

*Allah says..*

"Whosoever turns away from My Reminder, verily, for him is a life of hardship, and We shall raise him up blind on the Day of Resurrection."

(translation of Allah's Words in Al-Quran surah Ta-Ha: 124)

*Messenger of Allah said..*

"Call unto Allah in certainty and know that Allah does not answer the heedless and inattentive heart."

(narrated by Abu Hurayrah, reported by At-Tirmizi and Al-Hakim in *Sahih Al-Jami'*)

*Salam*

Reuters

Depressed **Splurge**

Which comes first, egg or chicken? This question popped into mind when coming across a 2003 study by researchers at the Stanford University, California, that added to a growing body of research that suggest anti-depressants may help curb the urge to shop.

The study showed that those who struggled with compulsive shopping felt less anxiety and spent less time shopping while taking the antidepressant. It was further reported that an estimated two to eight per cent of Americans have compulsive shopping disorder. The symptoms include preoccupation with shopping for unneeded items and the inability to resist purchasing such items.

Interestingly, a more recent report from Ahmedabad said that each year there is at least a five to seven per cent increase in the number of youngsters in the Indian city who suffer from depression. One psychiatrist, Rajnish Singh, attributed the phenomenon to a host of factors including stress and a sense of deprivation. Another psychiatrist, Vishwamohan Thakur, blames the trend of turning Indian homes into isolated television houses – which stokes up consumerism and a sense of deprivation especially among youngsters.

In Gujarat, police findings reveal that 80 per cent of the 300 people who committed suicide last year did so fighting monetary crisis. Yet another psychiatrist, Mukul Choksi, described consumerism, easy availability of cash through credit cards, consumer loans and the tendency to spend money beyond their means as major factors leading to suicide.

Depression, even suicide, compulsive shopping... which comes first?

*Islamia*/The Brunei Times

**Say, there is no god but Allah.  
You will be successful.**

**Makmum Ibrahim**  
BANDAR SERI BEGAWAN

The great Muslim army commander, Sa'd ibn Abi Waqqas and his several dozens thousand soldiers were encamped at Qaddisiyyah near the Euphrates while in Sabat, the war minister and military commander of the Persian Empire, Rostam, had gathered 150 thousand troops whose number later swelled to 180 thousands.

Sa'd informed Khalifah 'Umar ibn al-Khattab in Madinah of the enemy movements. 'Umar wrote back, advising Sa'd not to fear the least from the magnitude of the enemy forces and to keep faith in Allah the Almighty alone and seek His help.

'Umar also asked Sa'd to dispatch a diplomatic mission to the Emperor of Persia, Yazdegird, in Mada'in to invite him to Islam before engaging in any battle. The same missions were to be sent to Rostam in Sabat.

At the same time, all preparations continued to be made. Sa'd would walk past the tents of the Mujahidin.

If he heard Quran being recited from one tent, he would say, "From here does victory come."

If he found people of a tent who were heedless from the recitation of the Quran, he would say, "From here comes defeat."

The Persian troops crossed the canals and launched an all-out attack

against the Muslim army. Three days of heavy fighting took place far into the night, when neither Sa'd nor Rostam was able to observe the battle due to the darkness and loud battle cries.

Sa'd kept praying the whole night until Hilal ibn Ullafah was heard shouting, "By Allah, I have killed Rostam!" The whole Muslim troops cried, *Allahu Akbar* and the Persian soldiers fled the battlefield.

Six thousand Muslims were martyred, but more Persians perished. Out of the 30 thousand Persian cavaliers, only 30 were alive at the end of the battle.

Sa'd and his troops pressed forward, crossing the turbulent water of the Tigris, and reached the seat of the Persian Empire, Mada'in, already abandoned by the fleeing Yazdegird.

Sa'd entered the opulent White Palace reciting from the Holy Quran, "How many of gardens and springs have they left, and green crops and goodly places, and comforts wherein they used to take delight! Thus (it was)! And we made other people inherit them." (Al-Quran surah ad-Dukhan: 25-28)

He then offered eight *Raka'at* of *Solat*. In the palace of Kisra (Chosroes), a pulpit was set up in the place of the royal throne and the Friday prayer was then performed there.

This was the first *Solat* Jumat ever performed in the Persian capital.

**Firm Hold**

"Indeed the Companions of the Prophet knew with certainty that victory does not come except when the Ummah holds firmly to the Book of its Lord and the *Sunnah* (life tradition) of its Prophet. There is no honour for this Ummah except in holding firmly to the Book of its Lord *'Azza wa Jalla*, and the day that it goes beyond the Book of Allah and the *Sunnah* of the Messenger of Allah, trying to seek honour in other than them - then will Allah disgrace it and lower it to the lowest of nations, and this humiliation we see today is only due to what our hands have earned... but indeed Allah pardons much," wrote Mahmud al-Misri.

In his brief treatise (translated by Farhia Rahman) on the virtues and benefits of memorising the Quran, the scholar wrote, "O Youth of the *Sahwah* (Awakening), go towards to the pure spring... to the Book of Allah the Almighty and embark upon its memorisation, its studies and act upon it - so that Allah may raise your rank in this world and in the hereafter, so that He may lift the hardships from this Ummah and so that His victory may descend upon his servants, al-Muwahhidin (those who uphold the Oneness of Allah)."

"The Noble Quran is the Book of Allah which is the Seal of all the Scriptures; it is the course for a complete life that ensures prosperity and happiness for the servant (of Allah) in this life and in the Hereafter. It is the inimitable Word of Allah that is not approached by falsehood neither from before it nor from behind it.

Before the advent of the Prophet, mankind was in the darkness of *Syirk* (polytheism) and *Kufr* (disbelief) until the Messenger came with the Book of Allaah the Exalted, to take this entire universe out from this darkness into the lights of *Tauhid* and *Iman* (faith on the Oneness of God) - and for this reason, Allah the Almighty said about this great Book, "This is a Book which We have revealed unto you in order that you might lead mankind out of darkness into light by their Lord's Leave to the Path of the All-Mighty, the Owner of all Praise." (surah Ibrahim: 1)

So this *Ummah* (Nation) turned around with this Book and turned away from *Syirk* and *jahiliyyah* (ignorance) towards guidance and *Tahid*, away from the worship of creation to the worship of the Lord of creation and went from being an Ummah that lived along the margins of life to one that took leadership over mankind and steered it towards the success of both worlds.

The Noble Quran was sent down to train up an *Ummah*, to produce a society and to build a well-functioning system... It needs to act upon a Word and it needs to have a movement that expresses these actions and effects into a visible reality for the people."

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