place after the order of Hijab). The Prophet (ﷺ) told us to hide ourselves from him (i.e., observe Hijab). We said: "O Messenger of Allah (ﷺ), he is blind and is unable to see us, nor does he know us." He replied; "Are you also blind and unable to see him?" (Riyad as-Salihin)²²⁰

Although Umm Maktum (RA) was a blind man therefore, there was no fear of temptation but commanding wives to even cover themselves in front of a blind man was to give them and future generations a lesson so that they should not devise any reason to take off their veils in front of non-Mahram. Adherence to the Divine

instructions regarding dress code can help in reducing rape and adultery cases.

7. **Gender Segregation**

Free mixing of men and women has increased sexual misconduct all over the world. This is due to the natural attraction between them which can only be controlled by imposing certain restrictions. That's why Allah didn't say in the Holy Quran that don't fornicate rather He said: "Do not even go close to fornication."(17:32) Going close to fornication is next to fornication itself because it becomes very difficult for one to return when he has adopted the means. In another verse Allah Almighty restricts the man-woman interaction only to compulsion and even in that case He says: "And when you ask anything from them (the blessed wives of the Prophet), ask them from behind a curtain. That is better for the purity of your hearts and their hearts." (33:53)

In explanation of Surah Nur (verse 31), Molana Modudi after quoting different traditions forbidding free mixing of men and women, says: "All these commandments clearly show that mixed gatherings of the men and women are wholly alien to the temper of Islam. It cannot therefore be imagined that divine law which disallows the men and women to stand side by side for prayers in the sacred houses of Allah, would allow them to mix together freely in colleges, offices, clubs and other gatherings." (Tafheem ul Quran)²²¹

The world has witnessed the harmful outcome of free mixing of men and women and is searching for a respectable escape. Recently, the U.S. military has launched an ambitious effort to hire

and train more than 2,000 experts focused on preventing sexual assault and other harmful behaviors within its ranks.²²² Despite these efforts they are unable to prevent sexual harassment. The only way out is to follow the religious instructions sincerely and completely.

8. **Fasting**

Optional fasting has been recommended by Prophet (PBUH) for spiritual progression, reward in Hereafter and to control sexual desires by those men who have no resources or have any other hindrance in getting married. Fasting decreases their testosterone level resulting in low sexual desires. Abdullah (RA) narrated that Holy Prophet (PBUH) said: "And whoever is not able to marry, should fast, as fasting diminishes his sexual power."(Bukhari)²²³

Besides that today we find even a large number of married people involved in illicit relations. This is because men have higher sexual desires and women due to their inherent weaknesses like periods and pregnancy etc., can't always be available for copulation. Then men who can manage to marry more than one wives should do it to fulfill their natural desires and others should keep voluntary fast to control their sexual desires.

There are three different types of optional fasting and one can choose as per his physical and spiritual needs. First one is fasting three days a month, regarding which Holy Prophet (PBUH) said: "Fasting three days of each month is fasting for a lifetime, and the shining days of Al-Bid, the thirteenth, fourteenth and fifteenth." (An-Nasai)²²⁴ Second one is fasting eight days a month (each Monday and Thursday). The Messenger of Allah (PBUH) said:

"Deeds are presented on Monday and Thursday, and I love that my deeds be presented while I am fasting." (Tirmidhi)²²⁵ Third one is fasting 15 days a month. The Messenger of Allah said: "The most virtuous fast is the fast of my brother Dawud. He would fast a day, and not fast (the next) day. (Tirmidhi)²²⁶

9. **Polygyny**

The practice of marrying more than one wives is called polygyny and Islam restricts this number to four wives at a time. It has numerous benefits and carries in itself solution to problems like women poverty, adultery, rape and prostitution etc. For instance; rape means a sexual activity by a person (male/ female) against the victim without his/ her consent. You would hardly hear that a woman raped a man rather it's almost always otherwise. There are certain reasons behind it and one of those is that men have high sex drive than women. This makes them crave for more sexual activities. Polygyny can hold man from such detestable acts. Secondly, prostitution is almost always female related because of men's increased demand for sex. Women adopt prostitution for money and men visit prostitutes for sex. Polygyny accommodates both demands in a lawful, honorable and beautiful manner. Allah Almighty says in Holy Quran: "And if you fear that you will not deal justly with the orphan girls, then marry those that please you of [other] women, two or three or four. But if you fear that you will not be just, then [marry only] one or those, your right hands possess [i.e., slaves]. That is more suitable that you may not incline [to injustice]."(04:03)

While explaining this verse Mufti Muhammad Shafi about polygamy says: “The truth of the matter is that a religion or law which aims to establish an infra-structure against adultery, it (polygamy) serves as a remedial approach to the problem of comparatively larger female population in some areas as compared to that of men. If such permission was not granted, mistresses and prostitutes will proliferate. This is why nations which do not permit plurality of wives must live in rampant adultery (calling it 'free sex' hardly changes the reality). Even in our own time, if we look at the state of nations in Europe and America, we will see that they look down on what they call polygamy and put a ban on plurality of wives, but they permit a man to practice adultery with as many women as he can get under the cover of 'friendship'. Saying no to marriage and yes to adultery is certainly very strange!” (Maarif UI Quran)²²⁷

It is fact that the sexual desires of many people can't be fulfilled by a single wife and they resort to illicit relations. Islam condemns this practice and encourages men to take these women as wives in an honorable manner instead of hidden relations. The Messenger of Allah said: “There is nothing like marriage, for two who love one another.” (Ibn Majah)²²⁸

10. **Capital Punishments**

Allah Almighty has ordained capital punishments as a deterrence to prevent people from sexual misconduct. Punishment for unmarried person who commits adultery is hundred lashes. Allah Almighty says: “Flog the fornicatress and the fornicator with a hundred lashes each. Let there be no reluctance in enforcing the

laws of God, if you have faith in God and the Day of Judgment. Let it take place in the presence of a group of believers.”(24:02)

Punishment for married person who commits adultery is stoning to death. Hazrat Umar (RA) said: “Verily Allah sent Muhammad (ﷺ) with truth and He sent down the Book upon him, and the verse of stoning was included in what was sent down to him. We recited it, retained it in our memory and understood it. Allah's Messenger (ﷺ) awarded the punishment of stoning to death (to the married adulterer and adulteress) and, after him, we also awarded the punishment of stoning. (Muslim)²²⁹

Human Beings strong sensual urges can be put into limits by imposing these punishments ordained by Allah Almighty.



8: HOMOSEXUALITY

When a person does not read the instructions of creator nor does he consult a knowledgeable person regarding the functioning of a particular machine, he is likely to mishandle it, resulting damage to himself and society. This is what happened to the most valuable yet complex machine “Human Being”. The supreme creature of God distanced itself from the instructions of their Creator and resorted to self-defined ways to manage their affairs. This approach is similar as if somebody tries to run a diesel car with water. One will simply term this kind of thinking as foolishness and such person as abnormal. Today one of the deadly abnormalities prevailing is homosexuality which means fulfilling the sexual desires beyond the natural relation of male and female. To be more precise a term LGB is used for abnormal sexual approach. The term LGB stands for lesbian, gay and bisexual which is deviation from the natural relation between a male and a female. These words emerged in 20th century but now have become very common and have got quite large following than previous century. As per the words of Bible and Quran, the people of Prophet Lut (AS) committed this sin and were destroyed by God in around 2000 BC at the time of Prophet Ibrahim (AS).²³⁰ In modern literature the first known appearance of homosexual in print is found in an 1869 German pamphlet by the Austrian-born novelist

Karl-Maria Kertbeny, published anonymously, arguing against a Prussian anti-sodomy law.²³¹

Initially it was condemned worldwide and was named as mental disorder. The Diagnostic and Statistical Manual of Mental Disorders is a publication by the American Psychiatric Association (APA) for the classification of mental disorders. It classified homosexuality in DSM I (1952) under "paraphilia", in DSM II (1968) under "sexual orientation disturbance", in DSM III (1973) under "ego-dystonic homosexuality" and finally dropped the subject from Mental Disorder list in DSM-III-R (1974).²³² This gradual change occurred due to the large protests and disputes but the fact remains the same that it is an abnormal approach towards the fulfillment of sexual urges.

❖ RELIGIOUS VIEWS

By religion here I mean only divine religions of the world. Although there is no such authentic source available that can fully teach us about the authenticity of all religions. However three major Abrahamic religions (Judaism, Christianity and Islam) are widely accepted as divine religions. All three religions not only forbid this immoral act but also ordain severe punishment for people involved in it. In Jewish book Torah and Christian book Hebrew Bible, God in the chapter of "unlawful sexual relations" says "[A man] shall not lie with another man as [he would] with a woman, that is detestable" (18:22) and in the upcoming verses of the same chapter He warns about severe punishment as He punished earlier people for such acts.²³³

Although today religious instructions are being followed very rarely but people have always been working to prove unlawful things as lawful to make them easy and respectable to practice. I will discuss later what Islamic scholars or Muslims think about homosexuality but it has been widely accepted by Jews and Christians and many of their scholars have also started accepting it. In support of same numerous books have also been written. They interpret the verse above mentioned in a way that is totally baseless. For example a Christian writer Kjeld Renato Lings in his book “Love Lost in Translation: Homosexuality and the Bible” interprets the Leviticus 18:22 as “man shall not lie with close relative male as with a woman” instead of “man shall not lie with another male as with a woman”. Now let’s look Leviticus 18 complete chapter. From verse 6 to 18, seventeen close relatives have been mentioned who are unlawful for marriage and it is almost similar to what Islam says. Point to be noted is that all these 17 prohibitions are related to male-female relation. A common person may think that this statement itself is a proof that same-sex marriage is not prohibited and many Jews and Christians have already interpreted it that way. Second category is pertaining to same-sex relation which is mentioned in verse 22, “[A man] shall not lie with another man as [he would] with a woman, that is detestable.” And third one is related to nakedness with animals, which is mentioned in verse 23.

