

Curing the Soul: Intentions and Jealousy

The Place for Intention is in the Heart By: Mariya Farooqi



Intention or Niyyah plays a huge role for us in Islam. We are reminded by the Prophet (SAWS) that: "Actions are but by intentions and each person will have but that which he intended." (Narrated by al-Bukhaari.) Our intentions make up the spirit of all our deeds and determine whether they are valid or not. The reason our intention is so powerful is because it can turn regular daily activities into acts of worship of Allah SWT.

There are two types of intention: The first is the obligatory intention and this is one that comes naturally for everyone. For example, before you do wudu, before you pray, or before you fast you must make the intention first. When we stand for prayer, knowing that it is Zuhr prayer, for example, and we intend to offer the prayer and get up to do it, then we have formed the intention. Another example is if we decide at night that we are going to fast the next day, then we have already formed the intention of fasting. In fact, eating Suhur shows that we are intending to fast. So as you can see, it is difficult for a person to forget to make the intention in these cases such as prayer and fasting.

The second type of intention is Mustahabb in order to get reward for doing permissible things. This one is easier to forget and probably happens to us many times throughout the day without us even realizing it! For example, when we eat, drink, and sleep these sound like daily activities that everyone just has to do.

However, with the intention to strengthen oneself to do acts of worship we can get rewarded for doing these daily activities. The Prophet (SAWS) said: "You will never spend anything that you spend for the sake of Allah, but you will be rewarded for it, even the morsel of food that you put in your wife's mouth." Narrated by al-Bukhari. Mu'aadh (RA) said: I sleep and I get up (to pray at night), and I seek reward for my sleep as I seek reward for my getting up. (Narrated by al-Bukhari)

So, what helps us to keep this intention in mind is to stop and reflect for a second before we do anything. Before we are about to do something we should think to ourselves: what do we want from this? Every time we stop and think before acting, this will remind us about forming the intention, until it becomes like a habit so that we will not enter or exit, eat or drink, give or withhold, without having an intention in doing so, thus most of your time will become times of worship. And always remember that the place for intention is in the heart.

Islamic Society of South Eastern Wisconsin

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Eliminating Jealousy and Envy From Our Hearts

By: Aisha Patel

Around 60 of the world's countries are currently going through wars with over 10 of them being major wars. Most countries are also facing extreme hunger, poverty, diseases and other various forms of conflict. Living in America, while we are mostly unharmed by such conflicts, we do face issues of our own. One of these issues is both a constant state of war and a disease.

Ali ibn Abi Talib (RA) has said "I have not seen an oppressor so similar to being oppressed than the way an envious person is, (because he is) with a permanently sick soul, disturbed heart and inseparable sorrow."

Allah SWT has endowed us all with numerous blessings. Rather than being content with what we are blessed with though, we often find ourselves looking to others for comparison. Very easily, either this comparison leads to competition or envy and jealousy take place of our gratitude.

The effects of jealousy are very well known to us. So familiar are these effects that we accept them as part of life rather than acknowledging them as actual issues that further lead to more sin. Among other grave sins, jealousy leads to backbiting, pride, anger, breaking off ties with friends and family and enjoying the loss of others. (continued on page 3)



“The supplication of a Muslim for his brother in his absence will certainly be answered. Everytime he makes a supplication for good for his brother, the angel appointed for this particular task says: `Ameen! May it be for you, too”
[Muslim].

Hadith of the Month!

This hadith shows us the importance of making dua for others. Instead of feeling jealousy and envy for what others have we should promote love for one another by making dua. Not only this, but making dua for others is a great way of having a dua being accepted in your favor. Wish the same for your brother with sincerity and not only will your dua be accepted inshaAllah, but you will become the cause of happiness of your brother as well.

Allah SWT says in the Qur'an: "Know, therefore, that there is no god but Allah, and ask forgiveness for your fault and for the men and women who believe..."

