



Sculpting the

Perfect Mother

in YOU.



A translated adaptation of **MISAALI MAA** (urdu)

Sculpting the Perfect Mother in YOU

IslamicMobility - XKP

Published: 2016

Tag(s): islam mother mum maa imam pregnancy child upbringing islamic fruits food

Chapter 1

TRANSLATOR'S NOTE

This book is dedicated to the Perfect Mother of the Universe, Ummul Aimmah, Ummul Hasnain, UmmeAbiha, Hazrat Fatimatuz Zahra (SA) and to the Holy Imams buried in Jannatul Baqee with the hope and dua that the holy graves be soon restored to their past glory.(Ameen)

This book is also a dedication to our Imam Mahdi (ATF) for whose army we want our children to serve as soldiers.

On the occasion of the wilaadat of Lady Fatima (SA) we have published this book as a hadya and a promise from all mothers, to follow her footsteps.

Motherhood is practiced not so much in words as in Attitude and in Actions

So let us all, be mothers, who nurture our children even before they are born - in such a way that they may become successful part of our Imam AJTF's army.

Utmost care has been taken while translating the book from the original Urdu text with as much literal accuracy as could be achieved to have understandable English text. In some places the Urdu names have been inserted in brackets for a better understanding of clarifying the text. The aim of this entire effort was to benefit those sisters who are unable to read the Urdu language, or enjoy reading and adapting context in English language.

I owe a debt of gratitude to my dear friend Sister Sadaf Zahra, who in spite of her tight schedule, readily assisted me during every stage of the translation with her valuable contributions. It is due to her efforts that the book has reached its completed form. May the Almighty Allah and our Imam (ATF) accept our very small effort. Ameen.

Also, I humbly request all readers to recite a Surah Al Fatiha for Qul arwaah al mo'mineen wal mo'minaat.

Please feel free to write any queries and share your motherhood experience to join the conversation with me at bsr4ever@gmail.com

–Translator

Chapter 2

PREFACE

Imam Reza (AS) has said : “Treat your offspring with the best of manners (akhlaq), and be good to them; for they think that you are the providers of sustenance for them.” (Biharul Anwar vol.74, pg.77)

Guidance of mankind is such an essential task that the Almighty Allah arranged for the guides before the creation of Man, so that man is not deprived of guidance even for a single moment. This guidance is sometimes through the **internal** guide within us (Intellect - Aql), and sometimes through the **external** guides present in the form of Prophets and Imams. None can deny the fact, the man himself must be prepared to accept this guidance in its true sense.

A mother’s lap is the first school that can provide the society with such virtuous individuals. Considering the example of our Infallibles, we see the Hazrat Fatima Zahra (SA) was the great mother who gave personalities like Bibi Zainab(SA), Imam Hasan(AS) and Imam Hussain (AS). Our ulema have also accepted the fact that, it was due to their mothers efforts and upbringing, that they have reached such sublime states. Aghae Muqaddas Ardebli, Syed Murtudha, Syed Razi, Imam Khomeni and besides these, little children of today’s age like the Haafiz e Quran Syed Mohammed Hussain Tabatabai and Agha Sadiq Waziri have all given the credit of their successful lives to their mothers.

Each of us desire that our children too, like these children, serve Islam. But generally, the question that arises is: HOW?

In light of the Islamic traditions and under the guidance of our ulama, this book tries to answer this question to some extent.

It is our humble request to all mothers reading this book to try and act upon the methods mentioned in it so as to be able to provide our society with true Soldiers of Imaam Zamana’s (AJTF) army.

Wassalam

Markaze Ilm-o-amal

(Ladies Section)

Chapter 3

THE MONTHLY PHYSICAL & SPIRITUAL DIET

Bismillahir Rahman ir Rahim

Dear mothers!

“Āl waladus Salih raihanuhu min rayahinil jannah”

A virtuous child is a flower from among the flowers of Jannah. Before going any further, we would like you to keep track of your different stages of Pregnancy by putting down your dates below.

Eng dateIslamic dateDay

Ovulation Date: _____

Conception Date: _____

PregnancyDate beginningDate ending

My 1st Month _____

My 2nd Month _____

My 3rd Month _____

My 4th Month _____

My 5th Month _____

My 6th Month _____

My 7th Month _____

My 8th Month _____

My 9th Month _____

Now that you have penned down the main dates, lets follow the guidelines of Islam in upbringing our children.

Blooming mothers, follow instructions mentioned from overleaf, during the months of pregnancy.

THE FIRST MONTH

What to Read

- Recite Surah Al Yaseen (Surah 36) and Surah As Saffat (Surah 37) on Thursdays and Fridays and blow on your stomach.

