

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Energizing the Self in the month of Ramadhan

Peace be upon thee,
O greatest month of God!
O festival of His friends!

Peace be upon thee,
O most noble of accompanying times!
O best of months in days and hours!

Peace be upon thee,
month in which expectations come near
and good works are scattered about!

Dua no. 45, Sahifa Sajjadiyya

Agenda

- Understanding Energy
- Types of Energy:
 - Emotional Energy
 - Spiritual Energy
 - Physical energy
 - Concluding hadith

Understanding Energy

Defined in physics as the capacity to work, energy comes from four main wellsprings in human beings:

the body, emotions, mind, and spirit.

In each, energy can be systematically expanded and regularly renewed by establishing specific.

<https://hbr.org/2007/10/manage-your-energy-not-your-time>

Types of Energy

- 1) Emotional energy
- 2) Spiritual energy
- 3) Physical energy

Achieving emotional energy in the month of Ramadhan

- 1) Understanding the sacredness of the holy month
- 2) Appreciating the love of Allah
- 3) Building for the Hereafter

1) Understanding the sacredness of the holy month

O people! A month has approached you filled with blessing, mercy and forgiveness; it is a month which Allah regards as the best of all months.

Its days, in the sight of Allah, are the best of days; its nights are the best of nights; its hours are the best of hours.

It is a month in which you are invited to be the guests of Allah . . . Your breathing in it praises the Almighty, and your sleeping worships Him.

Ask Allah your Lord, therefore, sincerely and with pure hearts to enable you to fast during it and to recite His Book.

Khutba of the Holy prophet (s) to welcome the holy month

Praise belongs to God who showed favour to us through His religion, singled us out for His creed, and directed us onto the roads of His beneficence, in order that through His kindness we might travel upon them to His good pleasure, . . .

And praise belongs to God who appointed among those roads His month, the month of Ramadan, . . .

He clarified its excellence over other months by the many sacred things and well-known excellences which He placed therein, for He made unlawful in it what He declared lawful in others to magnify it, He prohibited foods and drinks in it to honour it, and He appointed for it a clear time

Dua no. 45, Sahifa Sajjadiyya

Blessings of the month of Ramadhan

- God consciousness – Taqwa
- Inner strength
- Health of the body
- Wisdom
- Closeness to Allah
- Answering of prayers
- Peace and safety on the Day of Judgment

2) Appreciating the love of Allah

I have not seen a more generous master,
patient with a wretched slave, than You are with me.
My Lord, You call me and I turn away from You,
You show affection to me and I show displeasure towards You
You display Your love for me and I do not respond,
as though I am above You.

But this does not prevent You from
having mercy on me, being good to me and favoring me,
through Your Generosity and Nobility.

So please (continue to) have mercy on your ignorant slave,
and be kind to him through the excellence of Your Grace
Surely You are the Bountiful, the Generous.

Dua al Iftitah

It is You who hast opened for Thy servants a door to Your pardon which You have named 'repentance'.

You have placed upon that door a pointer from Your revelation lest they stray from it . . .

It is You who have raised the price against Yourself to the advantage of Your servants,
desiring their profit in their trade with You
their triumph through reaching You
and their increase on account of You . . .

Were any creature himself to direct another creature to the like of that to which You yourself have directed Your servants,
he would be described by beneficence,
qualified by kindness,
and praised by every tongue.

Dua no. 45 , Sahifa Sajjadiyya

3) Building for the Hereafter

The human being was created for the Hereafter not for this world. Keep the goal in mind.

يَا أَيُّهَا الْإِنْسَانُ إِنَّكَ كَادِحٌ إِلَىٰ رَبِّكَ كَدْحًا فَمُلَاقِيهِ

O human being! You are in continuous search towards your Lord, until you meet Him

Sura Inshiqaq, 84:6



O people! Your souls are imprisoned
by your deeds
therefore release them
by seeking Almighty Allah's forgiveness.
Your backs are over-burdened
by the weight of your sins
therefore, lighten their burden
by prolonging your prostration.

The Holy Prophet's Khutba to welcome the holy month



Achieving Spiritual energy in the month of Ramadhan

- 1) Closer connection to God
- 2) Working on yourself
- 3) Maintaining relationships

1) Closer connection to God

O God, fill this month with our worship of You
adorn its times with our obedience toward You
help us during its daytime with its fast
and in its night with prayer
and pleading toward You
humility toward You and lowliness before You
so that its daytime may not bear witness
against our heedlessness,
nor its night against our neglect!

Dua no.44, Sahifa Sajjadiyya

Through the Holy Quran

The following are some ideas on reviving the relationship with the Quran;

- set aside time daily to recite it
- listen to a good Qari of the Quran
- study a passage each day
- read/listen to Tafsīr of Quran
- plan gatherings where you read and discuss passages of the Quran
- choose verses to memorize and implement

2) Working on yourself

يَا أَيُّهَا الَّذِينَ آمَنُوا عَلَيْكُمْ أَنْفُسَكُمْ

O you who believe! take care of your souls

Sura Maidah, 5:105

- 1) Take time in the month to analyze yourself; your strengths and weaknesses. What is your goal in life?
- 2) Work on one at least one goal for yourself; a spiritual habit to start, a quality to enhance, a characteristic to weaken . . . Chart its progress over the month.