(continued)

Prophet Muhammad PBUH has said "Beware of envy, because indeed envy destroys good deeds in the same manner as fire destroys wood." Jealousy and envy are diseases. They are seeds that silently take root in the heart and grow big enough to interfere with our desires, decisions and actions. Thus we should take action in trying to rid ourselves of this disease and constant battle.

1) Sincerely ask forgiveness from Allah SWT for the jealousy and envy you find in your heart and ask His protection from it.

2) Focus on attaining rewards for the hereafter and on controlling the desires for achievements and materials that are strictly worldly.

3) Recite the Quran, continuously perform Zikr of Allah SWT, and give charity and sadaqah, as ways to purify the heart.

4) Remind yourself of your blessings often and thank Allah SWT.

5) Supplicate in favor of those who you are jealous or envious of.



*"If one of you looks at someone wealthier and better built than him, he should also look at someone of lower standard than himself."
[Sahih Muslim]*

Jealousy can cause other problems in our life as well. It can make us feel that Allah SWT has been unfair with us because so and so has something and we do not. When we look to those who have more than us with envy then we begin to feel that Allah SWT has favored them with his bounty and not us. We should be looking to those who are less fortunate than we are in order to be grateful for all that we do have because no matter what there is always going to be people who have more than us and less than us. In the end, jealousy and envy are evils that can easily creep into our hearts and are very difficult to clean out. These two evils that we often ignore will never allow us to be satisfied with where we are and have the power to destroy our lives and our hereafter.

Allah SWT mentions throughout the Quran "On that day (Day of Judgement) no wealth nor children will avail an individual except for the one who came to Allah SWT with a pure heart."

Envy without malice is allowed in Islam. This means neither loving the loss of the blessing nor hating for it to remain with the person, but desiring the same for oneself without the removal of the blessing from others. **"Envy is allowed in two cases, in case of a man whom Allah has given the Qur'an and who recites it throughout night and day; and a man on whom Allah has bestowed wealth who gives it away throughout night and day."** [Sahih Bukhari]

Welcome to the ISSEW newspaper, a place for all community related announcements.

ISSEW NEWSPAPER

Annoor Academy 2012 Graduation!



Annoor Academy's Graduation will be on Sunday May 13th at 11:00 a.m. All parents and community members are invited to attend and encourage the efforts of the young students trying to acquire basic knowledge of Islam. Community members and parents will get an opportunity to meet and interact with the teachers and provide feedback. Snack and tea will be provided. Parents are requested to bring their children 15 minutes prior to the ceremony beginning, so please arrive by 10:45 a.m.

Summer Picnic!

We will be having a community picnic at the Recplex Ball Park on June 24th. This will be a potluck picnic so everyone is requested to bring a dish to share.

Guest Speaker Faizan

Brother Faizan will be giving a speech on trials and tribulations on May 18th at 6:30 p.m. at the Kenosha Mosque. Everyone is invited to attend.

Place Ads in the ISSEW Newspaper

Need a babysitter? Want to sell something? Have a company you would like to advertise for? Contact Aslam Saiyed at aslam_saiyed@hotmail.com or (262)-344-4705. Ads will be placed in this newspaper as well as on the ISSEW website for 2-3 months, small ads will cost 25\$ and large business related ads will cost 50\$. We have a right to reject any ads we feel are not appropriate.

Land Development

ISSEW's lawyer has drafted a land sharing agreement between ISSEW and AAICC. This agreement has been in review with the board of AAICC since December.

This year, the land will be used by the Kuper Family Farm to farm corn on the land. They will be utilizing the land which will generate \$2625 for ISSEW in revenue. Last year ISSEW received \$2250 for lending the land for farming.

A conceptual plan has been made for the development of the land. The first priority for the community is a multi-purpose facility, which could serve as a community center, gym, and school building for Annoor Academy.

In order to accomplish this goal we will need to work together as a community, partake in fundraising, and promote awareness amongst community members.

Annoor Sunday School Classrooms

ISSEW is looking into building four classrooms in the basement of the Albanian American Islamic Center in order to create more space for Annoor Sunday School. Estimates of the cost are being prepared; this project is expected to be done before the next school year begins in Fall.