

mydeen

THE COMPLETE WAY OF LIFE



Volume 2. Issue VII
ONLINE EDITION

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THE COMPLETE WAY OF LIFE

Assalam Alaikum warahmatuLlahi Wabarakatuh.

There is an urgent appeal to revive an Islamic founded magazine that was launched end of 2009 and has been shelved since 2012 after the 8th issue.

MyDeen magazine was established to promote awareness about Islam since its the complete way of life and to encourage Muslims to practice their Deen. It will be a vessel to inform the public about Islamic principles in everyday life and to actively interact with one another so as to empower the communities we live in economically, socially and spiritually.

We need to generate income to sustain the magazine and leave a beneficial legacy for any strategic alliances we partner with.

Our content delivery will focus on akhlaq (good mannerisms) and steer clear of controversial issues plus focus on diversity and inclusion.

We are excited to partner with MyDeen kids from Canada that has been successfully engaging kids for the last 7 years and still going strong .

We shall localize their content and ride on their success. This will ensure continuity and relevance in distributing the magazine in schools & to parents. Bi idhni Rahman.

The founding members who still have the good will



include Zuhra Mulumba, Imaam Kasozi, Jamil Sewanyana, Umar Kakonge, Musa Senyonga, Zahra Muhammed, Zaitun Saad and Hafiz Ndaula(R. I. P.)

Allahu Ghafuru Rahim

Our value proposition is Functionality/Relevance;
Monetary/Profitability;
Social responsibility;
Psychological/Sadakatul jaria; etc.

These will have to be expounded on in an open discussion to get a buy in from our partners as time goes by.

Ure cordially invited to be part of MyDeen Magazine.

May Allah Facilitate



THE MESSAGE TO THE WORLD ON GAZA

Khutbah by Ustadh Umar Muqaddam

 <https://www.youtube.com/watch?v=9e5Nwu0Jz5o>

Today's Beautiful Hadith

BELIEVERS



Abu Musa al-Ash'ari (RA) reported Allah's Messenger (peace be upon him) as saying: A believer who recites the Qur'an is like an orange whose fragrance is sweet and whose taste is sweet; a believer who does not recite the Qur'an is like a date which has no fragrance but has a sweet taste; and the hypocrite who recites the Qur'an is like a basil whose fragrance is sweet, but whose taste is bitter; and a hypocrite who does not recite the Qur'an is like the colocynth which has no fragrance and has a bitter taste.

(Sahih Muslim, Book 6, Hadith 288)

Have you read the Qur'an today? Taking time out to read the book of Allah is not only a blessed way to start and end your day, it is also a break from the busy nature of life to reflect, focus your breath on reciting the beautiful words of the Qur'an and worshipping Allah. Take some time out today for the Qur'an and may Allah reward you immensely for every word your eyes read over and voice recites - Ameen!

Thank you for being a member of our global community and have a blessed day and just before you go, say Alhamdulillah and start your day by earning blessings :)

What's your Prayer Pulse?



How can I know for sure if I'm making progress in my prayer transformation journey?

After all, salat is the most important action of my life as a believer. It's the primary way for me to connect with Allah every day...

So shouldn't there be a way to track where I am and how well I'm doing?

I started thinking about what factors make prayer a truly meaningful and fulfilling experience... versus a mundane, ritualistic one.

I realized that it boils down to five core factors:

- Presence (concentration)
- Understanding (clarity)
- Love (conviction)
- Serenity (connection)
- Every time (consistency)

You'll notice that the first letter of each of these five spells out an acronym: PULSE.

I call it: Your Prayer Pulse™...

Your Prayer Pulse is a number between 0 and 100, and it'll tell you exactly where you are right now with your prayer i.e. your connection with Allah, based on how you're doing in each of the five areas.

Do you want to know what your Prayer Pulse is?

Find out in less than 30 seconds...

<https://www.prayerpulse.co/>

Just as your heart is the most important organ in your body, and it requires a healthy pulse for the rest of your body to function well...