What to Eat

- Eat a sweet apple in the morning.
- Have a pomegranate before breakfast on Fridays.
- Swallow pinch of Khaak e Shifa before sunrise.

What to Do

- Recite daily prayers at wakt e fazilat (on time). Before Salaat, recite Adhaan and Iqaamah with your hand on your stomach.

THE SECOND MONTH

What to Read

- On Thursdays & Fridays, recite Surah Al Mulk (Surah 67) and blow on your stomach.
- On Thursdays 140 times & on Friday 100 times with hands on your stomach, recite the following Salawaat**

“Allahumma salle ala Mohammadin wa aale Mohammad wa ájjil farajahum wa ahlik ádowwahum wal-án a’daá-hum minal jinni wal insi minal awwaleen wal akhireen.”

What to Eat

- Eat a sweet apple in the morning.
- Have a pomegranate before breakfast on Fridays.
- Have a pinch of Khake Shifa before sunrise.

What to Do

- Recite daily prayers at wakt e fazilat (on time). Before Salaat recite Adhaan and Iqaamah with your hand on your stomach.

THE THIRD MONTH

What to Read

- On Thursdays & Fridays, recite Surah Aale Imran (Surah 3) and blow on your stomach.
- On Thursdays & Fridays recite 140 times with hands on your stomach, Salawaat in the following way** (see 2nd month table)

What to Eat

- Every week have wheat, mutton and skimmed milk.
- Have a little honey in the mornings.

What to Do

- Before every salaa, place your hands on your stomach and recite the long Salawaat.

THE FOURTH MONTH

What to Read

- On Thursdays & Fridays, recite Surah Al Dahr (Surah 76) and blow on your stomach.
- Recite Surah Al Qadr (Surah 97) in any one rakaat of all daily prayers.
- After Namaaz place hands on your stomach and recite Surah Al Qadr (Surah 97) and Surah An Nasr (Surah 110). Then recite the long Salawaat, after which recite the following dua.

“Rabbanaa hablanaa min azwaajinaa wa dhurriyaatinaa qurrata aýunin wajálnaa lilmuttaqina imaamaa.”

- Recite 7 times “Astaghfirullah Rabbi wa atubu ilaih”
- After Namaaz recite the prescribed Salawaat mentioned for 2nd and 3rd month, daily 140 times.

What to Eat

- Eat a sweet apple, pomegranate & honey.

What to Do

- From this month, recite Namaaz e Shab (Tahajjud). If not possible after midnight, recite its qazaa after Salatul Fajr (Subh).

THE FIFTH MONTH

What to Read

- On Thursdays & Fridays, recite Surah Al Fath, (Surah 48) and blow on your stomach.
- Recite Surah An Nasr (Surah 110) in any one daily prayer every day.
- After Namaaz take khaak e shifa on your palm & rub on your stomach.

What to Eat

- Have a small quantity of dates in the morning.
- Also include a few olives, dates and sweet apple in your dinner every day.

What to Do

- Try & recite Adhaan & Iqaamah regularly before every salaah with your hand on your stomach.

THE SIXTH MONTH

What to Read

- Recite Surah Al Waqiah (Surah 56) on Thursdays and Fridays and blow on your stomach.
- Recite Surah At-Teen (Surah 95), in one rakaat of both Maghreb & Isha salaah.

What to Eat

- Eat figs and olives after breakfast.
- Try to eat bone marrow during day/night.
- Avoid fats.

What to Do

- After every Namaaz, touch your palm to khake shifa & rub on your stomach.

THE SEVENTH MONTH

What to Read

- Recite Surah Yasin (Surah 36) and Surah Al Mulk (Surah 67) on Thursdays and Fridays and blow on your stomach.
- On Mondays recite Surah An Nahl (Surah 16)
- Recite Surah Al Qadr (Surah 97) and Surah Tauheed (Surah 112) in the 5 daily prayers. • Recite at least 140 times daily Salawaat

What to Eat

- Have a little water melon after every meal, but don't drink water, before and after eating the melon.
- Eat beetroot at least once in the month What to Do Recite Adhaan & Iqaamah, and Namaaz e Shab regularly.

THE EIGHT MONTH

What to Read After Fajr Salaat, Recite on every:

- Saturday: Surah Al Qadr (Surah 97)
- Sunday: Surah Al Teen (Surah 95)
- Monday: Surah Al Yasin (Surah 36)
- Tuesday: Surah Al Furqaan (Surah 25)
- Wednesday: Surah Al Dahr (Surah 76)
- Thursday: Surah Muhammad (Surah 47)
- Friday: Surah As Saffat (Surah 37)

What to Eat

- Eat sweet yoghurt and honey regularly.
- Highly advisable to eat a sweet pomegranate in breakfast on Friday.