Now, let’s relate all these categories with an example to make it simple and easy to understand. For example, to avoid mixing of opposite sexes, it is very common in Muslims countries that separate lanes are allocated to males and females in banks, shops and tickets counters etc. Notices like counter for males,

washrooms for gents and washroom for ladies are also displayed for guidance of public. One has to follow these guidelines. In similar way suppose there are twenty doors of a shopping plaza further categorized into two types; A and B. Type A are first ten doors dedicated for customers out of which three doors (1st, 2nd and 3rd) are prohibited for general public as they have been dedicated for king and his family. In this case a detailed notice needs to be displayed. Which doors are allowed? Which are prohibited? Which door is for what? What a customer can carry inside shop? How he has to prove his identity and other details like that? Now relate this with Leviticus 18. Thirteen verses (6 to 18) declare prohibition of 17 close relative females for a man to marry. Verse 19 prohibits man from approaching wife during menstruations. Verse 20 forbids from approaching neighbor's wife. So fifteen out of thirty verses of Leviticus 18 directly explain the dos and don'ts between male and female relation. This explanation was required because it is a lawful door and people need to be educated about its dos and don'ts. On the other hand there is only one verse regarding same-sex relation because it is completely prohibited so there was no need to answer ifs and buts of it.

Now relate the prohibition of same-sex relation verse with type B doors which are dedicated for managers and workers of the plaza and completely prohibited for customers. In this case it's enough to just place a notice "Type B doors prohibited for customers". If someone approaches security guard and says to him "Type B means only first door of type B doors not all" like supporters of homosexuality interpret "laying with man" in bible means "laying

with relative male”. Surely security guard will kick such person out of that plaza very next second. The issue is not with the understanding of this verse; it is one hundred percent clear. Actual issue is that God doesn’t immediately punish people or gives a shut up call like a security guard does. That’s why people are turning away from truth in pursuit of their lusts. God has promised a tormenting punishment for such people and indeed his promise is true.

As a reader you would be perplexed why I am so much focused on Torah and Bible with regards to this issue instead of Quran. The reason is that Torah and Bible are also words of God but many alterations have been made as per requirement of people of each era. This is not the case with Quran because God took responsibility of its protection upon Himself. “Indeed, it is We who sent down the Qur’an and indeed, We will be its guardian.”(15:9) Quran is available in its original form therefore you will find hardly any debates amongst Muslims regarding such basic issues. Homosexuality came under debate in 20th century and since then every possible effort is being made to legalize it throughout the world. Wrong interpretations of verses related to this issue are being done and I even feel that these would be removed from Torah and Bible or some serious alterations will be made on the name of “reconciliation” in near future. Keeping this in mind I started with Torah and Bible because to avoid flood, it is better to stabilize the eroding river banks than to build a protection wall at your home.

❖ REASONS

1. Little Knowledge

Allah says in the Holy Quran “And mankind have not been given of knowledge except a little.”(17:85)²³⁴ Apparently one might think that how can the knowledge of Mankind be called a “little” when the same Man has created airplanes, made world a global village through internet, has landed on the moon and has made numerous other mind blowing inventions. There is no doubt in this but let’s see the other side of the picture. Indeed Thomas Edison did great favor to us by inventing light bulb in 1897. It is such an amazing invention that has made our lives too easy and comfortable from visibility point of view. Now compare this light with the light of sun which enlightens the whole world. You would definitely laugh at this achievement of Thomas Edison because it is nothing if you start comparing it with the creation of God.

Every creation of God is amazing and beyond our understanding. We can see but only upto a certain range, we can hear but within a certain frequency limit and similarly we can comprehend things but upto a certain level. He created man and women for each other with different physical, mental and emotional traits. They both join to make a single unit and if we would connect them with in the same gender definitely result would be void and horrible as it is in front of us. God created all things in pairs as mentioned in the Holy Quran. We witness this fact in our daily life. For example in case of electricity appliances a female connector is designed to hold a male connector and same way the male to hold a female connector. If you will try to make a male to male or female to

female connection, there would be no outcome or at times you might kill yourself with an electric shock due to wrong connection. Actually we understand much of these things but our minds have been dunked beneath our lusts and desires. May God help us to recognize the right path!

2. **We are Weak**

In Chapter An-Nisa (Woman) of Holy Quran; Allah Almighty says “Mankind was created weak” after permitting people in previous verses to marry slave girls in case they don’t have means to marry free girls and secondly if they can’t control their sexual desires. (04:25-28)²³⁵ Most logical and widely accepted interpretation of this verse is “Man’s weakness in relation to woman” but generally it can be related to sexual urges, a normal person can have. These sexual urges of people were exploited by Satanism supporters in 20th century in wake of which many organizations were raised and literature was published to prove it natural and legalize abnormal sexual behaviors worldwide. Netherlands became the first country in the world to legalize same-sex marriage in 2000 and then it was followed by one after another and the figure rose to 30 countries in 2020.²³⁶

3. **Effects of Environment**

Social environment plays a vital role in one’s grooming. If a child grows up in an environment where his most of the time spends with same gender children e.g. single gender school or a society where opposite gender interaction is unlawful like Muslim countries, the effect is different for both the categories. A Muslim

child might also feel temporary inclination towards a same gender child due to the seclusion from opposite gender but his religious and societal moral standards hold him from this unnatural inclination. On the other hand in a society which lacks moral norms, a child growing up in such society with same gender children, might feel sexual inclination towards the same gender and he would presume it as natural.

During research I came across a question published by a British news and media website “The Guardian” asked by a person who presumed himself as a gay. I hope this would be enough to explain you the harmful effects of immoral and un-Islamic environment. The question goes as “I have known I was gay since I was a boy, but recently I have started having sexual feelings for women that I've spent a lot of time with at university. I went to a single-sex school and have never really had any female friends. I wonder if this might have contributed to my belief that I was gay. Ever since spending time with these women I haven't had as strong feelings for men and for the first time find myself fantasizing about these women. Can one's sexuality change in such a short time? Is this normal?”²³⁷

This question would surely satisfy you that his society, family and particularly his parents did great injustice with him because they didn't guide him in the right way. Who should tell him and numerous others like him that “the way Allah created them i.e male or female, is normal but the tags they have put on like gay, lesbian and bisexuals is one hundred percent abnormal.

4. **Let's Taste Something New**

You must be recalling these words, heard number of times from your family and friends when invited to a restaurant which you visit frequently. This is in the instincts of Humankind that he always wants to see, feel or taste new things. At the same time he has been blessed with intellect and guidance to choose what is right and beneficial. In case of sexual desires ancient people also transgressed the limits but at individual level and faced its terrible outcome. The dilemma today is that the same gender marriage has been made lawful in almost 30 countries and continuous efforts are being made to legalize it worldwide. Keeping aside the deadly outcome of this act, world decided to taste something new. The result is in front of you; collapsed family system, increased suicide rate, fatal diseases, mental disorder and numerous others.

5. **What One Wants**

Allah Almighty used examples in divine books to make things easy for us to comprehend. I am making a humble endeavor to relate things with day to day activities to make them clear and simple for understanding. For a disease free and healthy body one needs to eat what one should eat not what one wants to eat? There is a huge difference between both. A sugar patient might be willing to eat chocolates and sweets but he should not because these are death pills for him in actual. On the other hand no one wants to consume bitter medicines or to get his body operated where doctor cuts his body with scissors and then sews it with needle, but he gets all that willingly because he knows it will save his life or restore his health.

Concerning sexual desires, people left the formulae “what on should” and adopted “what one wants” out of ignorance, resulting harms worldwide.

6. **Search for Peace**

This world cannot be completely free of problems and challenges because Allah created it such to test us. In Holy Quran He says “And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient.”(02:155) So in a normal heterosexual married life challenges are expected to be there. One can find problems free life only in Paradise. Person unaware of the fact shifts from one partner to another, one gender to another in search of tranquility. This is because spiritual appetite keeps us disturbed like bodily appetite. For bodily hunger we are well aware what to eat, when to eat, how to eat, how much calories do we need each day etc; but in case of spiritual appetite, most of us are unaware of the facts. Holy Quran says “Remembrance of Allah certainly brings comfort to all hearts.”(13:28)

In broader perspective, Allah’s commandments are the food which satisfies Humankind’s spiritual appetite. The one who follows these commandments stays spiritually satisfied. In case of sexual urges the described approach is married life as per Allah’s commandments. Beyond that is the thirst which is never going to be quenched.

7. **State Secularism**

Religion polishes the morality and suppresses the bestial attributes of Humankind. If religion has no influence on individuals and state's affairs, I think there is no need of religion at all then. The condition has gone so worst that Pope Francis had to say that "Christians and the Roman Catholic Church should seek forgiveness from homosexuals for the way they had treated them."²³⁸ Homosexuals forgive them or not but Jesus (AS) is not going to forgive them; the way they have made mockery of the religion. Instead of modifying oneself as per scale if somebody modifies the scale as per his wish, a positive outcome can't be expected.

8. **Physical Appearance**

It is one of the main reasons which incline people towards homosexuality. Men are taking forms of female in their dressing and facial features and likewise females. Prophet Muhammad (PBUH) cursed the males who take the forms of females and the females who take the form of males. He (PBUH) said: "Drive them out from your houses."(Bukhari)²³⁹ He could foresee fitnas (trials) emerging from such acts that's why he showed annoyance to people involved.

❖ CONSEQUENCES

1. Increased Suicide Rates

The leading cause of death after road accidents is suicide and it is increasing rapidly each year. Amongst those who commit suicide, highest rate is of those who are homosexual. I am not giving these statistics from my own judgment rather these are the facts derived from case studies conducted by individuals, governmental and non-governmental organizations around the world.

- ✓ LGB kids are 3 times more likely than straight kids to attempt suicide at some point in their lives.
- ✓ Medically serious attempts at suicide are 4 times more likely among LGBTQ youth than other young people.
- ✓ LGB young people who come from families that reject or do not accept them are over 8 times more likely to attempt suicide than those whose families accept them.
- ✓ Each time an LGBTQ person is a victim of physical or verbal harassment or abuse, they become 2.5 times more likely to hurt themselves.²⁴⁰

2. Use of Drugs

Most of the people use drugs to overcome anxiety. Actually it is an emotion that triggers our stress response and releases a wave of stress hormones into our bodies. Drugs may provide immediate relief for anxiety but the results are short term. It actually increases the level of anxiety we experience. But the question is from where this anxiety comes? Outwardly if a person is living a life as per his

desires; there should be no reason for him to be anxious. Anxiety should be knocking at the door of a religious person who is chained by the divine law and he cannot do anything as per his will and wish. The reality is all together opposite. It is because the happiness is not in what one wants to do rather it is in what one should do. Likewise health is not in what one wants to eat rather it is in what one should eat. One thinks that developing a relation with a person he wants; irrespective of his/her gender will fill up his emptiness. But in fact nothing such happens rather it increases his emptiness. He finds no way other than using drugs to fill this emptiness and then it becomes part of his life. There are few people who start it just for the sake of enjoyment and then become habitual to it but most of the slaves of this evilness are people who have lost their way to life. The statistics of US National Survey on Drug use and Health (2017) are as under:-

- ✓ People who identify as gay or lesbian are more than twice as likely as those who identify as heterosexual to have severe alcohol or tobacco use disorder.
- ✓ People who identify as bisexual are three times as likely to have a substance use disorder.
- ✓ Those who are unsure how to identify their sexual identity are five times as likely to have a substance use disorder.²⁴¹

A team led by Senior author Professor Adam Winstock, founder and director of the Global Drug Survey, carried out a study in 2019 according to which homosexual men were 1.6 times as likely as

heterosexual men to have used drugs with the specific intent of enhancing the sexual experience.²⁴²

These are the evidences from western researchers who are less likely to have any religious influence in their research and their research work is enough to prove the harmfulness of this approach.

