

Lahore

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September 2015

Monthly

The Cure Of Entire House Problems Regarding Physical
Illness, Mental Worries And Spiritual Problems

Easy Procedure
Recipies to Get
Fitness and Health

- Suspiciousness, Boredom, Complexities and their Solution
- Khichdi A unique and incomparable treasure of iron
- Dear kids! Let's read how Billu went to school
- Change yourself in the changing season
- To recover lost thing, person and wealth
- Two Priceless Treasures Had Freed Jinnat
- Story of one rich man of Haram
- Colours and your personality
- How to up bring children?
- Born friend of jinnat
- I was a Prostitute



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Cure to Physical
And Spiritual Diseases**

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Tip for richness: while entering your home, recite بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ then send supplication on the Prophet (صلی اللہ علیہ وسلم) followed by Surah Al-Ikhlās, you will become rich amazingly soon. (Muhammed Babar Ali-Multan)

A Prophetic صلی اللہ علیہ وسلم Tip to save yourself from the Troubles of the Judgement Day:

Hadhrat Abu Darda (رضی اللہ عنہ) narrates that he heard the beloved Prophet (صلی اللہ علیہ وسلم) saying: Whosoever receives trouble from anyone and then he forgives the oppressor will have one degree raised by the Allah Almighty and a sin forgiven as well. (Tirmidhi)

Hadrat Jaudan (رضی اللہ عنہ) narrates that the beloved Prophet of Allah (صلی اللہ علیہ وسلم) said: whosoever brings a (right) excuse to his Muslim (brother) and he does not accept it, then the refusing person will be committing a sin like someone who extorts the people. (Ibn-e-Majah)

Hadhrat Abu Qatada (رضی اللہ عنہ) narrates that he heard the beloved Prophet (صلی اللہ علیہ وسلم) saying: Whosoever wants to save himself from the trouble of the day of judgement, he should relax his poor debtor or writes off some part of it (or in full). (Sahih Al-Muslim)

Whispers Of The Heart (By The Editor's Pen-My Observations And Contemplations) The Jealousy Among The Sisters:

Dear readers! I am sitting in front of a big pile of post. Each letter is full of sorrows and depressed tears and abundant with sighs and miseries. But I found one letter among from those which made me crying and you will also feel it sobbing and distressful. The letter reads as: we are nine siblings including five sisters and four brothers. I am the youngest of all. My father was quite poor but he did not let others know of his condition. When I was born, my father's business started prospering amazingly and he thought that it was my shared luck which made his business boom. We started having abundance and all the joys of life. It resulted in me getting more of his attention though he loved all of my siblings as well but being the youngest of them I always remained focus of his attention and affection. This attitude of him was remarkably noticed by my siblings especially my sisters and they started envying me though they tried to hide it. Then on one fateful day, our father died without any apparent illness. It was the turning point in my life. My real brothers and sisters made each moment of my life as painful as a hell and each breathe were even more and more troubling for me. The hatred was so intense that neither you can imagine it nor I can express it. Although I am trying to spend my life while gathering myself but the high walls of hatred which are being erected against me if I mentioned will shake you from head to toe and you would never even be able to sleep. Although you may be sorrowful due to the rest of your post but my letter will leave you entirely sobbing and it would be quite hard for

you to control your tears. What should I do? Is it my fault? I never asked my father to love me so much. If Allah Almighty made me lucky for him then it is just His Bounty.'