...salat is the most important action (the heart) of your life, and it requires a healthy pulse for the rest of your life (and afterlife) to go well.

You Prayer Pulse will show you exactly where you are right now.

Then, with the help of Transform My Prayer , you'll take small, easy and consistent steps to increase your Prayer Pulse.

Farzan Parupia
CEO, Transform My Prayer

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centre



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Kasana-Kikyusa Road Luwero District.
Email: sulmacentre@gmail.com



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Islamic التقويم الهجري 1445 Hijri Calendar July 2023 – July 2024

1 - Muharram July 2023
August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			19	20	21	22
5	6	7	8	9	10	11
23	24	25	26	27	28	29
12	13	14	15	16	17	18
30	31	01	02	03	04	05
19	20	21	22	23	24	25
06	07	08	09	10	11	12
26	27	28	29			
13	14	15	16			

2 - Safar August
September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
					18	19
4	5	6	7	8	9	10
20	21	22	23	24	25	26
11	12	13	14	15	16	17
27	28	29	30	31	01	02
18	19	20	21	22	23	24
03	04	05	06	07	08	09
25	26	27	28	29	30	
10	11	12	13	14	15	

3 - Rabi I September
October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30						1
15						16
2	3	4	5	6	7	8
17	18	19	20	21	22	23
9	10	11	12	13	14	15
24	25	26	27	28	29	30
16	17	18	19	20	21	22
01	02	03	04	05	06	07
23	24	25	26	27	28	29
08	09	10	11	12	13	14

4 - Rabi II October
November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	16	17	18	19	20	21
7	8	9	10	11	12	13
22	23	24	25	26	27	28
14	15	16	17	18	19	20
29	30	31	01	02	03	04
21	22	23	24	25	26	27
05	06	07	08	09	10	11
28	29	30				
12	13	14				

5 - Jumada I November
December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			15	16	17	18
5	6	7	8	9	10	11
19	20	21	22	23	24	25
12	13	14	15	16	17	18
26	27	28	29	30	01	02
19	20	21	22	23	24	25
03	04	05	06	07	08	09
26	27	28	29			
10	11	12	13			

6 - Jumada II December
January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				14	15	16
4	5	6	7	8	9	10
17	18	19	20	21	22	23
11	12	13	14	15	16	17
24	25	26	27	28	29	30
18	19	20	21	22	23	24
31	01	02	03	04	05	06
25	26	27	28	29	30	
07	08	09	10	11	12	

7 - Rajab January 2024
February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						13
2	3	4	5	6	7	8
14	15	16	17	18	19	20
9	10	11	12	13	14	15
21	22	23	24	25	26	27
16	17	18	19	20	21	22
28	29	30	31	01	02	03
23	24	25	26	27	28	29
04	05	06	07	08	09	10

8 - Shaaban February
March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
11	12	13	14	15	16	17
8	9	10	11	12	13	14
18	19	20	21	22	23	24
15	16	17	18	19	20	21
25	26	27	28	29	01	02
22	23	24	25	26	27	28
03	04	05	06	07	08	09
29						
10						

9 - Ramadan March
April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	11	12	13	14	15	16
7	8	9	10	11	12	13
17	18	19	20	21	22	23
14	15	16	17	18	19	20
24	25	26	27	28	29	30
21	22	23	24	25	26	27
31	01	02	03	04	05	06
28	29	30				
07	08	09				

10 - Shawwal April
May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			10	11	12	13
5	6	7	8	9	10	11
14	15	16	17	18	19	20
12	13	14	15	16	17	18
21	22	23	24	25	26	27
19	20	21	22	23	24	25
28	29	30	01	02	03	04
26	27	28	29			
05	06	07	08			

11 - Dhu al Qidah May
June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				09	10	11
4	5	6	7	8	9	10
12	13	14	15	16	17	18
11	12	13	14	15	16	17
19	20	21	22	23	24	25
18	19	20	21	22	23	24
26	27	28	29	30	31	01
25	26	27	28	29		
02	03	04	05	06		

12 - Dhu al Hijjah June
July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					07	08
3	4	5	6	7	8	9
09	10	11	12	13	14	15
10	11	12	13	14	15	16
16	17	18	19	20	21	22
17	18	19	20	21	22	23
23	24	25	26	27	28	29
24	25	26	27	28	29	30
30	01	02	03	04	05	06

The most beloved statement to Allah

After raising and folding the hands while saying Allahu Akbar...

