

## Treasures Which Were Buried

*Monas Chaudry, Qa'id Ta'lim*

I would like to share some excerpts from Hazrat Khalifatul Masih V's (may Allah be his helper) message sent on the occasion of the publication of the computerized 2008 edition of Roohani Khaza'in [Spiritual Treasures]—the collection of books written by the Promised Messiah (may peace be on him). Huzoor says:

Allah Almighty appointed Hazrat Mirza Ghulam Ahmad of Qadian as the Imam and Mahdi of this age. It is apparent from the Holy Qur'an and the blessed sayings of the Holy Prophet (may peace and blessings of Allah be on him) that this was the very age before which God had appointed furnished sources for the publication of Islam and its preaching throughout the world...This is the very age about which it was revealed in the words 'And when books are published' [81:11] that such incredible inventions will be made in this age that the publication and transmission of books and journals would become a norm.

The Promised Messiah states: "...and 'from among them' [62:4] was making evident that a person will be chosen in this age who was to be suitable for the completion of its transmission carrying in himself the hue of Muhammad...So God delayed the completion of this transmission till an age of international mutual communication and such vehicles and vessels for land and sea were invented."

So in this age this great son of Islam, Champion of Allah, whose pen did the job of the sword, donning the armor of pens strode forth into the heated battlefield of science and advancement of knowledge to convey the message of the Holy Prophet throughout the world and to prove the truth of Islam to the whole world and to propagate the unity of the One Unique God and showed such a miracle of the spiritual valor of Islam and its inner vitality so as to smash every opponent to smithereens and so hoisted the flag of Muhammad the Chosen One and Islam that even today its fluttering can be observed at the heavenly heights going ever higher and this message of Islam is spreading throughout the whole world through

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the writings of the Promised Messiah and will keep spreading. It is only through the blessings of the writings of the Muhammadan Messiah that a world is benefitting from spiritual and physical rebirth and those who had been dead for centuries are once again coming to life.

Having gained vigor from grand support from the Divine he states: "In me vibrates the voice of a heavenly spirit which instills each word I speak with life."

In another place he states: "I particularly experience God's miraculous power when I put my pen to paper. Whenever I write something in Arabic or Urdu, I feel as if someone is instructing me from within."

So it was his heartfelt desire that the water of life which flowed forth from his blessed pen in the form of his books to quench the spiritual and intellectual thirst of the world may be of benefit to the entire world.

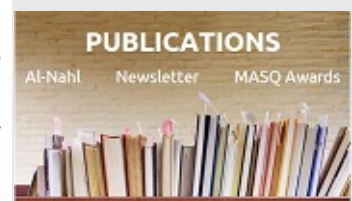
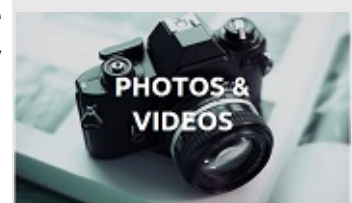
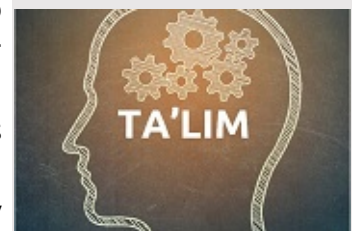
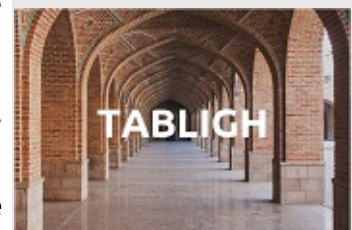
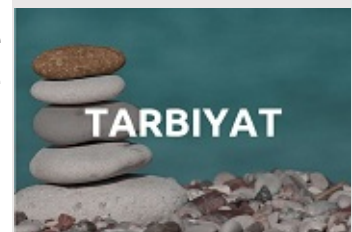
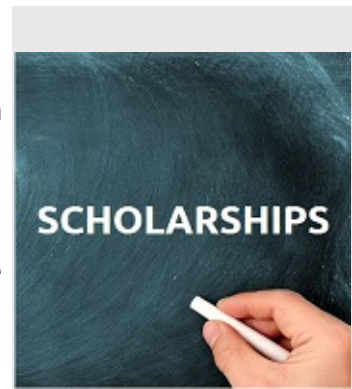
Beloveds! This indeed is the flowing fountain which will bestow eternal life to one who will drink from it and he is the very Mahdi who has distributed such treasures of facts and gnosis in accordance with the prophecy of our lord and master Muhammad the Chosen One 'He'll distribute such treasures that people will not be ready to accept' that one who receives them will never face poverty or loneliness. These are the very spiritual treasures that grant one direction and gnosis of such a treasure as God. These writings of his are the only means of all types of advancement in knowledge and morality, spiritual and physical cures. One who turns their face away from these treasures is destined to leave this world and the hereafter devoid of faith and is accounted arrogant in the court of God, as the Promised Messiah states: **"The person who does not read my books at least 3 times has a type of pride in him."**