If not harmful, use a little vinegar once a week. What to Do Recite Adhaan & Iqaamah, and Namaaz e Shab regularly.

THE NINTH MONTH

What to Read

- Recite Surah Al ‘Asr (Surah 103) and Surah Al Dhaariyaat (Surah 51) in either Zohr or ‘Asr Salaat.
- Recite Surah Al Hajj (Surah 22)- Hajj on Thursdays.
- Recite Surah Al Faatir (Surah 35) on Fridays.

What to Eat

- Avoid eating ‘garam masala’ (hot spices)
- Eat dates.

What to Do

- Slaughter a sheep (or any animal) with the intention for the safety of Imam e Zamaana (AJTF) and have some of its cooked meat. (for eg. kabaabs can be made and eaten)
- Avoid looking at pictures and the mirror in these last few days.
- Go for a walk daily.

Chapter 4

SOME USEFUL TIPS

1. Drink MILK for your child to be **brave** and **courageous**.
2. Eat WATERMELON for the child to be **beautiful** and to have **good akhlaq**.
3. Recite SURAH AL 'ASR with your hand on your stomach, for the child to be **patient**.

Some fruits & their benefits:

1. If the father eats a PEAR, the child will be **beautiful**.
2. Expecting mothers must eat PEARS, to get a **virtuous** child.
3. Eating PEARS strengthens the heart, cleanses the stomach, purifies the heart, & increases the **bravery & beauty** of the child.
4. Eating MUSKMELONS (*kharbuza*) makes the child **beautiful & pleasant** natured.
5. Eating SWEET POMEGRANATE makes the child **virtuous**.

BENEFICIAL FOODS DURING THE 9 MONTHS

1. Eat TWO DIFFERENT THINGS (refreshments) at two different times, after reciting Surah al Qadr on it.
2. Eat GRAPES in the 2nd month after reciting Surah Al Ikhlaas on it.
3. Eat an APPLE during the 3rd month, after reciting Ayatul Kursi on it.
4. Eat FIGS during the 4th month, after reciting Surah Al Teen on it.
5. Eat an EGG during the 5th month, after reciting Surah Al Hamd on it.
6. Eat a POMEGRANATE during the 6th month, after reciting Surah Al Fath on it,
7. Eat QUINCE (*bahi*) during the 7th month, after reciting Surah Al Yaseen on it.
8. Eat MISRI (grind it with a little saffron) in the 8th month, after reciting Surah An Nasr on it.
9. Eat mixture of DATES & MILK (dates mashed and mixed with milk) in the 9th month, after reciting Surah Al Dahr on it.

Chapter 5

A DAILY PREGNANCY ROUTINE GUIDE

- Daily 50 times Surah Al Tauheed
- Daily 50 times Surah Al Qadr
- Daily 140 times Salawaat
- Lots of Istighfaar (any number of times recited will be good, but it is best to recite 140 times daily)
- Recite Surah Al Yaseen and blow on a pomegranate - for 40 days
- After the 7th month, recite Surah Al Ana'am and blow on an almond - do this for 40 days as well
- To get a pious and virtuous child, recite the Holy Quran a lot, especially Surah Al Anbiya (Surah 21)
- From the 7th month, recite the 5 qur'anic surahs beginning with tasbeeh –viz- Surah Al Hadeed (Surah 57), Surah Al Hashr (Surah 59), Surah As Saff (Surah 61), Surah Al Jumu'ah (Surah 62) and Surah Al Tagaabun (Surah 64)
- Always be in the state of Wudhu
- Avoid looking into the mirror at night.
- Don't commit sins as far as possible (because all your actions will have an impact on your child)
- Try your best to perform as many mustahab acts you can
- Stay cool and don't get angry
- Have a good diet
- Vegetables and milk products are good for the skin of your child, will make it beautiful.
- After birth (preferably before the placental cord is cut) Adhaan and Iqaamah should be recited in the right and left ear of the child respectively.
- Name the child before 4 months and 10 days of delivery.
- Eat 9 dates after delivering the child (preferably Ajwa dates from Medina - or dates of the area you are residing in.)