...we say the Statement of Praise (Thana'), also known as the Opening Supplication (Du'a al-Istiftah).

It's not obligatory, but it's definitely recommended... as it was the prophetic practice.

There are different versions that the Prophet, may God grant him blessings and peace, used to say.

We will use the most famous set of words that is known.

I'm sure you say them when you begin your prayer...

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ ، وَتَبَارَكَ اسْمُكَ ، وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Subhanak-Allahumma wa bi hamdika, Wa tabarak-asmuka, Wa ta'ala jadduka, Wa la ilaha ghairuk

Do you know what these words mean?

And do you express them meaningfully when you say them?

These four phrases (separated by commas above) are very powerful.

Let's look at the meaning of each, one by one...

We'll cover the first phrase today, and the remaining three in the next email, God willing.

Subhanak-Allahumma wa bi hamdika

God, how perfect You are and all praise and thanks are Yours.

Let's look at three gems from this first phrase...

1. Absolute perfection

The term subhanaka is often translated as "Glory be to You." But I think a better translation is "How perfect You are."

That's because in the Qur'an, the prime usage of the phrase subhanaka is in response to when something inappropriate is said or thought about God...

For example, in Chapter 19, Mary, Verse 35, God says:

"It would not befit God to have a child. How perfect He is / He is far above that. When He decrees something, He says only, 'Be,' and it is."

So we say subhanaka, or subhanAllah, or subhanahu wa ta'ala... to say that God is far removed from, and above and beyond, any imperfection or deficiency anyone may attribute to Him.

As for the word Hamd, we'll look at it in more detail soon when we journey through surah al-Fatihah...

For now, just know that it combines two sentiments: praise and thanks.

See, you can praise someone / something (that you find to be amazing) without thanking them / it...

And you can thank someone (e.g. for doing something for you) without praising them.

When we do Hamd of God, we are doing both: we are praising and thanking Him at the same time.

Now let's go even deeper...

2. The most beloved statement in this life

Abu Dharr reported: the Messenger of God, peace and blessings be upon him, said:

"Indeed, the most beloved statement to God is, 'How perfect is God and all praise and thanks are His.'"

[Sahih Muslim 2731]

Think about that...

The phrase you say right at the beginning of the prayer... is the most beloved statement to your Lord.

And think about how you may normally say it... □

Now that we know what these words really mean and that they are most beloved to God...

...how should we express them in prayer?

Here's another very famous narration:

Abu Hurairah reported: The Messenger of God (peace and blessings be upon him) said:

"There are two statements that are light on the tongue, heavy on the Scales and are dear to the Lord of Mercy: 'How perfect is God and all praise and thanks are His,' (subhan-Allahi wa bi hamdi-hi) and 'How perfect is God, the Majestic (subhan-Allahil-'Adhim).'"

"Indeed, the most beloved statement to God is, 'How perfect is God and all praise and thanks are His.'"

[Al-Bukhari and Muslim]

And if that wasn't enough...

3. Our main proclamation in the next life

But as for those who believe and do good deeds, their Lord will guide them because of their faith. Streams will flow at their feet in the Gardens of Bliss. Their proclamation in them will be, 'God, how perfect You are!' (Subhanak-Allahumma) their greeting, 'Peace,' and the last part of their prayer, 'Praise be to God, Lord of the Worlds.'

[Chapter 10, Jonah, Verses 9-10]

So 'God, how perfect You are!' (Subhanak-Allahumma) will be our main proclamation as we witness and experience Paradise, God willing.