3. **Diseases**

Human body is like a machine which if not operated as per the guidebook of Creator, will definitely give numerous functioning problems. Sexually transmitted diseases although exist amongst heterosexuals as well but their rate is highest in people who engage themselves in unnatural sexual activities. Few of these diseases are:-

- ✓ **HIV AIDS**. In 1982 this disease was initially called as gay-related immune deficiency (GRID) because of immune deficiency reported in gay men in South California.²⁴³ Although there are other spreading causes of this disease also but it is highest amongst gays. As per the report of Center for Disease Control and Preventions (CDC 24/7) “Gay, bisexual, and other men who reported male-to-male sexual contact is the population most affected by HIV in the United States. In 2018, gay and bisexual men made up 69% of the 37,968 new HIV diagnoses in the United States (US) and dependent areas.”²⁴⁴
- ✓ **Hepatitis**. Latest survey of WHO says “325 million people globally live with a hepatitis infection”. Gay,

bisexual, and other men who have sex with men have a greater chance of getting Hepatitis A, Hepatitis B, and HPV.²⁴⁵

- ✓ **Obesity**. Lesbians are 49% more likely, and bisexual women are 43% more likely than heterosexual women to have obesity.²⁴⁶
- ✓ **Lymphogranuloma venereum (LGV)**. Recent report of Verywell Health - an award-winning online resource for reliable information on the medical topics reveals: "After an initial outbreak in men who have sex with men (MSM) in the Netherlands in 2003, LGV has been found in isolated groups of MSM across Western Europe, North America, and Australia."²⁴⁷
- ✓ **Syphilis**. It is a sexually transmitted infection. Most syphilis infections (73%) occur in gay and bisexual men.²⁴⁸

There are numerous Sexually Transmitted Diseases (STDs) which are particularly high in homosexuals but I have written few, fearing lengthening of topic. These facts are enough for one to understand the harms of such acts which are totally against the nature. A balanced and healthy life is in following the commandments of Creator.

4. **Parenting Issues**

Homosexuals cannot have a child naturally and they have to resort to some dangerous and disgusting ways to get that. For example surrogacy - a woman carries the egg of gay couple to produce a

child for them and Insemination – lesbian couples get fertilized by the donor sperm of man injected through syringe to get a child. A mentally sound person would prefer death than such kind of parenthood. Furthermore, nature has blessed father and mother with different kinds of affectionate feelings towards their child and that gap can never be filled by gay or lesbian parents. They cannot take care of a child as a normal couple does. There is a long list of problems which such abnormal parents and children face. The Williams Institute - a United States leading research center on sexual orientation and gender identity law and public policy, highlights the economic issues being faced by LGBT parents and children.

- ✓ Single LGBT adults raising children are three times more likely than comparable non-LGBT individuals to report household incomes near the poverty threshold.
- ✓ Married or partnered LGBT individuals living in two-adult households with children are twice as likely as comparable non-LGBT individuals to report household incomes near the poverty threshold.
- ✓ The median annual household income of same-sex couples with children under age 18 in the home is lower than comparable different-sex couples.²⁴⁹

Researchers normally relate this poverty with discriminatory attitude of job providers towards LGBT community. The fact is that LGBT couples don't have that kind of sense of responsibility towards family as it should be or as normal parents have.

5. **Dissatisfaction**

Nature has created everything in pairs as mentioned in the Holy Quran “And all things We have created in pairs, that you may reflect” (51:49). Actual pleasure and happiness is in following the laws of nature. Satisfaction cannot be possible in such abnormal relations even if you turn the whole earth upside down. I need not to present other facts before you to prove the level of dissatisfaction homosexuals have. Their highest suicide rate is self-explanatory about their dissatisfaction with lifestyle they have adopted.

❖ SOLUTION

During journey, if a person gets deviated from the right path and later on comes to know or somebody tells him that he has fallen astray. He will surely return to the right path. Now when we have deviated from natural path and have faced worst consequence and are still facing; the only solution for us is to return to the natural path.

1. **Submission**

A child submits himself completely before his caretakers. They decide what should he eat or drink, which dress should he wear and where should he sleep etc. At times he may insist for a thing which is harmful for him but parents won't give him because they know what is good or bad for him. Mankind before the knowledge of Allah is not more than a child. He can't comprehend the

purpose behind everything happening. He can't fully understand how a drop of semen can turn into a handsome and brilliant man? How sky is held without pillars. He has no control over life and death. He is so mentally weak that he can't recall the days spent in mother's womb whereas Quran says "Allah knows what every female carries and what the wombs lose [prematurely] or exceed. And everything with Him is by due measure. [He is] Knower of the unseen and the witnessed, the Grand, the Exalted." (13:8-9)²⁵⁰

We should accept these shortcomings attributed to us and submit our wills before the will of Allah. That is the only safe sanctuary for us. If we continue with such acts then the punishment of Allah is not too far. He punished people of Prophet Lut (AS) for same very sin and has mentioned their story in His divine books for us to draw lessons. "Do you approach males among the worlds and leave what your Lord has created for you as mates? But you are a people transgressing." (26:165,166)²⁵¹ After repeated warnings His punishment came over the transgressors: "And We rained upon them a rain [of stones], and evil was the rain of those who were warned."(26:173)²⁵²

Allah warned us also firstly by mentioning to us the recompense of people who transgressed before us and secondly by minor punishments like new diseases, about which we never heard before and many others. Therefore, we need to abandon the life of desires and submit before Allah for the betterment of this world and the Hereafter.

2. **Anti LGB Laws**

If a child wants to hold a burning coal in his hand; will his mother let him do so? Surely she won't, even if he cries and protests. A country is like a mother. How can she let her people fall in fire? Legalizing homosexuality was not the appropriate and intelligent response to the protests of people. Educating people should have been the response, new laws; helping avoid this disease should have been made. Still nations can reconsider their decisions regarding homosexuality to save their people from chaos in which they are already in today. Holy Prophet ﷺ said: "If you find someone doing what the people of Lot did, kill both the doer and the one with whom it is done. (Maarif ul Quran)²⁵³ Mufti Muhammad Shafi says: "The entire ummah is unanimous on that it is a worse sin than adultery." (Maarif ul Quran)²⁵⁴

After detailed explanation of Surah An Nisa, verse 16, Mufti Muhammad Shafi says: "As for a fixed punishment for this evil act, there is a difference of opinion among Muslim jurists, details of which are available in books of Fiqh. Nevertheless, the nature of such punishments reported by them is as severe as it can be, such as, burning into fire, bashing under a wall felled over, throwing down from a height, stoning and beheading with a sword." (Maarif ul Quran)²⁵⁵

3. **Mosque-State Cooperation**

Religion should have influence on state affairs so that no law is passed against the ethical values which can badly affect the individual or social lives of people. For example, in Nov 2021, Pakistan's religious political party 'Jamaat-i-Islami' presented a

bill in the Senate seeking an amendment in the Transgender Persons (Protection of Rights) Act, 2018, for the creation of a medical board that would recommend whether a person's gender should change, instead of them seeking a reassignment on the basis of their personal identity. It also stated that law in its present form could lead to legalization of homosexual marriages because 28,000 cases of gender change were processed over the past three years by NADRA, following a mere request by them.²⁵⁶

Such check by ministry of religious affairs or scholars can help a particular country in maintaining moral values.

4. **Public Awareness**

Awareness campaigns should be held at national and international level to educate people about fatal effects of homosexuality based on facts and figures. It should be re-added in mental disorder list as it was in 1952 by American Psychiatric Association (APA), The Diagnostic and Statistical Manual of Mental Disorders so that people should not take this immoral act as normal.²⁵⁷ A close companion of Prophet (PBUH), Abu Hurairah (RA) reported that the Holy Prophet ﷺ said: "Four types of people are, when they begin their day, under the wrath of Allah and when they reach their evenings they are under the rage of Allah." I asked: "Who are they, O Messenger of Allah?" He said: "Men who imitate women and women who imitate men and he who goes unto animals and he who goes unto men". (Maarif ul Quran)²⁵⁸

5. **Condemning the Sin**

Any act that gets encountered by public criticism, automatically it's following reduces. Homosexuality is a heinous sin which all major Religions of the world condemned and ordained severe punishments for it. The people of intellect should severely oppose such acts worldwide to take people out of this sin. When the People of Sodom city were involved in heinous act of sodomy, Prophet Lut (PBUH), despite having no domination over his people, condemned them. "He said, "I am certainly one of those who abhor your wickedness."(26:168) Abu Hurairah (RA) narrated that the Holy Prophet ﷺ said: "Allah has cursed seven types of his creatures from above the seven heavens. He has cursed one of them thrice, while has cursed the others one time which is enough for them. (About the one whom He has cursed thrice) He has said, "Cursed is he who did what the people of Lot did. Cursed is he who did what the people of Lot did. Cursed is he who did what the people of Lot did." (Maarif ul Quran)²⁵⁹ "Societies perished when they refused to condemn sins." (Prime Minister Imran Khan)²⁶⁰

6. **Gender Norms**

Men should keep beard and wear dresses which should not expose their body parts other than what is permitted. "The dress most liked by Messenger of Allah (PBUH) was long gown."(Abu Dawood)²⁶¹ The color and design of dresses should also be taken into consideration. "A man with two red dresses passed by and saluted the Prophet (PBUH), but he didn't return it".²⁶² Shorts above the knees should also not be worn even by men as it is

against the modesty. Prophet (PBUH) said to his companion while he was sitting with his thighs exposed “O Ma’amar, Cover your thighs, and verily two thighs are private parts.”(Sharh-i-Sunnah)²⁶³ Similarly “Prophet (PBUH) forbade man’s lying with another man without undergarments and woman’s lying with another woman without undergarments.”(Abu Dawood)²⁶⁴ These all instructions are to hold people from falling into wrong temptations which result serious disorder in society.