Dear readers! This is one of the dilemmas of our society and a matter of shame that all the miserable and stressful cases that are brought to me are actually the result of mutual disputes and conflicts among the siblings and their mutual jealousy even sometimes stuns me. Dear readers! Especially if two sisters are married in the same family then very rarely I found a fortunate family where I could see love and affection among the sisters otherwise mutual fighting and hatred is so immense that it seems unending and reaches to such a level that they marry their children to the other unknown people while leaving suitable matches in their own family. Jealousy is a spiritual illness and it manifests itself into various forms in our society. At places it is in the form of sectarianism, language, and regional or due to different colour or creed and others as the envious relatives. It is among millions of my observations and experiences and I have always advised the people to adopt perseverance and tolerance; returning love against hatred and forgiveness against the brutality. This is a very difficult strategy and even the hardest thing in the world but the reward that it pays is immensely wonderful. You can find sustenance, health and so many other benefits in it. I met so many chronic patients who were left untreatable by the doctors and I suggested to them to reconcile and rejoin the loved ones who had committed wrongs to them. Amazingly, they became healthy after a short time and then came to me full of surprise and asked me if it was a treatment as they thought it as an act of Thawab (virtue) and that was it. They had heard the Hadith which said: 'whoever oppresses you, be kind to him and whoever is poor, give him (without any wish for reward)' but now they came to know that it was actually a cure as well. There were numerous debt ridden families who became wealthy and well up due to their left ones close relatives. The financially worried wives became cheerful and satisfied when they were welcomed and greeted by their left brothers and other close relatives. Always remember that Allah Almighty loves his creation very much and whosoever serves His creations with an intention of worship would definitely be rewarded by the Allah Almighty. So if you are suffering from any ailments, worries, sorrows from your children, husband or a troubling neighbour or you do not have children and want to have or any sort of grief is eating your sole and body from the inside, then you should start reconciling with the people that you have boycotted at some time. Yes it's true that it would be harder than digging a mountain out to forgive someone despite their atrocities and their jealousy but you will find unimaginable reward from your pleased Almighty. It is Him who possesses all the treasures of sustenance, abundance, peace, mercy and knowledge and will give them to the one who is kind to His creations and will tend to reciprocate him quicker than we think. Let us get some lesson from the letter and take it as a way out to get rid of our worries and getting our problems solved.

The everlasting joys: do acts of virtue during this short span of worldly life so that you could enjoy unending joys of the hereafter and the best prayer among the prayers is Istighfar (seeking forgiveness from the Almighty).

Extract From the Weekly Sermon of Spirituality and Peace by Shaykhul Wazaif Hadhrat Hakeem Tariq Mahmood Majzooobi Chughtai (Hafizahullah Ta'ala)

Those whose foreheads are marked as Ghani (not in need of anyone) by the Allah سبحانه تعالى

There's a good news for the one who remembers the Almighty and His Beloved Prophet (صلى الله عليه وسلم) soon after waking up. He drenches himself into the love of Allah and His Beloved Prophet (صلى الله عليه وسلم). His forehead is marked as Ghani by the Allah Almighty and whoever is declared as Ghani by the Lord Almighty can never be made helpless by anyone in the universe, even if the whole world may attempt to cheat him or trick him down. He remains saved from the evilness of the evils and wrongs of the wrongful. I swear in the name of Allah that no one can make him poor who is made rich by the Allah Almighty.

Those whose foreheads are marked as Faqeer (permanent needy) by the Almighty

For the person who does not think about pleasing the All-Graceful Allah Almighty after waking up and is devoid of love for His Beloved Messenger (صلى الله عليه وسلم) and rather focuses on the world and the worldly desires is destined as Faqeer by the Allah Almighty. The wealth of the whole world, the bounties of the whole universe and the reign of the whole world cannot make him rich and well up and he will be destined as a needy forever.

The treasures of the unseen

This is an open fact that whosoever my Allah Almighty wants to bless then He blesses him with the treasures of the unseen, while whosoever is looking at the people's pockets, he may get it but it does not groom him to betterment. Instead the one always attentive to the Allah Almighty's Blessings will not only be blessed but also his future generations upon generation would get its fruit.

Illegitimate never get a boom:

I met a person who said; I was a minister once and enjoyed a very high repute. I was quite popular and made plentiful money during my reign. I earned a lot but could save nothing. Then he blew on his palm and said everything gone like dust on his palm. I replied to him that actually he had plenty but not the blessing. I always quote the example that the Haram animals like dogs give birth to a huge number of cubs in one go while a halal animal like a sheep gives birth to one

or two calves with a rare exception of those who bear three at a time. In theory there should be more cubs than the calves as the dog bears more offspring as compared to a sheep. But always keep in mind that the illegitimate though looks a lot but never gets saved.