So let's say these words now the way they deserve to be said: meaningfully and wholeheartedly.

QUR'AN REFLECT

Sameera Ahmed's Reflection on Surah Al-Hajj:41

If we have consistently cultivated God consciousness and righteousness (through complete submission, understanding, akhlaq, and action) before acquiring power, status, influence, *AND* we continue to maintain and nurture our taqwa, amaal (good deeds), and akhlaq when in a state of power and influence, there is a greater likelihood of staying righteous in the conditions prevailing after acquiring power.

If you want Allah's help, you must resist corruption (personal desires, power, influence, etc) even when you have power/upper hand. In these situations, we need to focus on pleasing Allah and refraining from displeasing Him. To be able to do that, you need a direct, vibrant, connection to Allah

When power and influence is in the control of someone with a relationship with Allah, their change in worldly status and influence will be manifested in an increase taqwa/humility/ modesty with Allah, beautification of their akhlaq, while increasing good deeds/prevention of negativity. We see this in the example of Yusuf (AS), the Prophet (SAS), and the rightly guided caliphs (RA)



سُورَةُ الْحَجِّ

سورة 22 : الحج الآية: 41

الَّذِينَ إِنْ مَكَّنَّهُمْ فِي الْأَرْضِ أَقَامُوا الصَّلَاةَ وَآتَوْا الزَّكَاةَ وَأَمَرُوا بِالْمَعْرُوفِ وَنَهَوْا عَنِ الْمُنْكَرِ وَلِلَّهِ عَاقِبَةُ الْأُمُورِ (41)

Chapter 22 : Al-Hajj, Verse: 41

‘They are’ those who, if established in the land by Us, would perform prayer, pay alms-tax, encourage what is good, and forbid what is evil. And with Allah rests the outcome of all affairs. (41)

5 PRODUCTIVE THINGS TO DO WHEN YOUR EEMAN IS LOW

Many of us experience the 'eeman dip'. Those times when you're not really feeling righteous, and when performing acts of worship feels more like a chore than what you gladly want to do.

You pray when you don't really feel connected to the salah, or you don't open your Qur'an for days or weeks. You're also filled with a type of guilt, such that you're not able to share your struggles with anyone for the fear of being judged as a lazy Muslim.

Even though the eeman dip is not what any Muslim wants to have, I want you to know that you're not alone. Many of us, more than we publicly admit, have times when we struggle with worship.

Whenever you find yourself struggling, know that eeman is like a pendulum. Sometimes it swings high, and sometimes it swings low. But there are ways that we can use to keep our eeman charged as much as possible, and reduce the occurrence of our low eeman days

Ask Allah (ta'ala) for Help

All guidance belongs to Allah (ta'ala). When we are fired up about the deen, He is the one that has allowed us to be so. He is the one that opens hearts to recognize the truth, and makes it easy for us to perform acts of worship.

So whenever we feel a dip in our eeman, He should be our first point of call. Even though you don't really feel like making extra adhkar after your salah, a

whisper asking for strength to practice the deen while you're in sujood is enough.

Ask Allah (ta'ala) to increase you in strength, make acts of ibadah easy for you, and bring you closer to Him.

Go Where The Energy Is

Sometimes, we practice our faith alone. We observe our salah in the privacy of our homes and we do acts of worship by ourselves.

This is good. But it is also good to be in the company of righteous Muslims who are more knowledgeable than you are, so that their knowledge, admonitions and reminders can be a constant source of motivation for you.

You can find such gatherings by observing your salah in the masjid, attending the Friday khutbah, weekend halqas, and other beneficial gatherings organized by scholars. You can also listen in on these gatherings online if one is not easily accessible for you offline.

Attend gatherings of the scholars where we are reminded and taught about Islam renews your eeman, increases your knowledge and gives you an eeman boost whenever you need it. Imagine going through a particular difficulty and attending a halqa where the story of a particular sahaba with a similar difficulty is shared. We will most likely feel less lonely in our struggles and more hopeful for a good end to it.