7. Imam al Ghazali’s Advice

He says: “If one doesn’t protect his eyes from handsome lads, it’s a matter of great trouble because it can’t be made lawful in any case. If someone is moved by desire to look at a lad and get pleasure from it, then it is forbidden (haram) for such a person to look at the lad but there is no harm in that if there is such a pleasure as one gets by seeing the flowers and beautiful sceneries. The sign of this is that the viewer does not have the desire to be close to the lad and kiss or hug him, and if this happens, then this is a sign of lust and the first step towards sodomy. A Shaikh says that if an angry lion pounces on a disciple (mureed), I am not afraid as much as I am afraid of his meeting a handsome lad.”(Kemya e Sa’adat)²⁶⁵



9: UNHEALTHY LIFESTYLE

A disease is an abnormal condition of a body that negatively affects the functioning of body organs and is caused by any internal or external factor and not due to immediate injury. It can cause pain, weakness, mental disorder or even death. It is also fact that the majority of diseases are caused by the unhealthy life style adopted by the people. A study, “Global, regional, and national age-sex-specific mortality for 282 causes of death in 195 countries and territories” shows: “Non-communicable diseases (NCDs) comprised the greatest fraction of deaths, contributing to 73.4% of total deaths in 2017, while communicable, maternal, neonatal, and nutritional (CMNN) causes accounted for 18.6%, and injuries 8.0%.”²⁶⁶ This shows that more than 90% of deaths are caused by one or the other kind of diseases.

Although diseases have always been there since inception however, a noticeable increase can be seen in the present time. Prophet (PBUH) warned us regarded it 1400 years back. He (PBUH) said: “Immorality never appears among a people to such an extent that they commit it openly, but plagues and diseases that were never known among the predecessors will spread among them.”(Ibn Majah)²⁶⁷ Indeed we are witnessing this Prophecy of Prophet (PBUH) with our own eyes. But there is good news from

Him (PBUH) as well regarding this problem. He (PBUH) said: “There is no disease that Allah has created, except that He also has created its treatment.”(Bukhari)²⁶⁸ With the advancement in technology, medical science has also progressed a lot and almost every disease is curable today. To explore the cure of remaining few diseases just science has to grow more mature.

Interestingly, majority of the diseases can be avoided through mere preventive measures. People adopt unhealthy lifestyle in pursuit of pleasures and to avoid hardship. “The leading causes of death in 2000 were tobacco (18.1% of total US deaths), poor diet and physical inactivity (15.2%), and alcohol consumption (3.5%).”²⁶⁹ Therefore, one can prevent maximum diseases by just following a balanced life style.

❖ **REASONS**

1. **Overeating**

The average physically active man needs 2500 calories and woman needs 2000 calories per day. Many people are consuming this much calories just in one meal. This is because at the time of food they forget what or how much their body requires and simply enjoy the taste of food. By seeing the people’s intense desire for food, Food and Restaurant industry has started to bring in delicious and variety of foods. This culture has made people more prone to overeating.

Evan Mehlenbacher, a Christian Science Practitioner relates this approach with lust. He says: “The definition of lust is to have a very strong desire to obtain something, usually something physical like

sex, money or attention. But an inordinate craving for food could fall into this classification too. The person lusting after food in the belief that happiness lies ahead in the next bite he sticks in his mouth is living an illusion, and the consequences are unhealthy.”²⁷⁰

2. **Unhealthy Food**

In this modern era, where Human Beings have progressed tremendously in every field; food industry hasn't been left behind. Food industry is providing varieties of food to people including natural and processed foods. Due to the competition in business and race of earning more profit, food industry has started adding such ingredients in food which makes it look more appealing and tasty but often it's harmful for health. Moreover, the opportunity of home delivery has made the access easier and food is made more appealing through advertisement and most of the people because of having no self-control, are compelled to consume that food.

In a nutshell, the taste has taken precedence over health. World Health Organization regarding unhealthy diet says: “An unhealthy diet is one of the major risk factors for a range of chronic diseases, including cardiovascular diseases, cancer, diabetes and other conditions linked to obesity.”²⁷¹ A study by “National Library of Medicine” regarding unhealthy diet shows: The poor quality of food from a nutritional point of view, and reduced physical activity, are reflected in the varied range of problems faced by the respondents: states of fatigue (62.4%), nervousness (37.5%), depression, anxiety, emotional eating, etc.”²⁷²

3. **Uncleanliness**

There is a long list of diseases which are caused by unhygienic life style individually and as a society. This is because body has been designed to live in a clean environment and dirt affects its normal functioning. According to WHO: "Poor sanitation reduces human well-being, social and economic development due to impacts such as anxiety, risk of sexual assault, and lost opportunities for education and work. Poor sanitation is linked to transmission of diarrhoeal diseases such as cholera and dysentery, as well as typhoid, intestinal worm infections and polio. It exacerbates stunting and contributes to the spread of antimicrobial resistance."²⁷³

A close companion of Prophet (PBUH), Ibn 'Abbas said that the people of pre-Islamic times used to eat some things and leave others alone, considering them unclean. Then God sent His Prophet and sent down His Book, marking some things lawful and others unlawful; so what He made lawful is lawful, what He made unlawful is unlawful, and what He said nothing about is allowable. And he recited, "Say, I do not find in what is revealed to me anything forbidden to him who eats it, except carrion or blood..." (Mishkat al-Masabih)²⁷⁴

4. **Physical Inactivity**

The nature of work has changed from manual to mechanical due the advancement in technology. It is a productive change but has added to physical inactivity and many other issues. Other than that rich people have servants and housekeepers who do their work inside and outside the home. They don't have to lift heavy loads.

They don't have to walk as they have facility of transport from door to door. Few of them manage to go to gym for physical fitness but majority of them lead an inactive lifestyle. This inactivity causes numerous health problems. According to World Health organization: "60 to 85% of people in the world lead inactive lifestyles, making it one of the more serious yet insufficiently addressed public health problems of our time."²⁷⁵ Another study reveals that approximately 31% of the global population aged ≥15 years engages in insufficient physical activity, and it is known to contribute to the death of approximately 3.2 million people every year.²⁷⁶

5. **Captivity to Technology**

Technology addiction has become one of the major causes of physical and mental diseases. The glamorous movies, exciting sports events, thrilling computer games and other entertainment sources on internet and television appeal people to spend their leisure time at home. People especially youth spend hours in these sedentary activities. Physical diseases are certain for people leading such lifestyle but studies show that mental disorder is also common in these people. A study, "Do technology addictions exist?" shows that the brain activity in people with internet addiction disorders is similar to that of people with a drug or alcohol addiction."²⁷⁷

6. **Bad Sleeping Habits**

Human body has been designed such by Allah Almighty that it needs rest after a certain time or activity. Allah created night

particularly for rest and sleep as mentioned in the Holy Quran. “[He is] the cleaver of daybreak and has made the night for rest and the sun and moon for calculation. That is the determination of the Exalted in Might, the Knowing.”(06:96) Similarly, the duration of sleep has also impact on one’s body. Most healthy adults need at least eight hours of sleep each night.

As most of the people don’t follow a set routine so mostly they waste the major part of night in entertainment and gossip, which is ideal time for sleep and when they sleep late, their duration of sleep also gets disturbed as most of the people have to go for job or business early in the morning. This behavior leads to many physical and psychological diseases.

7. **Extramarital Affairs**

Affairs outside marriage not only affect family system rather they have impact on one’s mental and physical health also. In these affairs mostly people don’t care about each other. If a partner is engaging in an affair for pleasure and fulfilling his lust most likely the other person would be doing so for a favor or money. In such situation, both of the partners have their own interest and they hardly care about the other person. This leads to the unprotected relation, affecting badly the health of couple. In a married relation, couples care about each other’s emotions and health.

A research published by National Library of Medicine shows: “Infidelity causes grief and relational problems to the individual, the couple and even their offspring. It was found to be associated with depression, anxiety and even PTSD, leading to divorce. Additionally, infidelity was linked to domestic violence and

increased exposure to sexually transmitted diseases.²⁷⁸ Moreover, a research work published by Live Science Staff indicates: "The results suggest, those who are unfaithful have a higher risk of acquiring a sexually transmitted disease, and possibly transmitting it to their partner, than those in open relationships."²⁷⁹

8. **Drugs Abuse**

"They ask you about drinking and gambling. Say, "There is great harm in both, though there is some benefit also for the people." (2:219) This verse clearly shows that there is great harm in use of drugs. The Medical Science has also proven this fact that the drugs are harmful for health. Unfortunately its use is increasing day by day due to the drastic shift in ethical values and atheistic approach. According to the 2022 National Survey on Drug Use and Health (NSDUH), "In US, 215.6 million adults ages 18 and older (84.1% in this age group) reported that they drank alcohol at some point in their lifetime."²⁸⁰ Another article published by "healthline" shows that Alcohol can cause both short-term effects, such as lowered inhibitions, and long-term effects, including a weakened immune system.²⁸¹

9. **Animal Contact**

Farming animals for food is a need but pet keeping has become a disease. Although need can't be ignored but disease can be cured. For example, dog is the most commonly owned pet which is najis (impure) and whose keeping is forbidden as per religious teachings. Prophet (PBUH) didn't even visit the houses of those companions who were keeping dog. A close companion of Prophet (PBUH), Abu Huraira (RA) told that Allah's Messenger used to

come to the house of some of the Ansar, but that near it was a house which he never visited. That distressed the people, so they said, "Messenger of Allah, you visit so and so house, but you never visit ours." The Prophet replied, "It is because there is a dog in your house." (Mishkat al Masabih)²⁸² In another narration, He (PBUH) said: "Whoever keeps a (pet) dog which is neither a watch dog nor a hunting dog, will get a daily deduction of two Qirat from his good deeds." (Bukhari)²⁸³

