



The Virtue Blog

Blog for the Virtue, Happiness, & the Meaning of Life project

Sijill Article

Striving for Balance within our Bodies, Businesses and Bandagi

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
وَكَذَلِكَ جَعَلْنَاكُمْ أُمَّةً وَسَطًا

Surat al-Baqara: 143

In this way, we have made you the community of the middle path.

In his waaz on Chehlum of Imam Husain SA in Boston, Syedna Taher Fakhruddin TUS recited the ayat quoted above "In this way, we have made you the community of the middle path" (Surat al-Baqara: 143). Syedna stressed that we are followers of our Mawali Tahereen who are "the community of the middle path" (ummat wasat) and so it is important to maintain balance in all aspects of our lives. Excesses and extremes inevitably lead to damage and detriment. Click [here](#) to view 8 Min Video of Syedna's bayan on Balance.

Syedna referred to the Rasa'il Ikhwanus Safa, in which the Ikhwanus Safa explain that the human body's health is maintained through a balance of four components (substances). These are 1) mucus (balgham), 2) blood (dam), 3) black bile (sawdaa') and 4) yellow bile (safraa'). Any imbalance in these components causes illness and fatigue.

Based on this analogy Syedna emphasized the importance of balance in various aspects of our life including time management, business, diet and religion.

Syedna recalled that Maulana Taher Saifuddin advised that we divide our time in three portions: prayer (bandagi), earning a

halal living (halal ni rozi) and halal pleasure (halal ni lazzat). Neglecting any one aspect at the expense of the other is holistically detrimental.

In the context of balance in business, Syedna advised that one should not venture into something so big (khatu itnu mhotu kholide) that would consume all his time. It is important to keep time for children, to spend time in their upbringing (tarbiyat).

In the context of eating, it is important to keep time to have a meal in peace (tamakkun si). Balance in what we eat is also important. Too much of sugar risks diabetes. Anything in excess has negative effects on health.

Even in the context of religion it is important to maintain a balance. Amirul Mumineen SA has said that if a naafilat (non-compulsory prayers) tires you, suffice in farizat (compulsory prayers) for a while.

Syedna added that just as the body needs rest if it is fatigued, we also need mental rest to rejuvenate.

Syedna concluded that the key to a fruitful life is balance. Maintaining the most important balance between deen and dunya leads to a productive and happy life

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in this world and paradise in the hereafter. As Amirul Mumineen SA said in his khutba "Those who are pious earn both Dunya and Aakherat, they partake in Dunya while people of Dunya do not partake in Aakherat."

While the balance between deen and dunya is critical, Syedna stressed that deen must always come first. He encouraged Mumineen to live in Dunya in the best places, eating the finest foods but while gathering the provisions for the journey to the Hereafter. Living by the tenets of Shar'iat, praying namaz, doing roza, feeding the poor, doing good deeds are all actions that provide for our journey.

We offer thanks for the guidance of our Mawali Tahereen and their successor Dai-z-Zaman TUS who guides us by words and by example. He is today the successor to the "community of the middle path", his path is most certainly the most balanced path. May Allah Ta'ala grant us strength to follow his guidance and walk through life balancing the pails of deen and dunya.

Publications

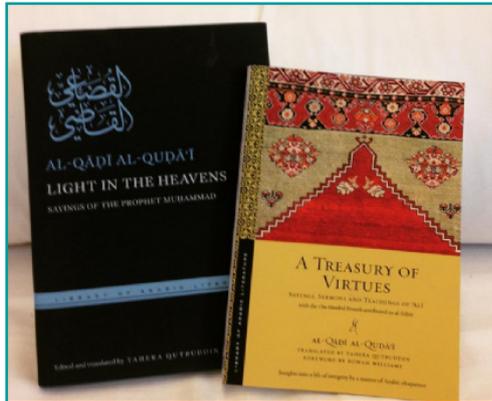
Shehzadi Dr Tahera Baisaheba Interview on the Virtue Blog

We are pleased to present this audio podcast from Shehzadi Dr Tahera Baisaheba's interview with the "Virtue, Happiness, and the Meaning of Life" project at the University of Chicago. This project uses research focused on self-transcendence to advance understanding of the interrelations of virtue, happiness, and the meaning of life. They state that research suggests that individuals who feel they belong to something bigger and better than they are on their own—a family with a long history and the prospect of future generations, a spiritual practice, work on behalf of social justice—often feel happier and have better life outcomes than those who do not.

Shzd Dr Tahera Baisaheba's interview is titled, "Universal Human Virtues Found in Arabic Literature". Below is an excerpt from the transcript. Click [here](#) to listen to the audio.

