



# Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

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## Advice from Khalifatul-Masih - Part V

*(Part V of the concluding address delivered by Hazrat Khalifatul Masih V (may Allah be his helper) at 2018 National Ijtima of Majlis Ansarullah UK.*

Worship should also be in accordance with commandments of Allah. Following these commandments makes a person true worshipper of Allah. In this context, the Promised Messiah (may peace be on him) further states that the person who does not keep this purpose in mind and is busy day and night in the thoughts of acquiring land, building a house, occupying certain property, then what else can be of that person other than that Allah gives respite for sometime and then calls him back. That reward of pious deeds that one gets after one meets Allah will not be there for that person who is drowning in the love of this world. Make a living, make efforts for success in the worldly pursuit, strive for worldly successes but only to the extent that Allah commands you to. The Promised Messiah (may peace be on him) further said that a person's heart should be filled with the desire of acquiring nearness to Allah because with this desire a person becomes worthy in the sight of the world and in the sight of Allah. If this desire is not in a person's heart and he only longs for this world and pursuit of pleasures of this world then after a short respite he will perish.

Therefore, we should try to achieve this objective and not be like those who are spending their life wholly in pursuit of worldly desire and they forget Allah. In order to achieve this objective Allah has taught us a way. What is that and what has the Promised Messiah (may peace be on him) said about adopting this way? I present a few excerpts from his sayings, where we find out the way to become true servant of Allah, and what is needed to become true servant of Allah. When we ponder over it we find out that Salat is the means through which we become true servant of Allah.

The Promised Messiah (may peace be on him) states that once he wondered about the difference between Salat and Dua (supplication). In Hadith it is narrated that Salat is supplication and the brain of worship. The Promised Messiah (may peace be on him) states that if supplications are for only worldly issues then it is not Salat. Throughout the day, you pursued the worldly gains, strived for the world and then when you come to Allah and ask Him for worldly gains

## What's new on the website

- Congregational Salat
- Metabolic Syndrome
- Monthly Meeting Material
- Monthly Meeting Guide



then it cannot be called Salat. But on the other hand when man wants to meet Allah, he keeps Allah's pleasure in forefront, stands in the presence of Allah with humility, modesty and seeks Allah's pleasure then he is offering Salat. The true essence of supplications is that relationship between a man and Allah improves. When the attachment and relationship between Allah and man progresses, then the supplication offered is the true supplication. That is real Salat and that is actual supplication.

The Promised Messiah (may peace be on him) said that it is this supplication that becomes a way to get closeness to Allah and saves man from irrational things. Allah the Almighty has said that Salat protects us from indecency and manifest evil. Salat will only keep you away from these evils when the intent is to achieve Allah's pleasure. In reality, this is the essence that man primarily seeks Allah's pleasure and then it will be okay if he supplicates for the fulfillment of worldly needs. First pray for achieving pleasure of Allah, pray for ability to do pious deeds, pray for developing a connection with Allah from Allah and then supplicate for the fulfillment of worldly needs and that Allah blesses your worldly pursuits too. It is only then your worldly pursuits will be blessed. The Promised Messiah (may peace be on him) further said that this is so because there are some worldly difficulties that get in the way of performing religious tasks. There are certain folks who when faced with difficulties in their worldly affairs withdraw from religious activities because their faith is weak. Especially in difficulty and hard times, they stumble because of withdrawing from religious activities.

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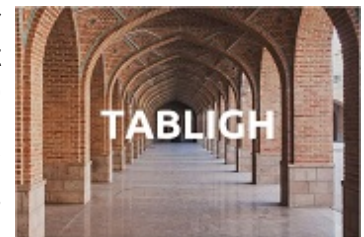
## Fasting—The Physician Within

*Syed Tanvir Ahmad, Qa'id Health*

“O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous.” (The Holy Qur'an, 2:184)

“Fasting is the greatest remedy—the physician within.” (Philippus Paracelsus, Swiss Physician)

“Humans live on one-quarter of what they eat; on the other three-quarters live their doctors.” (Egyptian Pyramid Inscription 3800 BC)



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By the Grace of Allah we are blessed to have once again entered the month of Ramadan. While fasting in this blessed month is spiritually uplifting, it also offers many physical benefits. Some of these benefits are:

- Intermittent fasting (Ramadan is the best example) drops insulin levels leading to increased fat burning.
- Intermittent fasting can increase level of growth hormone up to five folds—which leads to increased muscle mass and increased fat burning among other benefits.
- Intermittent fasting can help lose weight and body fat.
- Intermittent fasting can reduce insulin resistance, lowering our risk of developing diabetes.
- Fasting promotes early satiety, which means that you feel full with a smaller quantity of food. This occurs through a hormone called Leptin.
- Fasting decreases the production of harmful free radicals in the body leading to decreased inflammation—underlying cause of many diseases and ageing.
- Intermittent fasting decreases many risk factors associated with heart disease e.g. it decreases blood pressure, cholesterol, sugar, weight etc.
- Intermittent fasting can stimulate body's own repair system.
- Intermittent fasting may improve brain function through growth of new cells and decrease inflammation and damage to brain function.

- Intermittent fasting has been shown to decrease risk of cancer among animals. More research is needed in humans.
- Studies in rats show that Intermittent fasting may delay or decrease the severity of Alzheimer's disease.
- Fasting may delay ageing and promote a long healthy life.

Source: [healthline.com](http://healthline.com)

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**Send us your stories of brotherhood, Ijtima memories, or any other inspiring experience that we can share with Ansar brothers via this e-newsletter.**

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