Despite these clear prohibitions people keep dog as pet. A study "pets owning internationally" by "Pet food industry" shows: "Dogs are the most popular pet globally owned by 33% of respondents, with cats coming in second, at 23%, fish (12%), birds (6%), and others (6%)."²⁸⁴ There are number of diseases associated with dogs and other pets. Dogs are a major reservoir for zoonotic infections. Dogs transmit several viral and bacterial diseases to humans.²⁸⁵

10. **Deforestation**

Plants provide us oxygen, carbon dioxide, shadow, wood for fire and furniture, delicious fruits, help in causing rain and have many other benefits. Moreover, they are also helpful in preventing many diseases. The current wave of deforestation worldwide for making lands available for new construction and use of wood for furniture is affecting the environment severely and becoming the cause of multiple diseases. A study found that 10 percent increase in deforestation would raise malaria cases by 3.3 percent; that would be 7.4 million people worldwide.²⁸⁶ Deforestation also causes the depletion of ozone layer which protects the earth from Ultraviolet

radiations. “The harmful effects of Ultraviolet radiations consist of erythema, sunburn, photo damage (photo aging), photo carcinogenesis, damage to the eyes, alteration of the immune system of the skin, and chemical hypersensitivity. Skin cancer is commonly produced by UVR.”²⁸⁷

❖ CONSEQUENCES

1. **Obesity**

Body gathers fats due to overeating or poor diet and makes a person obese. According to WWHO, a body mass index (BMI) greater than or equal to 25 is considered overweight, and BMI greater than or equal to 30 is obese. Obesity affects the normal functioning of body due to fats accumulation and causes numerous diseases. A comprehensive worldwide observational epidemiological study, “Global Burden of Disease” (GBD) shows: “The issue has grown to epidemic proportions, with over 4 million people dying each year as a result of being overweight or obese.”²⁸⁸ The major diseases linked with obesity are “heart stroke, high blood pressure, diabetes, some cancers, gallbladder disease and gallstones, osteoarthritis, gout and breathing problems.”²⁸⁹

2. **Sexually Transmitted Diseases**

Sexually transmitted Diseases (STDs) are those diseases which are transmitted from a person to person during sexual contact. Although these diseases are also prevalent amongst married couples but major portion of these affectees are those who involve

themselves in unnatural and illicit sexual acts (like extramarital and homosexual relations). Such diseases are highly prevalent in secular regions where religious rulings are barely followed. Centers for Disease Control and Prevention (CDC) estimates indicate that about 20 percent of the U.S. population had a Sexually transmitted Infection (STI) on any given day in 2018, and STIs acquired that year costed the American healthcare system nearly \$16 billion.²⁹⁰ Nearly 20 million new sexually transmitted infections (STIs) occur annually in the United States, and they disproportionately affect the incarcerated population, female sex workers, and people who use drugs. Female sex workers and men who have sex with men are among the populations most affected by STIs and HIV globally and domestically. Among female sex workers, rates of STIs range from 9 to 60 times that of the general population. Similarly, as many as one in five female sex workers in the United States is HIV positive.²⁹¹

3. **Cardiovascular Disease**

CVD is a disease related to heart and blood vessels. Its risk factors include malnutrition, tobacco and alcohol use, stress, obesity, sedentary lifestyle, hypertension, diabetes, hyperlipidemia and genetic predisposition. Nowadays, cardiovascular diseases (CVDs) are one of the leading causes of death, ranking first globally. According to the WHO, 17.5 million people die annually from CVDs, which accounted for 31% of all deaths in the world.²⁹² Prevalent cases of total CVD nearly doubled from 271 million in 1990 to 523 million in 2019, and the number of CVD deaths

steadily increased from 12.1 million in 1990, reaching 18.6 million in 2019.”²⁹³

CVDs cases are increasing with every passing day due to the unhealthy diet and many other human factors.

4. **Diabetes**

Most of the food flows into the circulatory system in the form of sugar or glucose. Insulin allows this sugar into the body cells for use as energy. Diabetes affects this function of body by disturbing the flow of insulin. This may be caused by “excessive weight, inactivity, high blood pressure, abnormal cholesterol and family history etc.”²⁹⁴ In US about 38 million adults have diabetes, and it is the eighth leading cause of death. In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.²⁹⁵

5. **COPD**

Chronic obstructive pulmonary disease is a progressive lung disease that affects the breathing process. Smoking is one of its major risk factors. It had consistent death ratio from 2000 to 2015 causing 5.6 % deaths worldwide. In 2015, it caused 3.1 million deaths worldwide.²⁹⁶

6. **Respiratory Cancers**

Respiratory cancers include cancers of the trachea, larynx, bronchus and lungs. The main causes are smoking, environmental and domestic pollutions. It is the 5th leading cause of death, taking 1.7 million lives each year (2015). Its death ratio increased from

1.2 million in 2000 to 1.7 million in 2015.²⁹⁷ The major cause of this disease is Tabaco usage which has now become a fashion and according to WHO estimates, it kills up to half of its users.

7. **Alzheimer's Disease (AD)**

It is a brain disorder which progressively destroys memory and thinking process eventually affecting the complete life style of the affectee. Many potentially modifiable risk factors may contribute to dementia, including alcohol drinking, smoking, poor diet, physical inactivity, cognitive inactivity, depression, and low educational attainment.²⁹⁸ A report by “Alzheimer's association” shows: “Between 2000 and 2018, deaths from Alzheimer's disease increased 146.2%. By mid-century, the number of Americans age 65 and older with Alzheimer's dementia may grow to 13.8 million. This represents a steep increase from the estimated 5.8 million Americans age 65 and older who have Alzheimer's dementia today (Mar 2020).”²⁹⁹

8. **Cirrhosis**

It is a disease which affects the liver by degeneration of cells and scarring of liver. It results in about 35,000 deaths each year in the United States, becoming ninth leading cause of death.³⁰⁰ It causes 2.1% deaths worldwide. Its large prevalence even after so much advancement of medical science is due to the bad habits like excessive alcohol use, inactivity and overeating etc.³⁰¹

9. **HIV/ AIDS**

AIDS is caused by the Human Immunodeficiency Virus (HIV) which is transmitted through bodily fluids. HIV enters the body and hijacks T cells which then compromises the immune system. In 2012, about 1.78 million people died due to AIDS. This contributes to about 3.1% of all deaths. It is estimated that over 5000 people become infected every day.³⁰²

HIV can spread through sexual contact, shooting of illicit drugs or use of shared needles, and contact with infected blood. It also can spread from parent to child during pregnancy, childbirth or breastfeeding.³⁰³

10. **Suicide**

Mental disorders are disturbances related to one's thinking, feeling and behavior. Unhealthy life style has destroyed our spiritual self and left us only with false satisfactions and fake smiles. The materialistic attainments have failed to fill the gap of our spiritual depravation. According to the Centers for Disease Control and Prevention (CDC), "Suicide is the 10th leading cause of death in the United States and the second leading cause of death (after accidents) for people aged 10 to 34. In 2019 over 47,000 people died by suicide in US and the rate of suicide has increased every year since 2006."³⁰⁴ Similar is the condition of other countries due to their distancing from spiritual food; religion.

There are many other diseases which are affecting Human Body due to the unhealthy lifestyle adopted by the people. Here only few common diseases have been mentioned for reader's easy

consumption and to just get the understanding of consequences emerging from the bad habits and negligence of people.

❖ SOLUTION

1. Cleanliness

Personal hygiene and clean environment help us to avoid many diseases. Cleanliness carries in itself social, spiritual and health benefits. Therefore Islam lays great emphasis on bodily purification along with spiritual purity. Prophet (PBUH) said: “The key to prayer is purification.”(Abu Dawood)³⁰⁵ and in another narration He (PBUH) said: “Cleanliness is half of faith.”(Muslim)³⁰⁶ This emphasis by Prophet (PBUH) depicts the high need and importance of purification. Science also supports this narrative. As per the statement of WHO, the environment in which we live greatly affects our health. Household, workplace, outdoor and transportation environments all pose risks to health in a number of ways from the poor quality of air that many people breathe, coupled to hazards related to unsafe water, poor sanitation and hygiene. It is estimated that 24% of the global disease burden and 23% of all deaths can be attributed to environmental factors.³⁰⁷

Islam has addressed every aspect of cleanliness which can help people to lead a healthy life.

2. Balanced Diet

Islam instructs us to strike balance in every matter of life. Concerning food, Allah Almighty says: “and eat and drink and be

not extravagant; surely He does not love the extravagant.”(07:31) Human Beings instinctively incline towards extravagancy and if they don't surrender their will before the will of Allah Almighty, they are likely to harm themselves. Just to enjoy the taste of food, people eat more than what their bodies need. Regarding this, Prophet (PBUH) said: “A human being fills no worse vessel than his stomach. It is sufficient for a human being to eat a few mouthfuls to keep his spine straight. But if he must (fill it), then one third of food, one third for drink and one third for air.”(Ibn Majah)³⁰⁸ This beautiful distribution can help us in maintaining healthy and active body.

Other guidelines include, washing hands before taking food (Nasai)³⁰⁹, mentioning the Name of Allah (Riyad as-Salihin)³¹⁰ and eating with right hand. Holy Prophet (PBUH) said: “When any of you eats, he should eat with his right hand, and when he drinks, he should drink with his right hand, for the devil eats with his left hand and drinks with his left hand.” (Abu Dawud)³¹¹

When a person believes in Allah Almighty and follows His commandments, he gains control over his self and therefore it becomes easy for him to control his diet. A close companion of Prophet (PBUH), Abu Huraira (RA) said: A man used to eat much, but when he embraced Islam, he started eating less. That was mentioned to the Prophet (ﷺ) who then said, "A believer eats in one intestine (is satisfied with a little food) and a Kafir eats in seven intestines (eats much)." (Bukhari)³¹²

The questions like what and when to eat or drink and what should be avoided etc. still remain unanswered. If all these questions are

addressed, the book will become lengthy and the purpose will be lost. One who is moved by this book and wants to learn more about disciplining oneself, can consult Quran and the narrations of Holy Prophet (PBUH).