Chapter 6

SOME MORE USEFUL GUIDELINES DURING PREGNANCY

- ☺ Recite 40 times Ziyaarat e Ashura, with 100 laánat and 100 salaam and Dua e Alqamah.
- ☺ Eat pomegranates for 40 days, after reciting Surah Al Yaseen & blowing on it.
- ☺ Eat apples for 40 days, after reciting Surah Al Yusuf on it.
- ☺ Recite Dua e Tawassul 40 times.
- ☺ Recite Ziyaarat e Jaame'a for 40 days.
- ☺ Recite Ziyaraat e Aale Yaseen and its dua for 40 days.
- ☺ Recite Dua e Kumail for 40 Thursdays / 40 times.
- ☺ Recite Dua e Nudba on 40 Friday mornings / 40 times.
- ☺ Recite Dua e Samaat on 40 Fridays at Asr time / 40 times.
- ☺ Recite Surah Al Hadeed, Surah Al Hashr, Surah Al Jumu'ah, Surah As Saff & Surah Al Tagaabun on 40 Thursday nights before sleeping.
- ☺ Recite Tasbeeh of Bibi Fatima(SA) after every salaam and before sleeping.
- ☺ Recite Namaaz e Shab at least 40 times.
- ☺ Perform Ghusl e Jumu'ah at least 40 times.
- ☺ Complete recitation of 1 whole quran (especially for the safety of Imam e Zamaana AJTF).
- ☺ Recite Hadees e Kisa and Ziyaarat e Imame Zamana(AJTF) 40 times.
- ☺ Recite Surah al Anbiya at least once a week for 40 weeks.
- ☺ Recite Dua e Ahad for 40 continuous days after Salatul Fajr.
- ☺ Eat 12 Munaqqa (black raisins) with 12 Bismillahs in the breakfast, for 40 mornings.
- ☺ Watermelon, almonds, vegetables, pears, fish, cabbage, lettuce leaves, honey, chickpeas, grapes, peaches, olive oil, milk, quince (bahi), sea water and brain must be eaten. (also black eye peas – i.e: lobiya – and dried plumes – i.e: aalu Bukhara).
- ☺ When the child's movements are felt in the womb, place your hand on your stomach and recite Salawaat and Surah Al Tauheed (at least once). Preferably recite each of these 50 times daily for the whole 9 months especially when the child movements are felt.
- ☺ Following are recommended acts during pregnancy

- Remembering the Almighty Allah

- Praying for the well-being of other mo'mineen
- Seeing the beautiful faces like that of Mo'mins / Ulama
- Staying away from ill-mannered people
- Performing ziyaarah of M'asumeen (AS)
- Staying away from sins especially lying & backbiting
- Reciting every Namaaz on the fazilat time (awwal e waqt)
- Naming the child & remembering him/her by that name
- Doing Zikr of Allah Reciting & listening to the Holy Quran

☺ Take good care of personal hygiene, use clean cotton undergarments, change them daily, maintain cleanliness of your body. Avoid strong and long lasting fragrances.

☺ If there is any discharge from the body, contact your doctor immediately, because this discharge is dangerous for your child's eyes and mouth. Use pure drinking water. If there is some spotting, itching, boil or anything of this sort, contact gynecologist.

☺ Go for a monthly checkup, and in the last months, visit your doctor weekly to check your blood pressure, sugar, and other tests like fetus heartbeat etc.

Note - In all the above recitals of 40 times, 40 is the minimum mentioned, you may recite more times if you wish.

Chapter 7

BRIEF INSTRUCTIONS AFTER NORMAL DELIVERY

1. Eat soup & curry prepared from the neck and back of goat for 40 days to strengthen your and the baby's back & neck.
2. Eat Kabaabs and liver.
3. Having Methi bhaaji too is beneficial.
4. Use milk, yoghurt, Labans, juices and lots of water.
5. Sit in luke warm water daily. Apply sanitizers or the cream suggested by your doctor on the stitches, with cotton. Do this about 4 times daily for quick relief.
6. Stay away from your spouse for 6 weeks.
7. For the newborn's umbilical cord (navel), rub with alcohol (spirit) on a cotton swab.
8. Keep the child under sunlight (cover the eyes & leave the rest of the body uncovered) in case of jaundice. Sugar water may be used too.
9. Use a commode (English toilet seat) for at least 6 weeks.

IN CASE OF A CAESARIAN (C-Section)

- Besides the above guidelines, cleanse the stitches on the stomach as per your doctor's instructions.
- Avoid oily, fatty and very spicy foods for about 6 weeks for quick healing of stitches.
- Do not sit on the ground flat; use a cushion or pillow, or it is best to sit on a chair.
- Do not massage your stomach for the first 6 weeks

Chapter 8

SOME DU'AS TO SEEK THIS BLESSING

1. It is narrated from our 6th Imam, Imam Sadiq (AS), that one who desires to have a child must recite the following dua in Sajdah :

Rabbi habli minladunka dhurriyatan tayyibatan innaka semiúd dua. Rabbi la tadharni fardan wa anta khairul warithin.