Read, Recite and Listen to the Qur'an

I know that when you have an eeman dip, you hardly are inspired to read the Qur'an. The irony is that this is even one of the times that you need to move closer to the Qur'an so that you can find motivation and inspiration.

Read the Qur'an so that Allah (ta'ala) can speak to you. Recite the Qur'an or listen to someone else

reciting it so that the words and melody can give your heart succour. A very useful tip is to recite your favorite verses, or listen to your favorite reciter of the Qur'an.

Hearing the words being recited out loud is very good for bringing your eeman out of a funk. A related tip is to also watch large gatherings of salah (eg., salah at the haramain in Makkah and Madinah). Seeing other people worship Allah (ta'ala) can have a positive impact on your faith.

Stay Away from Temptation

Shaytaan is aware when your eeman is low, and he will most likely swing into action to help you sink further. The time that you're experiencing an eeman dip is the time to keep yourself away from anything that could cause you to sin. Because you're so vulnerable at this time and you may find it difficult to walk away from sins and make tawbah.

If you're having an eeman dip, don't be tempted to hang out where the haram will be made desirable to you. Don't exchange your periods of worship for things that have no benefit. You should actively be looking for a way to get back the beautiful feeling of worshipping Allah (ta'ala).

Even if we commit any sins during this period, we should make tawbah and resolve to not repeat the

mistake. Otherwise, Shaytaan will try to convince you to continue to sin since you've already started.

Do Not Despair

Many of us never recover from an eeman dip because we fall into despair. We tell ourselves that this low faith is a punishment for our sins, or a sign that Allah (ta'ala) does not like us as much as He likes other Muslims.

We stop trying to increase our eeman, and we gradually worship less. We give up on ever tasting the sweetness of eeman again.

This is one of the traps of Shaytaan. He swoops in at your lowest and does his best to keep you there.

Whenever you have an eeman dip, don't see yourself as less righteous than other Muslims. See your period of low eeman as a test that you're determined to pass. And remember that we all have our moments, so rather than place yourself beneath others, use them as inspiration to improve yourself.

Experiencing a dip in your eeman should not be the beginning of losing your faith. It should be a time that we will be extra motivated to do things that can get us back to an increased faith and a closeness to Allah (ta'ala).





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DUA FOR MONTH OF RAJAB

اللَّهُمَّ بَارِكْ لَنَا فِي رَجَبٍ،
وَشَعْبَانَ، وَبَلِّغْنَا رَمَضَانَ

Allahumma barik lana fi Rajab wa
Sha'ban wa ballighna Ramadan

O Allah, Bless us in Rajab and Sha'ban
and allow us to reach Ramadan

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OUR MISSION:

My Deen Magazine has an objective of propagating Islamic education (Dawa), e.g Islamic Banking while explicitly being current on matters concerning our daily lives with elaborate social, environmental and economical content, as guided by the Quran and hadith and targets to reach over 50% of the Islamic population across East Africa. This mission fits with our tagline 'the complete way of life'.

Our proposition for you is 'Stand out in the crowd'. This is a lesson that has been taught for decades and helped shape most successful business in the world.

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- Your advert content has a long term shelf life compared to other media contacts.
- The advertiser has a regional market presence for the advert content reaches all East African member states.