3. Optional Fasting

Numbers of researches regarding fasting have been done and its extraordinary benefits are widely accepted. The work of Michael Mosley, a British television journalist, producer, presenter, and former doctor is very popular in this regards. After several experiments, he reached to the conclusion that “Good health and longevity in age lies in diet, fasting can be done best according to the 5:2 diet system (Monday and Thursday; as advised by Prophet (PBUH)), fasting makes you healthier, fasting makes you sharper, certain people shouldn’t fast, for example a pregnant woman he mentions.”³¹³

Fasting during the month of Ramadan is obligatory on all believers except those who have valid excuse. Besides that the wide range of prescribed optional fasting gives opportunity to every person to fast as per his spiritual and physical needs. Regular fasting includes; fasting two days a week (Monday and Thursday) (Tirmidhi)³¹⁴, three days a month (13th, 14th & 15th of each lunar month)³¹⁵ and fasting on each alternative day (almost 15 days a month) (Bukhari)³¹⁶.

Occasional fasting includes; fasting on the day of Ashura, 10th of al-Muharram (Bukhari)³¹⁷, six days of Shawwal (Ibn Majah)³¹⁸, First 9 days of Dhul Hijjah especially 9th day; day of Arafah (Nasai)³¹⁹, upto complete month of Sha’ban (Nasai)³²⁰ and maximum during

the month of Muharram. "The Messenger of Allah (ﷺ) said: 'The best fasting after the month of Ramadan is the month of Allah, Al-Muharram. (Nasai)³²¹

We can choose fasting as per our spiritual and physical needs for a healthy body and mind.

4. **Balanced Sleep**

Balanced sleep is important for mental and physical health. It not only gives comfort, but also regulates the functions of body and mind. Therefore, those who don't take balanced sleep at an appropriate time are vulnerable to many diseases. Quran while mentioning the purpose and time of sleep, says: "It is Allah Who has made the night for you to rest in and the day bright."(40:61) It is also scientifically proven that night is the best time for rest. An American health and wellness information website "Healthline" writes in an article that ideally, people ought to go to bed earlier and wake up in the early morning hours. This pattern matches our biological tendencies to adapt our sleep pattern with that of the sun. You might find that you're naturally sleepier after sundown.³²²

Abu Barzah (RA), a companion of Prophet (PBUH), reported: "The Messenger of Allah (PBUH) forbade sleeping before the night prayer and talking after it."(Abu Dawud)³²³ Night prayer is normally 1.5 to 2 hours after sunset. Sleep before it carries the chances of missing the prayer and activities after it can affect the "early to bed and early to rise" sleep cycle. Prophet's other important guidelines regarding healthy sleep habits include: Brushing teeth and cleansing body (ablution) before and after bed (Mishkat al-Masabih)³²⁴, dusting and cleaning the bed (Muslim)³²⁵, putting off

the light (Abu Dawud)³²⁶, sleeping on right side (scientifically proven beneficial) (Muslim)³²⁷, waking up for tahajjud (a very important optional prayer before Morning Prayer) (Nasai)³²⁸ and short afternoon nap (Bukhari)³²⁹.

There are many other dos and don'ts about sleep from the life and teachings of Prophet (PBUH) which can be learnt from Scholars and Hadith books.

5. Legal Married Life

A normal male-female union under the religious laws can be called as legal marriage. All other relations, may those be bi-marriages or homo-marriages, permitted or non-permitted as per the laws of land, fall into the category of illicit relations. Such people are the fools who prefer their will over the will of The Wisest (Allah). What can be the outcome of such approach other than the destruction because only Allah knows what is good or bad for us. Therefore, Quran says: "But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not."(02:216)

These people prefer a thing which apparently seems attractive to them and put themselves in trouble. A CDC report shows: "Sexually Transmitted Diseases have been rising among gay and bisexual men. They are 17 times more likely to get anal cancer than heterosexual men."³³⁰ In deed all these statistics prove true the statement of Quran that "You (Human Beings) have only been given a little knowledge."(17:85) Whenever man relies on his little knowledge, he harms his own self. The only path of salvation is the path of God. He created male and female for each other and

with different capabilities and roles and they can never replace each other. Therefore in the Holy Quran, Allah says: "And the male is not like the female."(03:36) And concerning male-female relation Quran says: "He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought."(30:21)

The love, affection, mercy and healthy life can only be found in lawful male-female relation. This is the decree of Allah and who can change the decree of Allah other than He Himself.

6. **Manage Screen Time**

The average screen time for users around the world aged 16 to 64, across different platforms and devices is 6 hours 37 minutes per day. Mobile devices account for most of this, with the eyes of global users spending an average of 3 hours 46 minutes fixated on their smartphones in 2023.³³¹

These statistics show that almost half of the total wake time around the world is spent on screen. This behavior is alarming and is causing numerous psychological and physical health issues. The purpose of media industry is simply to gain maximum views for which they produce luring content to tempt people. People waste their maximum time consuming useless and harming content. This behavior is directly linked with inactivity because one can watch films, play games or use social media etc. while sitting or lying at a place. This causes many health issues.

One can reduce his screen time by realizing the harmful effects of over usage of mobile phone and television etc. He should make a schedule and assign timings to all his daily activities and should try to give minimum time to mobile phone and television etc. for entertainment. Besides that he should apply application time limit in mobile phone so that after the specified time, it automatically closes down. One can also use wallpapers showing importance of time, as a reminder and caution. This all is only possible if one has control over his lower self and this control is only granted to those with perfect faith. Holy Prophet (PBUH) said: "Surely, of the excellence of a person's Islam is that he leaves what does not concern him." (Tirmidhi)³³²

7. **Physical Activity**

Physical activity is prerequisite for healthy body. One should adopt an active life style and if that's not possible for someone due to his nature of job, he should then spare time for exercise. Prophet (PBUH) led an active life and instructed us also to follow that for healthy life. He encouraged physical activity by following words: "Nobody has ever eaten a better meal than that which one has earned by working with one's own hands. The Prophet of Allah, David (AS) used to eat from the earnings of his manual labor."(Bukhari)³³³ Furthermore, the blessed life of Prophet (PBUH) is also source of encouragement for us. He (PBUH) used to help his family in household chores, milk the goats, practice archery and horse riding, mend his sandals and patch garments, raced with his wife and helped in the construction of the first mosque in Medina.

The active life style made Arab Muslims, the fittest Army of that time and they were less prone to diseases. "Sitting ducks face chronic disease", a study by PubMed shows: "Results out of 48 articles, prolonged sitting was framed as bad for health (52%) and specifically as health compromising for office workers (25%). Adults who sat a lot were framed as 'easy targets' for ill health."³³⁴

In this era of technology, where most of the heavy works are done through machines; hobbies and leisure activities involving physical exertion can help us in maintaining a healthy body.

8. **Healthy Hobbies**

A hobby is normally something that is done in leisure time for enjoyment. Most of the people have one or the other hobby which is source of entertainment and pleasure for them. Islam doesn't compel people to leave their hobbies rather it encourages them to adopt productive hobbies. By doing so, we can avoid many diseases and can have healthy life. For instance, many people adopt pet keeping as hobby and most popular pet globally owned is dog."³³⁵ Islam forbids keeping dog as a pet, as it is unclean and causes numerous diseases. Instead one can keep cat or any other clean animal as a hobby.

Besides that people adopt computer games, films and other sedentary activities as hobbies which cause numerous health issues due to inactivity. Holy Prophet (PBUH) said: "All idle pastimes that the Muslim man engages in are falsehood, except for his shooting of his bow, his training of his horse, and his playing with his wife, for they are from truth." (Tirmidhi)³³⁶ The beloved wife of Prophet (PBUH), 'A'isha (RA) told that when she was with

Allah's Messenger (PBUH) on a journey she raced him on foot and beat him, but when she grew she raced him and he beat her. (Mishkat al-Masabih)³³⁷ Umar (RA), a close companion of Prophet (PBUH) said: "Teach your children swimming and teach your fighters archery." (Musnad Ahmad)³³⁸ Another companion of Prophet (PBUH), Abu Musa al-Ash'ari (RA) used to say that only a sinner plays chess. He told that when asked about playing chess he replied that it pertains to what is worthless and that Allah does not like what is worthless. (Mishkat al-Masabih)³³⁹.

These teachings from the life of Holy Prophet (PBUH) and his companions clearly guide us about all the activities that can be or can't be adopted as hobbies.

9. Right and Timely Treatment

It is rightly said that a stitch in time saves nine. Normally people don't visit the doctor or carryout treatment at the initial stages of disease to avoid fatigue. When the disease increases and becomes more painful then they visit doctor and by that time it had become much more complicated. Secondly, there are also people who don't resort to right treatment. They either do self-medication or visit inexperienced doctors or totally avoid medical treatment and only rely on healing prayer and amulets. Whereas, when Allah's Messenger was asked whether they should make use of medical treatment he replied, "Yes servants of Allah, make use of medical treatment, for Allah has not made a disease without appointing a remedy for it, with the exception of one disease; viz., old age." (Mishkat al-Masabih)³⁴⁰

Concerning right treatment, the Messenger of Allah (ﷺ) said: 'Whoever gives medical treatment, with no prior knowledge of medicine, is responsible (for any harm done).'" (Ibn Majah)³⁴¹ In another narration He (PBUH) said: The best medical treatment you apply is cupping. (Abu Dawud)³⁴²

So, it is incumbent upon doctor not to give medical treatment without knowledge and also it is the duty of patient to look for a right doctor and visit him before disease becomes aggravated.

10. **Plantation**

Plantation plays a vital role in building a clean and healthy environment. Major environmental benefits of plantation include: "Reducing climate change, purifying air, cooling down the streets, natural air conditioning, saving water, preventing water pollution, providing shelters for wildlife, renewable energy source, reinforcing soil and erosion control etc."³⁴³ Almost all these effects directly or indirectly help in avoiding and controlling many diseases. There are many plants and herbs that are directly used as a medicine or as ingredient in medicine.

Owing to their importance, Prophet (PBUH) encouraged Muslims to plant and protect trees. He (PBUH) said: " Never does a Muslim plants a tree except that 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. (In short) none incurs a loss to him but it becomes a charity on his part."(Muslim)³⁴⁴ In another He (PBUH) says: "Never does a Muslim plant trees or cultivate land and birds or a man or a beast eat out of them but that is a charity on his behalf."(Muslim)³⁴⁵

Therefore, we should plant and protect trees, to get a clean and disease free environment.