2. It is narrated from Ahlul bayt (AS) in the book Kitabus Saliheen that one desirous of having a child must recite the following in the mornings & evenings:

- “Subhanallah” 70 times,
- then “Astaghfirullah Rabbi wa atubu ilaih” once,
- then “Subhanallah” 9 times
- then “Astaghfirullah Rabbi wa atubu ilaih” once

3. Write Surah Aale Imran with Saffron & Rosewater and tie it around the neck of the woman.

4. Recite Surah Al Fajr (Surah 89)- 11 times before coupling, Inshallah Almighty Allah will grant offspring.

5. Fast for 7 days, and at the time of breaking the fast (iftaar), recite “*Āl-Baariú Al-Musawwiru*”, and then blow on water and drink this water. Inshallah, Allah will grant virtuous & beautiful son.

6. It is narrated from Ma’sumeen (AS) that one who desires to have offspring, must do Istighfaar excessively.

Chapter 9

SUPPLICATIONS FOR A MALE CHILD

1. It is mentioned in narrations that if a pregnant woman makes the intention that she will name her child Mohammad or Ali (on the names of our Holy Prophet SAWW and Imam Ali AS), she will be blessed with a son.

2. It is narrated from Imam Sadiq (AS) that the woman must recite the following before coupling: ***“Allahumma in razzaqani dhakran sammaytuhu Mohammadahu”***

(O Allah if you grant me a son, I’ll name him Mohammad)

3. It is narrated from our 10th Imam (AS) that if the following ayah is engraved on a turquoise stone (feroza) and worn as a ring, Inshallah Almighty will bless with a son in a year.

“Rabbi la tadharni fardan wa anta khairul warisin”

Chapter

SUPPLICATIONS FOR THE PROTECTION OF FETUS & EASY DELIVERY

1. It is narrated from Imam Sadiq (AS) that for the safety of the mother and child during pregnancy write Surah Al Qadr with musk and saffron and give it to the expecting mother to drink.

2. For the safety of child and mother during pregnancy, write with saffron Surah Al Bayyinah (Surah 98), wash it with pure water and give it to the mother to drink.

3. To remain safe from the danger of miscarriage or premature birth, take a cotton thread equal to the mother's height, dye it in saffron and make 9 knots. Then recite verses 127 & 128 of Surah An Nahl on each knot separately and blow breath on it.

4. To remain safe from the danger of miscarriage, write Surah Al Haqqah for the safety of pregnancy and keep it with the mother.

5. Recite Surah Al Qadr 7 times for easy delivery, while moving the hand over the stomach.

6. Keep Surah Al Waaqiah with you, for easy delivery.

7. For easy delivery recite Surah Al Inshiqaq after every *waajib salaah* & at the time of delivery also keep on reciting it, be it just in your mind.

8. If Surah Al Haqqah is worn around the neck of the expecting mother, after delivery wash it & give its water to the newborn, this will make the child wise & intelligent.

After the birth of your child, make every effort to make him/her righteous, because a child's first school is the mother's lap.

The mother's womb lays the foundation stone for a child's entire life. Hence, the least carelessness on your part during pregnancy will have a long term effect on your child's life, so be careful of every thought, action, view, sound & move you make.

MOTIVATING NARRATIONS

The dwellers of Paradise will question one another the reason for their reaching that position. They will answer that we gave our full attention to our offspring (children). We feared that they may not go astray, or develop corrupt thinking or actions, hence with the best *akhlaaq*, advice & guidance we brought them up with complete attention.

Surah At Tuur (Qur'an)

Educate your children in such a manner that by means of that education, the Almighty gives them the power that no one can lead them astray.

Imam Ali (AS)

If you face difficulty & troubles for the sake of attempting a recommended act admired by the Almighty, then don't worry because surely your troubles and fatigue will come to an end, but the goodness of that act will remain forever.

Imam Ali (AS)

Chapter

SOLDIERS OF IMAM E ZAMAANA (A) UPBRINGING YOUR CHILD

(An additional write-up - exclusively in this English translation)

If you really want your child to honour your name here and in the hereafter and you really desire for him or her to assist Imam-e-Zamana (AJTF) when He re-appears then **here is what you should do.**

- It is of utmost importance that your wedding should be ISLAMIC as this will have a great effect on the new, (married) life that you are about to begin. You should be very careful about three things:

1. NO WASTAGE OF PRECIOUS LIFE – (i.e. TIME in unnecessary ceremonies)
2. NO WASTAGE OF MONEY – ISRAAF (EXTRAVAGANCE should be avoided at all costs as it is **haraam**)
3. BE CAREFUL OF YOUR HIJAB (especially as relatives and servants come and go)

- The wedding night is a great night for the bride and the groom. It is a night for worship and comes only once in a lifetime, so spend it in the best possible way. Do not waste it in unnecessary ceremonies. DO IBAADAT.