Many of the really important texts of early Islamic literature remain in manuscript form, and many have not been translated into English, or have been translated in less than lucid renderings. In addition to my analytical research work, I'm also committed to making these masterpieces of Arabic literature available in reliable editions and engaging translations, especially those among them that promote virtue and contemplation.

In this context, I edited and translated a volume of Sayings, Sermons, and Teachings of Ali ibn Abi Talib, whom I mentioned before, who was the cousin and son in law of the prophet Muhammad, and the first Shia imam and the fourth Sunni caliph. (Library of Arabic Literature, NYU Press, 2013). The volume was compiled by al-Quda'i, who was a judge in medieval Cairo. The book is titled A Treasury of Virtues, and in beautiful desert metaphors and brilliantly pithy Arabic, it enjoins universal human virtues such as justice, wisdom, and kindness, presenting them in an Islamic and Quranic framework. For example, "The best words are backed by deeds" "Oppressing the weak is the worst oppression" "Knowledge is a noble legacy" "The true worth of a man is measured by the good he does" "There is no treasure richer than contentment" "A just leader is better than abundant rainfall."



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I've recently completed editing and translating another volume for the series, this one being a compilation of the ethical and doctrinal sayings of the prophet Muhammad titled Light in the Heavens,

by the same compiler, al-Quda'i. In a happy coincidence, its release date is today, November 8. The prophet Muhammad (d. 632) is regarded by Muslims as God's messenger to humankind. In addition to God's words—the Qur'an—which he conveyed over the course of his life as it was revealed to him, Muhammad's own words—called hadith—have a very special place in the lives of Muslims. They wield an authority second only to the Qur'an and are cited by Muslims as testimonial texts in a wide array of religious, scholarly and popular literature—such as liturgy, exegesis, jurisprudence, oration, poetry, linguistics and more.

Preachers, politicians and scholars rely on hadith to establish the truth of their positions, and lay people cite them to each other in their daily lives. These hadith disclose the ethos of the earliest period of Islam, the culture and society of 7th century Arabia. Since they also form an integral part of the Muslim psyche, they reveal the values and thinking of the medieval and modern Muslim community. Most importantly, they provide a direct window into the inspired vision of one of the most influential humans in history. These are a few sample hadith from the volume, which list traits that God loves: "God loves gentleness in everything," "God is beautiful and loves beauty," "God loves those who beseech him," "God loves those who are virtuous, humble, and pious," "God loves the believer who makes an honest living," "God loves the grieving heart." Click [here](#) to read the transcript and listen to the audio of the interview [FatemiDawat.com](#)

News and Events

Syedna TUS Chehnum Program in Boston

Mumineen in the United States of America had the sharaf of hosting Aqa Maula Syedna Taher Fakhruddin TUS in Boston, Massachusetts on the occasion of Imam Husain SA Chehnum.

On Friday night, Maula TUS arrived in Boston. Mumineen from the USA and Europe gathered at the airport to receive Aqa Maula TUS.

After Zawaal namaz on Saturday 19th Safar, Maula TUS graced the ziafat and luncheon reception hosted by a family of Mumineen Mukhliseen in Boston. Local community guests also warmly received Aqa Maula and welcomed him to Boston. He spoke with them about the Fatemi Dawat's initiative to promote taqreeb, harmonious intercommunity relations.

After leading Maghrib and Isha Namaz, Maulana delivered

waaz and remembered the musibat of Imam Husain, which brought tears to the eyes of Mumineen. He also expounded on the philosophy of Imam Husain's remembrance. Mumineen

were immensely blessed to hear shahadat bayaan from Imam Husain's Dai.

After waaz, Mumineen received sharaf of qadambosi in bethak, in which each family present had the opportunity to personally araz in Hazrat Imamiyyah.

Maulana gave raza and prayed doa for the official formation of Anjuman Fatemi Jamaat in the East Coast of the USA. Bethak was followed by salwaat niyaz jaman.

Mumineen had gathered from all corners of the United States, Canada, and Europe and all felt a tremendous sense of warmth and community. The barakat of Maulana's visit and waaz was evident to all who were present and Mumineen did shukr araz for this azeem nemat.



News and Events

Shehzada Abdeali Bhaisaheb Saifuddin Udaipur Chehlum Program

Chehlum waaz convened in Udaipur with raza of Syedna Taher Fakhruddin TUS by Shehzada Dr Abdeali bhaisaheb Saifuddin

Shehzada Dr. Abdeali Bhaisaheb Saifuddin convened Chehlum waaz and majlis in Udaipur on the day of Chehlum Sunday. More than 100 Mumineen were present at the solemn occasion to hear the zikr of gham and shahadat of Imam Husain AS. After waaz, Shehzada saheb lead Zohr Asr namaaz, after which there was niyaz jaman. This was followed by a meeting of Mumineen presided over by Shehzada Abdeali Bhaisaheb.