10: DRUGS ADDICTION

In previous topics, I already had briefly mentioned about the harms of drugs, that's why I was not considering adding it in the list major problems. When I was doing research for the selection of 10th problem, I went through an article which astonished me and filled my heart with sadness. My eyes responded with tears and I hid my face so that no one could observe my weeping. This was the article "Drug addiction in Pakistan", which stated: "As per 2013 report on drugs by the "United Nations office on drugs and crime", almost 6.7 million people are taking drugs in Pakistan."³⁴⁶ This really hurt me when I recalled the predictions of different renowned scholars, saying: "Allah has chosen this nation for a final war between good and evil".³⁴⁷ I wonder how this nation is going to defeat evil when it is deeply entrenched in evil itself. There is a very clear need to waken up this nation, so that it can take on the responsibility which Allah has put on its shoulders. Considering this as my aim I decided to write on this topic with the hope of positive change by the help of Allah.

Drug addiction is a global issue which is increasing day by day due to the decline in moral and religious values. According to UN world drugs report (2019), "an estimated 271 million people, of the global population aged 15-64, had used drugs in the previous year. The

number of people who use drugs is now 30 percent higher than it was in 2009.”³⁴⁸ Unfortunately drugs are openly available, easily affordable and are becoming part of fashion in youth. This modernization has specially affected Muslims because non-Muslims have already been disengaged from God’s commandments since long. Anyhow, this evil is affecting its every client may he be a Muslim or non-Muslim equally. In this chapter, it is intended to study the root causes of drugs addiction and its impacts on society, with the sole aim of its eradication.

❖ **REASONS**

1. **Religious Unawareness**

Religion serves as mother, saving people from harmful things and guiding them towards good. Unfortunately, people perceive fleeing from religious restrictions as freedom which is in fact their destruction. Intoxication severely harms its consumers and people connected to them. It is unlawful in every major religion of the world and involves severe punishments for people involved. Lack of divine wisdom and knowledge, weak religious beliefs, worship of lower self, forgetfulness of Hereafter and its punishments are few major factors leading to drug addiction. “Pew Research Center study found that people with no religious affiliation are the most likely to drink and binge drink. Among those unaffiliated, people who are agnostic, claiming neither faith nor disbelief in God, are most likely to drink and binge drink, at 76% and 33%, respectively. 51% of adults who attend religious services at least once a month reported drinking alcohol in the last month, compared to 62% who

attend services less often or not at all. Of people who attend religious services monthly, 22% believe alcohol is morally wrong, 7% of unaffiliated people and atheists the least likely to hold this opinion at less than 1%.³⁴⁹

Overall religion is very less being followed but these statistics clearly show how it plays its role in saving people from harmful things. On the other hand irreligious approach is dragging humanity to countless evils.

2. **Parent's Negligence**

Home is one's first educational and training institution and its impacts are long lasting. Child observes everything happening around and later on does the same. You must have seen a child in your family picking up a dropped cigarette bud and copying his father or any other smoking member of family. In fact, home is the place which makes or breaks the future of child.

Parent's negligence in the moral grooming of child makes them pay heavy price later in life. Furthermore, parents don't check their school going child about whom he befriends, whom he visits often and why, his changing habits and all other activities. Bad company makes children vulnerable to many bad practices which at later stages become habit or addiction.

3. **Laws and LEAs**

If western world has weak drug control laws, Muslim countries have weak law enforcement agencies. Vulnerabilities of laws make people vulnerable to crime. For example in Pakistan people can be observed openly smoking cannabis, hashish or injecting drugs

in parks and astride the roads but rarely action is taken against them. Unfortunately, similar is the case in schools and colleges. Mostly drugs suppliers are allowed to move freely by LEAs in exchange of few grams of hashish or money. Even if somebody gets into the hands of law, sooner or later manages to escape punishment by force factor or playing money card. Ultimately, this lenient and vulnerable approach of system is gifting number of new drug addicts each day. Similar is the case in other parts of the world. Drugs open use, supply and sale are major addiction increasing factors.

4. **Cigarette Smoking**

According to WHO report: There are around 1.3 billion tobacco users worldwide.”³⁵⁰ It is widely used intoxicant and is even allowed in many Muslim countries. It is less harmful than other intoxicants but reports show that cigarette smokers are more likely to use other illegal drugs. A study, “Cigarette smoking gateway to illegal drug use” conducted by Johns Hopkins School of Public Health showed that those who had smoked cigarettes were more likely to use illegal drugs. For all age groups combined, the 65.8 percent of participants who had ever smoked were: seven times more likely to have tried marijuana; seven times more likely to have tried cocaine; 14 times more likely to have tried crack; and 16 times more likely to have tried heroin. People ages 12 to 15 who smoked cigarettes were 44 times more likely to use crack, compared with only a twofold risk in those 50 or older.³⁵¹

Besides health effects, smoking is the gateway to illegal drug use but unfortunately no one condemns it even in Muslims countries.

5. **Cultural Acceptance**

Although drugs use is still not that common in Pakistan as compared to the western nations but a decade back a normal person even hesitated to take the name of any intoxicating substance openly. Unfortunately, that hesitation is dying down resulting increase in almost 40,000 drugs addicts each year.³⁵² Similarly, cultural acceptance has contributed towards the increase of drugs addicts worldwide. A study, “What Causes Drug Addiction?” published by Helen farabee centers shows that when a culture accepts or tolerates drug use, the members of that culture are more vulnerable to addiction.”³⁵³

If we will continue distancing ourselves from religious instructions and consider sins as a normal thing; these painful problems are going to enter every home sooner or later.

6. **Movies and TV Series**

When a person watches an unusual thing repeatedly, it becomes normal for him after a certain time. These immoral movies and TV serials use the same technique to inject immorality in people’s minds. Especially Muslims have been badly affected by English movies and TV series. In 2018, once a friend of mine was watching an English serial. He paused it and invited my attention towards an actor and starting narrating his stunts. During his talk, he said that this actor is very sharp and also has a secret affair with his sister. I was shocked to hear that and a question stirred my mind that “can it be possible too” but alas it was something very normal for my friend. Although I already knew how media is spiritually

assassinating our innocent people but that incident made me realize how far it has gone.

Now such people perceive the moderate Muslims as illiterate, fundamentalist and terrorist without realizing that they themselves have been brainwashed through these immoral serials and movies. When people see illicit sexual relations, drugs use and other rubbish things repeatedly as part of routine life without any consequences, it seems something natural and normal to them and they feel an urge to do that too. “Recently, the official journal of the American Academy of Pediatrics published an article analyzing the role of Media in introducing young people to drug use. It has revealed that advertising may actually be responsible for up to 30% of adolescent tobacco and alcohol use. In addition to traditional advertising, TV programs and movies show substance use in a way that is generally positive, but since it is not seen as advertisement it has been less criticized. Consequently, young people get a mixed message about substance abuse, and media is contributing significantly to the risk of young people engaging in substance use. Teenagers today are 400 times more likely to see an alcohol ad than to see a public service announcement that discourages underage drinking.”³⁵⁴

There is indeed no wisdom in watching these movies and TV series for entertainment or learning, which assassinate you morally and spiritually.

❖ **CONSEQUENCES**

1. **Diseases**

Drugs cause many direct as well as indirect diseases injected or orally administered. It is one of the major causes of death taking almost 11.8 million lives each year. According to the latest “Our world in data” report, “1.5% of global disease burden results from alcohol and illicit drug addiction; in some countries it’s over 5%.”³⁵⁵ WHO statistics are also very alarming especially regarding injected drugs. It shows that there are almost 11 million people worldwide who inject drugs, of whom 1.4 million live with HIV and 5.6 million with hepatitis C.”³⁵⁶

There is a long list of mental and physical diseases caused by illicit drugs use. The sad fact is that the other diseases are not fully in human control but drugs related diseases are those diseases which we buy ourselves. We pay heavy prices for these diseases and inject ourselves with. What can be sillier than this?

2. **Sexual Abuse**

Drug consumption reduces the judgment and decision making ability. It may lead a person to abnormal sexual behavior. An addict married partner is most likely to commit marital rape. He may force his partner for a sexual activity, ignoring her consent or desire. A study published by “KENT State University” found that each year as a result of alcohol abuse:-

- ✓ The majority of sexual assaults on college students involve alcohol; consumed by the victim, the offender or both.

- ✓ More than 100,000 students are too intoxicated to know whether they consented to sexual intercourse.
- ✓ More than 70,000 students experience alcohol-related sexual assault or date rape.
- ✓ Nearly 500,000 students have unprotected sex.³⁵⁷

3. **Loss of Pleasure**

Drugs interfere with the normal functioning of brain to produce pleasurable or relaxing effect. A feel-good dopamine is released which activates the brain reward center. Repeated use of drugs affects the reward system negatively, making drugs mandatory for a pleasurable effect. Hence a drug addict has to take drugs regularly to feel like a normal person. A study, “How addiction hijacks our reward system” by Dana Foundation reveals: “If a person uses a drug such as cocaine or amphetamine, which produce a profound dopamine release, the addict’s reward system experiences surges of activation. With repeated use, the circuitry adapts (perhaps becomes tolerant) to dopamine, and normal pleasures, such as sex, become less pleasurable compared with the drug.”³⁵⁸

Therefore an addicted person loses interest in everything and always craves for drugs. This loss of pleasure drives the victim into depression, which is the leading cause of suicide.

4. **Domestic Violence**

Domestic violence may be verbal, physical, sexual or in any other form where the rights of other partner are violated. It is most

common in societies where marriages are not based on religious rulings or religion is less practiced. Drug abuse is one the leading factors of domestic violence. An addict gets offended for minor things and satisfies himself by physically or verbally abusing the partner. According to Addiction Center-Recovery Worldwide “nearly 80% of domestic violence crimes are related to the use of drugs.”³⁵⁹

5. **Divorce**

Drugs addiction is the third leading cause of divorce after adultery and financial issues. In our societies, parents prefer to keep their daughter single than to engage her to a known drugs addict. This is because drug damages its user physically, emotionally and intellectually. Such man is more of a beast than a human. American Association for Marriage and Family Therapy (AAMFT) says of this phenomenon, “It has long been known that marriage and substance abuse don’t mix. Having a partner who drinks too much or uses drugs is very much like throwing a stone into a still pond: the effects ripple out and influences all that is near. In the case of a partner who uses drugs or drinks too much, the effect is felt by his or her children, relatives, friends, and co-workers. However, many would argue that, aside from the abuser, the greatest price is often paid by the abuser’s partner.”³⁶⁰

6. **Suicide**

What can be worse than suicide, ending up your life with own hands. This is one of the most hateful and punishable acts in Islam. The life is a beautiful gift of Allah but we regrettably damage it in

pursuit of our desires and lusts. Illicit drugs consumption is one of the major damaging factors of life and leads to either fatal diseases or suicide. According to “Addiction Center” owned and operated by Recovery Worldwide: “Suicide, addiction and depression have a very close and interconnected relationship. More than 90% of people who fall victim to suicide suffer from depression, have a substance abuse disorder, or both. Suicide is the 10th leading cause of death among all Americans, but it is the third leading cause of death of Americans aged 10-14 and the second leading cause of death for Americans aged 15-34. In 2015 alone, 44,193 Americans died of suicide.”³⁶¹

The age group (15-34) is the best portion of life, where a person is mostly healthy, happy and free of major problems. Unfortunately, consumption of illegal drugs, extramarital affairs and other unlawful acts make it worst portion of life compelling youth to commit suicide.