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Back Page Inside	3,000,000/=	
Front Page Inside	3,000,000/=	
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Half Page	1,750,000/=	
Quarter Page	850,000/=	
10x3 / 15x2	500,000/=	
10x2/5x4	350,000/=	
Classified Ads. Per Word	1,500/=	



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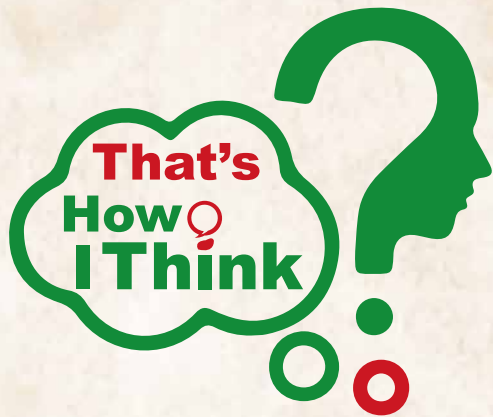
As-salamu alaikum! We are an Islamic charity organization committed to supporting orphans and underprivileged communities. We are currently fundraising to acquire a 2-acre plot of land just 20 miles from Kampala, where we plan to establish our offices, a home for orphans, a mosque, and a madrasa that will serve as a hub for the community to come together and flourish. With your support, we can make a positive impact in the lives of those who need it the most. Please donate towards our noble cause and help us build a brighter future for the orphans and the community. May Allah bless you abundantly for your generosity. Jazakum Allah Khairan.

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"Shaping Reality: Embracing Abundance Through a Positive Mindset"

In the broad picture of life, the lens through which we perceive the world plays a pivotal role in shaping our reality. The profound wisdom encapsulated in Joe Vitale's words, "Your perception creates your reality. You can look at life and see scarcity or abundance. It depends on your mindset," underscores the transformative power embedded within our thoughts. As I reflect on this notion, I find myself resonating deeply with the idea that our mindset serves as the architect of our experiences.

The human mind is a remarkable instrument, capable of molding reality based on how we choose to perceive it. Whether we view life through the lens of scarcity or abundance is a matter of perspective. I firmly believe that the way we interpret events, challenges, and opportunities directly influences the course of our journey.

For me, adopting a mindset that leans towards abundance has been a conscious choice. This choice is not blind optimism, but rather a recognition of the vast potential and possibilities that surround us. Instead of dwelling on limitations, I strive to focus on the myriad of opportunities that exist, waiting to be explored.

The scarcity mindset operates on the belief that resources are limited, and one must compete fiercely to secure their share. This perspective can breed fear, anxiety, and a sense of lack. In contrast, embracing abundance is a paradigm shift that acknowledges the boundless nature of opportunities, encouraging collaboration, and fostering a sense of gratitude.

In my journey, I've found that cultivating an abundance mindset involves conscious effort. It requires challenging limiting beliefs, reframing negative thoughts, and celebrating small victories. By actively seeking out opportunities for growth and learning, I've been able to break free from the shackles of scarcity and open myself to a world of abundance.

The Ripple Effect of Positive Thinking:

A positive mindset creates a ripple effect, influencing not only our individual experiences but also the way we interact with the world. When we radiate positivity, we attract opportunities, form meaningful connections, and inspire others to adopt a similar outlook. I have witnessed firsthand how a shift in perception can lead to a cascade of positive changes in various aspects of life.

Moreover, the power of positive thinking extends beyond personal fulfillment; it contributes to the collective consciousness. As individuals collectively embrace abundance, the entire community stands to benefit, fostering an environment of collaboration, innovation, and shared prosperity.

As I conclude, In the broad canvas of existence, the thread of our perception weaves the fabric of our reality. Joe Vitale's words serve as a guiding light, reminding us that our mindset has the power to shape our experiences. Through my own journey, I have come to understand the transformative potential of embracing an abundance mindset. As we navigate the complexities of life, let us choose to see the richness of possibilities, cultivate gratitude, and foster a mindset that invites abundance into every facet of our existence.

I ABDUL WAHAB THAT'S HOW I THINK

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لَنْ تَنَالُوا الْبِرَّ حَتَّىٰ تُنْفِقُوا مِمَّا تَحِبُّونَ ﴿٩٢﴾ سُوْرَةُ الْاِخْرَاقِ

By no means shall you attain Al-Birr
(piety righteouaness here it means Allah's Reward,i.e. Paradise)
unless you spend (in Allah's Cause) of that which you love. (Surat Al-Imran)

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