Avoid the following four things for one week after the 1st sexual act, for fertility:

- a. Milk
- b. Sour apples
- c. Vinegar
- d. Coriander leaves

- Now when you plan to have a child, remember the time of conception is very important- that is, it should not be Tuesday or Wednesday or Nahas or Qamar dar Aqrab (when the moon passes through the phase of Scorpio).

Refer to Adab-e-Mujamat A.M for details.

- There are four nights and two days in which, if the conception takes place the child will possess some exceptional (great) qualities provided these days do not fall on Qamar dar Aqrab, etc times

Refer to Adab-e-Mujamat A.M for details of negative nights.

The four nights and two days are:

1. **Sunday night** – the child conceived on Sunday night will become Haafiz e Qur'an and will be pleased with whatever Allah (SWT) has planned for him. He will also have an excellent memory.
2. **Monday night** – if conception takes place on a Monday night, the child will possess four qualities:
 - (a) He/she will be generous.
 - (b) His/her tongue will be safe from back-biting/ telling lies/ accusations, etc.
 - (c) He/she will be very kind hearted and will not oppress (*zulm*) any one.
 - (d) He/she will get the honour of becoming a martyr.
3. **Wednesday night** (ie the night between Wed & Thu) – if conception takes place in this night then he/she will either become a good leader or a scholar.
4. **Thursday night** – if conception takes place on a Thursday night then he/she will become one of the best orators or lecturers.
5. **Thursday** – just before dhuhr or after dhuhr then this child will be safe from whispers of Satan who will never be able to come near him till old age. God will safeguard his *dunya* & his religion (*akherat*).
6. **Friday** – after Asr prayers, this child will become a very famous scholar (Remember in Islamic countries Thursday & Friday are weekend holidays).

NOTE:

- a. If one is planning to have a child and if the husband demands to have sex on a *makrooh* night/day, then take precautions. (Refer to books to know the *makroohat*)
- b. Be extra careful to follow all the *mustahabat* and avoid all *haraam* and *makroohat* when planning for conception to take place.

A few more things to remember:

Once conception has taken place, then -according to Ahadith - these nine months are like as if the pregnant woman is **fighting in the cause of Allah (SWT) – in the state of fasting – a “mujaahida”**.

The hadith shows how alert she has to be in fighting the enemy, and in this case her enemy is her own Nafs-e-Ammara and the Shaitaan.

Jihad in the state of fasting mean to be careful of SINS, as the effect of sins will be transferred to the baby with damaging effects.

Throughout her pregnancy, **she should be in the state of Wudhu, have positive thoughts**, be broadminded and not be sensitive to petty issues. She should observe greenery, nature, hear the best of things, read good books (which talk of bravery, courage and all good traits admirable in a human being), eat the best of halaal & pure food.

A balanced diet includes lots of fruits, vegetables and she must especially have dates, honey, watermelon, Bahi (Sweet quince), apples, pomegranates, olives & figs. Suit your diet according to your body requirements & it's best to get it checked with your nutritional guide.

The child will hence be intelligent, possess good akhlaq and have forbearance. The best drink is milk, so drink plenty of it, as this will make the child courageous.

The expecting mother should spend lots of time in the acquisition of knowledge in all fields, especially religious knowledge with the intention of pleasing Allah (SWT). Serve others selflessly (khidmat e khalq), and, last but not the least, remember other mo'mineen in your duas.

DO NOT allow three things to even come near you: Depression, Negative thinking and Sensitiveness.

These can ruin you and the innocent child. If at all they try to get close to you, you must fight them by reciting the Dhikr “*Laa hawla wala quwwata illa billahil Aliyyil Azeem*” with understanding.

Also immediately use the water therapy – that is, do **Wudhu** or **Ghusl-e-taubah** or place your feet in water or relax in a tub full of water. Thirdly, “look at” or walk upon greenery for this removes all the above mentioned three harmful emotions. Fourthly, wear

good perfume or “attar” as good smell also has a good effect. Also eat lots of honey (take as much depending on the climate.)

During the whole pregnancy, remain clean, fresh and smelling good. Wear clean comfortable clothes and sleep on a clean comfortable bed.

THINK POSITIVE AND BE POSITIVE ALWAYS – this will work as a miracle both for you and your child in making your life miraculously peaceful. Eat freshly prepared healthy food.