Shehzada Abdeali Bhaisaheb formed the jamat committee and gave it its charter and launched the Zahra Hasanaat Social Welfare Program in Udaipur (comprising of the Qutbi Jubilee Scholarship Program (QJSP), the medical assistance program, and the Financial and Business Advisory Program). These programs will be managed by the committee selected by community members in the meeting.

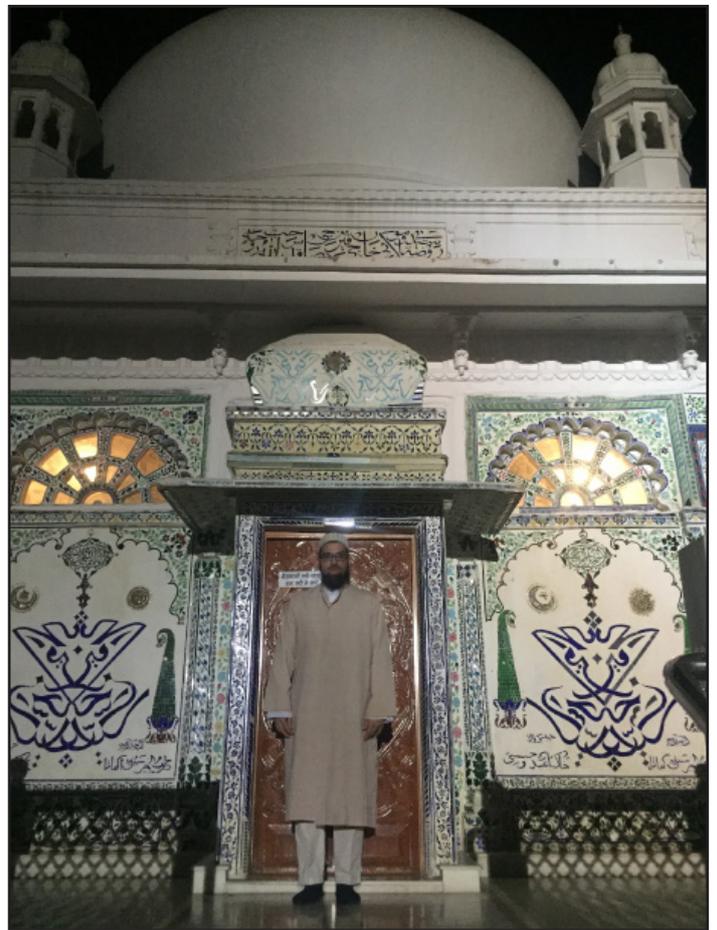
Shehzadi Arwa Baisaheba was also present and had extensive discussions with Muminaat behno present on how they could contribute to these Dawat efforts.

Shehzada Abdeali Bhaisaheb and Shehzadi Arwa Baisaheba also did ziarat of Syedi Khanji Feer Saheb.

On the 21st of Safar, the day after Chehlum, some of the leading newspapers of the region, such as the Times of India, Dainik Bhaskar, and Rajasthan Patrika asked to interview Shehzada Saheb on the launching of these initiatives of Dawat in Udaipur, which were widely covered the next day.

Shehzada Saheb performed the zikr of Imam Husain with great fervor such that tears were continually flowing from the eyes of Mumineen and Muminaat. Shehzada Saheb also did zikr of Panjatan, Aimaat tahereen and Duat Mutlaqeen. He recited an ayat from the Quran which speaks of Maulana Ali and also Imam Husain: "There are those from among mumineen who fulfilled the covenant (misaaq) they made to Allah taala; among them are those who have passed into the Hereafter and those who are waiting; they have not altered the faith."

Shehzada Saheb added that this ayat refers to the Du'at Mutlaqeen. He explained that all the Du'at have protected the traditions of Dawat.



He also referred to the strife caused in Udaipur and the efforts to heal the wounds and reunite the community. (See Sijill 146 Article: "[Protecting the Traditions of Dawat](#)" for further details of Shehzada Saheb's bayaan).

Udaipur in Rajasthan is a city filled with the history of Dawat. Syedi Lukmanji Saheb and Syedi Khanji Feer Saheb, two great luminaries have their mazars here. With Syedna Taher Fakhruddin's raza, the Udaipur Jamaat was given a charter that focuses on compassion, fairness, spiritual and temporal guidance by knowledge, accountability in the administration, transparency in institutions, autonomy of management to jamats, and other such principles administered by Du'at especially Syedna Taher Saifuddin RA and Syedna Mohammed Burhanuddin RA.

Bayaan Highlights & Video Excerpts

Syedna TUS Chehlum Waaz 1438H – Boston, USA

On 20th Safar 1438H, Syedna Fakhruddin TUS delivered Chehlum waaz. Below are a few highlights from the bayaan Mubarak (to read the full summary visit [FatemiDawat.com](#)). Click [here](#) to view video excerpts.