Give us success in this month . . .
To seek nearness to You through
pure works
which will cleanse us from sins
and preserve us from renewing faults
Dua no. 44, Sahifa Sajjadiyya

O People! Whoever among you improves his
conduct during this month will have a safe
passage on the right path when many feet will
slip away.

The Holy Prophet's Khutba to welcome the holy month

3) Maintaining relationships

Give us success in this month to tighten our bonds
of kin with devotion and gifts
attend to our neighbours with bestowal and giving
rid our possessions from claims
purify them through paying the alms
go back to him who has gone far from us
treat justly him who has wronged us
make peace with him who shows
enmity toward us
(except him who is regarded as an enemy in You .)
Dua no. 44, Sahifa Sajjadiyya

Achieving Physical energy in the month of Ramadhan

- 1) Understanding Physical benefits of fasting
- 2) Planning meals
- 3) Recommendations for *Iftar* and *Suhoor*

Advice from the Holy Prophet (s)

Four things strengthen a person for fasting:

- a) To break the fast with [warm] water
- b) Not to miss the Suhūr
- c) Not to skip taking a short nap
- d) To smell a good fragrance

Physical benefits of fasting

Fasting is a completely natural healing therapy that has been used for thousands of years to aid, treat, and even cure many common maladies. It creates the same healing effects today. And while modern medicine so often attempts to alleviate outer symptoms of a health condition, fasting affects healing from the inside out, getting to the actual source of the condition, helping to burn inferior cells and build new healthier cells and tissues.

During fasting, we rest our system from the constant onslaught of food stuffs. We usually think of food as giving us energy, so it can be a new way of thinking to understand how the food we eat actually requires energy. Digesting, assimilating and metabolizing--these activities require a great deal of energy. It is estimated that 65% of the body's energy must be directed to the digestive organs after a heavy meal.

Check: <http://www.allaboutfasting.com/benefits-of-fasting.html>

Effects of Fasting

- rests the digestive system
- cleanses and detoxifies the body
- creates a break in eating patterns
- Initiates the body's healing mechanisms
- Stimulates new cell growth
- Strengthens the immune system and natural defenses
- Improve hormonal balance in the body

Planning meals

- Food should not be too different from what you eat normally. A balanced diet with right amounts of carbs, fat, and protein. Include: Complex carbohydrates that help release energy slowly during the long hours of fasting. They are found in foods such as barley, wheat, oats, millet, semolina, beans, lentils, wholemeal flour and basmati rice.
- Fibre-rich foods are also digested slowly and include bran, cereals, whole wheat, grains and seeds, potatoes with the skin on, vegetables such as green beans, and almost all fruit, including apricots, prunes and figs.
- Avoid processed and refined foods, fatty foods, too much sugar, caffeine based drinks

Iftaar

Recommendations:

- 1) Do not delay the Iftār
- 2) Pray salāt before Iftār unless you are with people who are eating first.
- 3) Give food to others before you eat
- 4) Recite Sura al Qadr
- 5) Recite the Du'ā for Iftār
- 6) Break the fast with dates, or raisins, or something sweet, or warm water.

Suhoor

Recommendations

- 1) Do not miss your Suhūr
- 2) The Holy Prophet (s) has said: Have Suhūr even if it is a sip of water, for surely the blessings of Allah are on those who do Suhūr.
- 3) Recite Sūratul Qadr
- 4) Include dates and water

Concluding Hadith

Surely the fast is not only abstaining from food and drink. Fasting has a condition which must be met for the fast to be complete, and that is the inner silence. Have you not heard what Maryam binte Imran(a)said: I have vowed a fast for the most Beneficent so I will not speak to anyone today, that is silence.

So when you fast, protect your tongues from lying, and lower your gaze, and do not have conflicts, and do not be jealous, and do not backbite, and do not show off . . . And do not get angry, and do not argue, and do not be unfairand do not be heedless of Allah and of Salaat

Hadith (cont.)

Be vigilant about silence and forbearance and patience, and staying away from the people of evil and staying away from false words and . . . wrong assumptions.

Be present in the Hereafter, waiting for your days, waiting for what Allah has promised you, preparing for the meeting with Allah.

On you there should be peace and dignity, awe, humility, and lowliness of a slave afraid of his Master, hopeful, fearing, having purified the heart of pollution, sanctified your inner secrets from evil, cleansed your body of dirt.

You have given of yourself to God in the days of your fast, and emptied your heart for Him, and given Him of yourself for whatever He has ordered you and invited you towards.

Hadith (cont.)

So if you do all that then you have fasted for Allah with the true essence of fasting, doing what He has commanded you to do.

And whatever you decrease of this from your fast, then that much has been decreased from [the value of] your fast.

Imam al-Sadiq (a)

Shahrullah fil-kitab wal-sunnah, pg 158, H.306