Always be in the state of Wudhu , especially while cooking the food and also when eating it. Recite verses of the Qur’an, duas and names of Allah (SWT) and blow on the food, which is in the process of being cooked and also on the cooked food. If it’s not possible to recite then, let a cassette of these recitations play instead.

Remember every word that you utter, every step you take and everything you think of, has a strong effect on the child. Therefore be alert and conscious of every action!!

**Truly, Paradise lies under YOUR feet!
You are GREAT, O MOTHER!**

Give extreme importance to performing the daily prayers and pray correctly and at “*Awwale waqt*” understanding its philosophy. Inshallah, the child you are bearing will indeed be a soldier of the Imam of our time (May Allah SWT hasten His reappearance)

The Holy Prophet (SAWW) has said that such a prayer (with its conditions rightly fulfilled) automatically keeps one away from sins and is the M’eraj of the mo’mineen (Ascension to God).

If one’s prayers are accepted, then all other good deeds are also accepted. Also do not miss the Adhan and the Iqaamah and when doing so for the daily prayers, keep your right hand on the abdomen.

MAKROOHAAT – As per the Lunar Calendar

It is makrooh to have sex on the following occasions:

- The 1st of every month except the 1st of the holy month of Ramadhan.
- The 15th of every month.
- The last 2 or 3 nights of every month ie 28th, 29th and 30th
- Qamar dar aqrab (when the moon is in the constellation of Scorpio – 2 ½ nights)
- Seven nights in each month which are Nahas-e-Akbar i.e. 3rd, 5th, 13th, 16th, 21st, 23rd and 25th.
- Every Tuesday (night) and Wednesday (day) – chances of abortion likely.
- From Fajr time up to sun-rise.
- On the nights of Idd-ul-Fitr and Idd-ul-Adha.
- The night when the eclipse of the moon occurs.
- The day when an earthquake takes place.
- Any natural sign that occurs –day or night.

MAKROOHAAT – Regarding Sexual Etiquette

- To be completely nude (one may cover with bed clothes)
- To be with a full stomach.
- To do so in the standing position.
- To talk during the act.
- To look at the private parts during the act.
- To do the act facing the *Qibla*, or back facing *qibla* (Same as the rules for toilet).

Note: this is a **shadeed makrooh**

- To do the act without **Wudhu** or **ghusl** once ‘ehtelam’ has taken place.

It is recommended to do Isti-aaza by saying “*Aoodhubillahi....*” and “*Bismillah...*” before the act; to recite any dua for getting a pious child and to think about nature, anything good or beautiful creation of Allah (SWT) since thoughts have a great effect.

IMMEDIATELY AFTER DELIVERY

1. As soon as the child comes out **and before the umbilical cord is cut, recite the Adhan in the right ear and the Iqaamah in the left ear.** This can be done by either the mother herself or the nurse or the father of the child. The child will be safeguarded from satanic effects, madness or rebelliousness. Later when the umbilical cord is cut and the baby is out of the delivery room, the father (or any other pious person) should recite Adhan and the Iqaamah again in the child's ears with the addition of the following in each ear

- (i) Surah Al-Hamd
- (ii) Surah Al-Ikhlās
- (iii) Ayaatul Kursi
- (iv) The last verse of Surah Al Hashr
- (v) Surah An-Naas
- (vi) Surah Al-Falaq

2. Ghusl e *wilaadat* should be given to this newly born baby if the climatic conditions and the health of the baby allows.

3. Dress the baby in white clothes, whereas yellow clothes should be completely avoided (*makrooh*).

4. The very first thing that the baby should be given, even before the mother's milk, is a soft mixture of these 3 things :

- The soft part of a date,
- mixed with a little khake shifa
- and added to it, some water from the River Euphrates (If the water from River Euphrates is not available, the use “**ZamZam**” water, or rain water or “**Abe-Nisyaan**”) sweetened with honey.

This softened mixture should be placed on the forefinger and sent to the throat by placing it on the tongue (beginning/middle region from where the sound ‘*jeem*’ is produced). This is called as ‘*Gala Uthani*’

5. The first thing that the mother should eat after delivery is nine pieces of fresh dates preferable of Medina (if not available then any will do)

6. The child should be called Mohammed immediately after birth, (and Fatima if it's a girl). After that on the 7th day a good name with an excellent meaning should be given to the child. (in fact the child should be called Mohammed from conception up to the 7th day of birth).).

Remember, whatever name is selected for your little soul, will have a strong effect on his/her personality.

AAMAAL TO PERFORM ON THE SEVENTH DAY OF BIRTH

IBAADAT- of which these are very important and have an excellent effect on the life of the child:

NAMING – The child should be given a good name on this day.