Similarly he stated that:

"He who does not pay full attention to the directions of a Commissioned one and Messenger of God and does not study his writings with care also partakes of arrogance. Try, therefore, that you should not partake of arrogance in any respect so that you may escape ruin and you and yours may attain salvation."

Then he has also written in one place:

"It is important for all friends to care to read our books at least once because knowledge is power and power creates valor."



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This is our good fortune that we have been able to accept this Imam Mahdi and Muhammadan Messiah and that we are the inheritors of these spiritual treasures. So we ought to study these blessed writings so that our hearts and our bosoms and our minds are enlightened by this light which is the antidote to all evils of the Antichrist. May Allah enable us to preen our lives and those of our children through these blessed writings and that we can be those who light lamps of peace and security in our homes and our environs and that the love of God and His prophet be undulating in our hearts so that through it we go on illuminating the flames of love for mankind and sharing its pains throughout the world. May God enable us to do this. Ameen.

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## Diabetes

Diabetes is a lifelong disease in which there are high levels of sugar in the blood. Type I diabetes generally occurs in younger people and comprises approximately 10% of all diabetic cases. Insulin injections are the only treatment for Type I diabetes. Type II diabetes occurs in adults; it can be treated with diet and pills initially but ultimately insulin injections are needed.

### Symptoms of Type II Diabetes

Initially there are none. Symptoms are vague such as fatigue, frequent urination, increased thirst, weight loss, etc. Normal fasting blood sugar is less than or equal to 120. If Glycated hemoglobin is less than or equal to 6, one should seek treatment. One can have type II diabetes for years without any symptoms.

### Cause of Type II Diabetes

Pancreas secretes a hormone called insulin which helps the body use blood glucose which is the source of energy. If body cells become resistant to the action of insulin, high levels of blood sugar develop. This runs in families.

### Why Is It Important to Treat?

Untreated diabetes can lead to:

- Heart disease—heart attack that may lead to death.
- Stroke—may result in serious disability or death.
- Kidney damage—may need dialysis or kidney transplant.
- Foot damage—difficult healing; possible to lose toes and legs.
- Eye damage—cataract that may lead to blindness.
- Nerve damage—may cause gastrointestinal disorders, erectile dysfunction.

### Length of Treatment and Care

Once developed, diabetes requires treatment for the rest of the life. One should regularly take the prescribed medicine and insulin everyday and learn to monitor blood sugar. Patients should get support from spouse and children and visit the doctor regularly.

### Diet and Exercise

- Eat less; eat healthy.
- Must do exercise—walk, run, swim, etc.
- Anyone under the age of 70 should be able to walk a mile in 30 minutes or less.
- Lose weight; obesity is a major risk factor in diabetes.
- Obese children grow up to be obese adults.

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