Maulana recalled that even today, millions of Shia remember Husain and weep tears. During Chehlum, Karbala takes on a scene similar to Haj where millions flock every year. Maulana did doa that "we prayed salaam, may it reach its destination, jannat ni tekdi. Remembering Husain's difficulties, all difficulties of this world are pale in comparison, the world itself is pale in comparison, this is the falsafat (philosophy) of matam. We remember



Husain in Ashara, then in Chehlum, every Jumoa (Friday), every day."

Once, a sha'ir (poet) visited Husain Imam's ziarat and expressed in marsiya his regret for not being present with Husain.

Husain visited him in a dream and said that your crying now – it is as if you were with us. Husain visited him in a dream and said that your crying now – it is as if you were with us.

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Maulana then started the main bayaan on "shohada" – the

word includes 2 meanings, one that is giving of qurbani (sacrifice), known in English as "martyrdom" and another meaning as "witness."

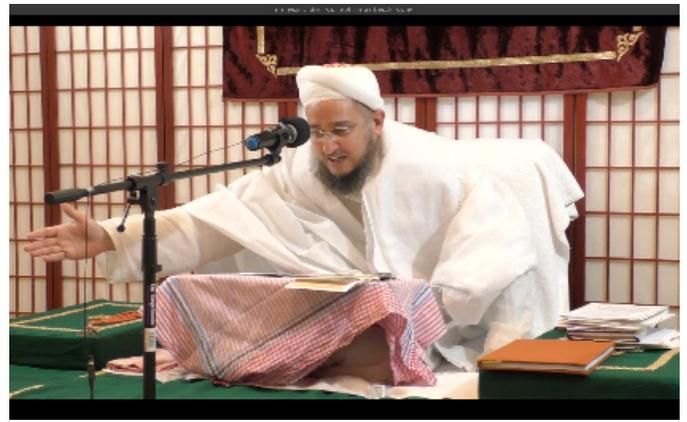
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Maulana Fakhruddin counseled that we are tabe'een (obedient) of our mawali who are ummat-e-wasat (the community of the middle path), similarly, we should maintain balance as excesses can lead to damage. Maulana narrated a zikr from Ikhawn-us-Safa that a human's body has 4 components: balgham (mucus), dam (khoon, blood), sauda' (black bile) & safraa' (yellow bile). Their balanced mixture in the body maintains health.

Similarly, all things need balance. Maulana Taher Saifuddin would advise that divide your time in 3 portions: bandagi (prayer), halal ni rozi (earn a halal living) and halal ni lazzat (halal pleasures). Maintain balance, one should not spend all this time on earning a living and neglect deen.

One should maintain balance in business, not venture into something so big (khatu itnu mhotu) that would take all his time. Take time out with children, spend time on their upbringing, have your meals patiently. Maintain balance in eating, people often diet with a specific focus, as any one component in excess can have negative effects on health. For example, sugar can cause diabetes.

Similarly, maintain balance in day to day life, perform



bandagi not to an extent that it causes excess fatigue. Amirul Mumineen has said "if naflat tires you, suffice in farizat for a while." If the body tires, one needs mental rest such as tafreeh (sight-seeing), which can rejuvenate. Maintain shariat in all facets of life, maintain deen and dunya, Amirul Mumineen said in his khutba "Those maintaining taqwa earned dunya and akherat, they partook in dunya while people of dunya did not partake in akherat." Maintain both but deen first, then dunya. Live in dunya with the best of circumstances, the finest foods, return after death filled with provisions, namaaz, roza, feed the poor, do good deeds, maintain Shari'at and seven da'im (pillars).

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Read the full summary on FatemiDawat.com

Article's from Previous Newsletters



Biography and Photo Gallery
Syedna Taher Fakhruddin TUS
[Click here to read more](#)

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THE PILGRIMAGE TO THE HOUSE OF ALLAH

وَلِلّٰهِ عَلَى النَّاسِ حِجُّ الْبَيْتِ مَنِ اسْتَطَاعَ اِلَيْهِ سَبِيْلًا

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Finance in Fatemi-Tayyibi Doctrine

Everything that you Wanted to know about Complex Islamic Finance in Simple Terms

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This newsletter will inshaallah be published every Friday. It will include the latest news and instructions from Syedna Fakhruddin's office and will be published in Dawat-ni-zaban and Gujarati. It will also highlight the latest updates on FatemiDawat.com. Please register to receive the newsletter regularly at info@fatemidawat.com

Sijill is an Arabic word which literally means official letter. It was a term often used in the Fatimid chancery. The name is inspired by the most auspicious letter 'Sijill-ul-Bisharat'.