WALIMA – It is mustahab to do Walima (dinner) to celebrate the occasion of the birth, the day of Aqeeqa and at circumcision of the child; so one can combine the three *niyyats* and do the *walima* on the 7th day (*niyyat* for *walima* on birth remains valid up to the 7th day).

SHAVING OF THE HEAD – The hair of the head should be shaved and weighed. Gold or silver coins equivalent to this weight of hair should be given as *sadaqah* to poor mo'mineen. If it is not possible to get the coins then the monetary value of this should be given. This act will make the child very generous.

AQEEQAH – An animal should be slaughtered on this day. A healthy good-looking male animal for a boy and a female animal for a girl child should be slaughtered. A quarter $\frac{1}{4}$ of this meat including a whole leg should be given to the Muslim nurse/midwife or the doctor who helped in the delivery of the baby and if it is not possible to give her then it is the mother's right and thus she should do *sadaqah* / *khairaat* as she cannot partake the meat herself. The rest of the meat i.e. $\frac{3}{4}$ of it should be distributed among the mo'mineen. One can distribute raw or cooked meat or even the food for *walima* can be made from it. For *walima*, the minimum number of people is ten and as many may be invited. The parents and the paternal grandparents should not eat the meat (they may eat the broth/curry or rice made with it, but not the MEAT)

CIRCUMCISION – The baby boy should be circumcised on this day **PIERCING OF EARS** – It is highly recommended (*mustahab*) that the right and left ears be pierced and that the hole in the right ear should be low down while the one in the left be made a little higher up.(very few do this)

VERY IMPORTANT – The mother must learn the masail of NIFAAS and ISTIHAADHA and also those pertaining to NABALIGH child before she delivers the baby so that she does not miss out any *waajibat* or do any *haraam* act. For example, Gifts or anything that belongs to the child becomes the child's property; Beating the child is HARAAM, etc.

BREAST FEEDING – It is very important that the child should be breastfed whilst the mother is in the state of WUDHU and that she be reciting the Qur'an, duas or names of Allah (SWT). If she is unable to recite then she may play a cassette of this. Try to give your child max of this nutritious intake (2 yrs max). This stage may have its own pains and difficulties, but remember for **every drop** your child drinks you get the *thawaab* of freeing a slave from the descendants of Prophet Ismail AS.

IMPORTANT AHADEETH TO REMEMBER:

1. Do not beat your child when your child cries during the first four months. The crying of a baby during the first four months signifies his / her **bearing witness that “there is no God but Allah (SWT)”**.
2. The crying of the baby in the next four months means that the child is sending **durood on the Holy Prophet (SAWW)** and his pure progeny (Salawaat)
3. The crying of the baby in the next four months (8-12 months) signifies his/her crying for his/her **parents**. So do not forget that!

THE SECRET OF WHY THE CHILD CRIES

The child, in the first 4 months of his life knows no one except God who created him/her based on His PERFECT WISDOM & UNITY. His crying thus indicates his communication with God, his exclusive submission to Him & bearing witness to His unity.

In the next four months (4-8 months), the child knows his/her mother only as a feeding agent and not his mother. For at this stage he/she may even accept milk from any other woman. Thus for the child the mother is the one who is duty bound to act between him/her and Allah (SWT) as a carrier of sustenance. The mother therefore is a messenger / medium, acting on behalf of Allah (SWT) – this is the meaning of “*risaalat*” i.e. a messenger / medium between the Creator and the created. It is for this reason that the crying of the child in these 4 months mean his/her bearing witness to the risaalat of the Holy Prophet (SAWW) and his progeny who succeeded him and hence the durood.

During the next 4 months (8-12months), the child recognizes his/her parents and is dependent on them for all his/her needs, thus his/her crying in this period signifies his prayers for their safety and long life. Subhaanallah!

The upbringing of a child (conception to adulthood) to become a soldier of the Imam is a very difficult task. One false step may prove fatal to the child’s success and happiness both in this world and the hereafter.

The most important aspect of this upbringing is **CHARACTER BUILDING**. The mother therefore has to be very serious in carrying out this important duty – her own akhlaq should be great in order for the child to emulate.

Remember that the first seven years are the most important years as the child is the “**king**” or the lord of his parents. Handle these years with great wisdom and patience. Give utmost priority to his character building by spending quality time with the child, always behaving with good grace, giving respect and providing with the best environment and company for the child.

The 6th Imam a.s has said : “Children are like the green/tender of a tree; they may be easily bent in any direction.” Therefore mould them to be the soldiers of the Imam (AJTF)

-ILTEMAAS E DU’A

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IN THE AGE OF INFORMATION

IGNORANCE IS A CHOICE