7. **Other Crimes**

A drugs addicted person is vulnerable to crimes in many forms. He may commit a crime to get money for drugs or someone else may also use him for a crime. The common crimes committed by drug users include robbery, drugs trafficking, weapon violations, snatching, fraud and many others. Drugs have a prominent contribution in occurrence of crimes. “According to a research in the United States in 2010, 70% of male prisoners were drug abusers. Criminals who had abused drugs and alcohol simultaneously committed 21.4% of aggressive crimes. Among individuals, who were arrested in Australia during 2004, 82% had

a history of drug abuse, 69% had abused drugs at least 6 months before their arrest and 62% frequently abused drugs.”³⁶²

❖ SOLUTION

1. Awareness

Awareness plays a vital role in promotion of good and suppression of evil. When a person becomes aware of the harms of a certain thing, he avoids it despite of its attractiveness. Allah Almighty, The Wisest of all, has already educated Human Beings about benefits and harms of everything. Holy Quran says: “And (Allah) makes lawful for them good things, and makes unlawful for them impure things, and relieves them of their burden, and of the shackles that were upon them.”(07:157) So He made intoxicants unlawful for us like many other harmful things and explained to us that “In both (wine and gambling) there is great sin and some benefits for people. And their sin is greater than their benefit.”(2:219) Likewise, Allah Almighty encourages Human Beings to take benefit from good things. Quran says: “He is the One Who produces gardens—both cultivated and wild and palm trees, crops of different flavours, olives, and pomegranates—similar in shape, but dissimilar in taste. Eat of the fruit they bear and pay the dues at harvest, but do not waste. Surely He does not like the wasteful.” (6:141)

So as a possessor of limited knowledge, we need to surrender our desires before the knowledge and decree of Allah Almighty to find solace.

2. **Prayer**

Satisfaction of body is different from that of heart but they both are interlinked with each other. Physical satisfaction is related to eating, drinking, sleeping, copulation and other such things and has an impact on heart too. Spiritual satisfaction is related to the food of heart and that is prayer and balanced life style. Most of the people fail to realize the existence of spiritual need and they try to fill that hollowness through overeating, illicit relationships and drugs etc. In fact these are the things which damage one's spiritual self and increase the hollowness. The search and struggle continues without positive results ending one in misery. Prayer is that medicine which can heal our spiritual wounds. The way Allah created food for hunger and water for thirst, similarly He gifted prayer for our spiritual satisfaction. Holy Quran clearly mentions: "Surely in the remembrance of Allah do hearts find comfort."(13:28)

It is the duty of parents to make their children habitual of prayer through self-example and education. It will fulfill their spiritual need and will save them from craving it in unlawful and damaging practices.

3. **Deterrence**

Punishments serve as a barrier before Human Being's natural inclination towards evil. This is the sole purpose of all the punishments set by Allah Almighty. He says in the Holy Quran: "As for male and female thieves, cut off their hands for what they have done—a deterrent from Allah. And Allah is Almighty, All-Wise." (5:38) To save humanity from the deadly harms of drugs, along

with other measures, we need to set deterrence by implementing the punishments prescribed by Allah Almighty. The Holy Prophet (PBUH) said: "Whoever drinks wine, then lash him. If he returns to it, then on the fourth time kill him." (Tirmidhi)³⁶³ Same was implemented by the Holy Prophet (PBUH) and his righteous caliphs after him. Anas bin Malik (RA) narrated: "A man who had drunk wine was brought to the Prophet (PBUH) and he commanded that the man should be beaten (lashed). The man was given about forty lashes with two palm branches. Anas added, Abu Bakr (RA) did the same, but when 'Umar (RA) became the Caliph, he consulted the people and 'Abdur Rahman bin 'Auf said, "The mildest punishment for drinking is eighty (lashes)." So, 'Umar (RA) gave his commands accordingly." (Tirmidhi)³⁶⁴

This is the punishment of present world and if someone does not repent and quit intoxication, the retribution of Hereafter is very severe. The Holy Prophet (PBUH) said: "Every intoxicant is khamr (wine) and every intoxicant is forbidden. If anyone drinks wine, Allah will not accept prayer from him for forty days, but if he repents, Allah will accept his repentance. If he repeats it a fourth time, it is binding on Allah that He will give him tinat al-khabal to drink. He was asked: What is tinat al-khabal, Messenger of Allah? He replied: Discharge of wounds, flowing from the inhabitants of Hell. If anyone serves it to a minor who does not distinguish between the lawful and the unlawful, it is binding on Allah that He will give him to drink the discharge of wounds, flowing from the inhabitants of Hell." (Abu Dawud)³⁶⁵

This is the punishment for one who uses drugs but Islam forbade its promotion and selling³⁶⁶ as well to address its root causes.

4. **Film Censorship**

Although open advertisement of drugs is not permitted in many countries but films and series are used to promote drugs and to depict them as a source of enjoyment without side effects. The New York Times published on its website that “In view of the surge in opiate and cocaine use in the United States in recent years, it is interesting to note that the last wave of abuse in the country reached its peak in the decade around the turn of the century - just about the time movies arrived.”³⁶⁷

Although it is not common in films and series released by Muslim countries but unfortunately open access to films released worldwide is damaging Muslims too. World nations should have mercy on their people and should put ban on all platforms promoting drugs use.

5. **Ban on Smoking**

There is no direct ruling regarding smoking from Quran or the narrations of Prophet (PBUH), but most of the scholars either consider it haram (unlawful) or makruh (hateful) on the basis of different verses and narrations. Especially, today when science has proved harmful effects of smoking, it is more likely to be haram (unlawful) and punishable act. Furthermore, it is a gateway to illegal drugs use as explained in “reasons” part of chapter. Keeping in view its harmful effects, wastage of money and promoting potential of other drugs, it should be declared unlawful and be banned. This will help in controlling the use of other drugs which are more harmful and damaging. Renowned scholar “Dr. Zakir

Naik” says: “Today there are around 400 fatwas, the majority of scholars, they agree that the smoking is haram.”³⁶⁸

6. **Fashion Degradation**

Today, it is media which makes or breaks the fashion. There was a time when people shied away from wearing patched or holed clothes, now it has become a fashion to wear such pants. Men don't raise their trouser above the ankles which is obligatory in Islam but do wear shorts (above the knee) which are haram (unlawful). Women roam proudly without head covering which is unlawful but hesitate to wear hijab which is obligatory. This all is due to the magical impact of media, fashion industry and cultural change. Why can't we use the same media and fashion industry to rescue Human Beings from destruction?

In western culture numerous drugs are deemed as fashion whereas in Muslim countries only smoking is taken as a fashion. The media which promotes the drugs, same be used to criticize and present drugs as an evil than as a fashion. This will help in notable reduction of drugs consumption. Prophet (PBUH) said in this regard: “Whoever introduces a good practice that is followed after him, will have a reward for that and the equivalent of their reward, without that detracting from their reward in the slightest. Whoever introduces an evil practice that is followed after him, will bear the burden of sin for that and the equivalent of their burden of sin, without that detracting from their burden in the slightest.” (Ibn Majah)³⁶⁹



After reading this book, if you feel yourself closer to Allah and His Messenger (PBUH) and the teachings of Islam, being rational and human friendly; have satisfied your heart then you will surely taste the sweetness of faith because the Messenger of Allah (PBUH) said:

"Whoever is pleased with Allah as (his) Lord, and Islam as (his) religion, and Muhammad as (his) Prophet, then he has tasted the sweetness of faith."

PROGRESS CHART (SAMPLE)

Imam al-Ghazali says: “Knowledge without action is wastefulness and action without knowledge is foolishness.” To make practical use of the knowledge acquired from this book, you should make list of all the major problems which are affecting your life whether included in this book or not. Then you should draw a table as given below which should include the reasons, consequences, solution and progress of that particular problem. Reasons are to know the causes of that problem, consequences are for the deterrence and fear of bad outcome of corrupt practices and solution is the right course of action to solve the problem. The progress column has been added to monitor one’s daily progress for further improvement. Each recommended activity or process in solution carries zero to ten marks and one can award himself according to his performance to monitor the progress. On the basis of marks obtained in all the activities, you can assess your overall progress percentage.

You might find this exercise boring and painful but believe me it’s not more painful than a cancer which can cause you paralysis. It’s not more painful than removal of limbs due to diabetes and other diseases. It is 5 to 10 minutes activity which can save you from wastage of weeks and months in treatment and healing. Therefore, make use of this exercise to keep yourself away from horrific outcomes of practices most of the people have adopted due to ignorance, laziness and in pursuit of pleasure and to adopt healthy and productive life style.

UNHEALTHY LIFE STYLE (SAMPLE)

S/ NO	Reasons	Consequences	Solution	Progress (0-10)
1	Overeating	Obesity	Optional Fasting	0
2	Unhealthy Food	COPD	Balanced Diet	5
3	Uncleanliness	HIV/ AIDs	Cleanliness	7
4	Physical Inactivity	Cardiovascular Disease	Physical Activity	4
5	Captivity to Technology	Cirrhosis	Manage Screen Time	6
6	Bad Sleeping Habits	Alzheimer's Disease	Balanced Sleep	8
7	Extramarital Affairs	Sexually Transmitted Diseases	Legal Married Life	9
8	Drugs Abuse	Suicide	Right and Timely Treatment	7
9.	Animal Contact	Diabetes	Healthy Hobbies	8
10	Deforestation	Respiratory Cancers	Plantation	5

Daily Progress= 0+5+7+4+6+8+9+7+8+5= 59= (59/100)x100= **59%**

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