Explanation by Hadhrat Khawaja Qutubuddin Bakhtiar Kaaki (رحمته الله عليه):

Hadhrat Khawaja Qutub uddin Bakhtiyar Kaaki (رحمته الله عليه) was one of the eminent spiritual personalities and he was one of the premiers of the famous Chishtiya Chain of spirituality. Once a guy came to him and asked: why do the sheep have flocks? He replied that the reason was that the Halal Animal always sacrifices e.g. a sheep renders it's everything including its skin, flesh and bones for someone else and that sacrifice is then accepted by the Allah Almighty who makes its kind as evergreen and grooming.

Sacrifice yourself to gain everlasting joys:

This is one of the Divine principles that whosoever will sacrifice will enjoy the unending blessings of the Almighty. This is one of the Divine Promises. Whether you sacrifice in the form of bearing the summer's heat, or leave your house and family that you love. The whole creations is urging you not to do and even objecting to it and trying to dissuade you from adopting any Sunnah or remembering Him or meditating and contemplating about Him or sacrificing to adopt veil. In short whichever field of life you would sacrifice will get a boom and everlasting joys. Although Hadhrat Ismail (عليه السلام) did not appear to be slaughtered but the intention of sacrifice was perfect in itself and even he was put under the knife and the knife rolled as well but there was not even a droplet of blood as it was not destined by the Allah Almighty. He demands the sacrifices but seldom takes them. Even we are not capable of rendering any sacrifice too.

Why Allah Almighty requires Sacrifice?

The Allah Almighty demands the sacrifice and the reason was to judge the person if he belongs to Him or belongs to the worldly desires. Is he a man of Allah or a man of dinar/dirham/pound or dollar? This world is associated with different kinds of resources and compulsions. After associating all this the lord Almighty decided to judge whosoever turns out to be truly faithful to him

I was chatting with my Lord rather than the demons:

Hadhrat Mian Sher Muhammed Sharaquri (رحمته الله عليه) was a very pious and highly spiritual person. Once he was going somewhere and he was moving his lips like chatting with someone but no one was visible around him. The people asked him who was he chatting with as there was apparently no one around him. They asked him if he was chatting with the demons and other hidden creations. Upon this, he replied No, I was rather chatting with my Lord Almighty and was telling him about my miseries and was begging him for his favours against my needs. I was chatting with Him like I was sitting with Him. He further said that his imagination was such that

like the Almighty is sitting on a high chair and I am standing before him with my hands tied in humbleness and I am begging him for this and that. O Allah I am worried and aggrieved. I have these troubles and sorrows. He further said that all this was happening in his imagination while apparently he was just walking away but the internal condition of his heart was such that he was begging from the Almighty for His favours and Bounties sincerely. So Hadhrat Mian Sahib (رحمته الله عليه) said that he was not chatting with the invisible creatures, rather he was chatting with the Allah Almighty. **(To be continued)**

Those Who Benefitted From The Weekly Sermon

Respected Hadhrat Hakeem Sahib Assalam-o-Alaikam! I have been reading Ubqari for the last four years. I found your contact number in the magazine and then got an appointment. I discussed some of my problems and you suggested some medicines as well as some recitations for resolve those issues. You also suggested attending your sermons for 21 weeks. I started attending the weekly gathering along with my son who had adopted some quite bad habits. He would chat with the girls, would smoke openly and would keep company with some notorious boys of my area. Interestingly, he has left all of his bad habits since he has started coming with me here. He is entirely changed and he sleeps early at night and wakes up before Fajar prayer in the morning and then he starts his day with the prayers and other recitations. His business was also quite affected before but now he is quite happy that his business is progressing day and night. Alhamdulillah we have been attending your sermons for nearly two years now and we take home happiness every time that we come here. (Nazira Ishtiaq, Lahore)

Don't eat till you get hungry, similarly when you are still hungry then take your hand away and man's stomach is centre of all diseases.

Illuminating of light for Companions of Prophet (صلى الله عليه وسلم) in dark

Abu laib Shazly

Hazrat Abu Huraira رضى الله عنه said that we were saying the prayer of Isha . When He (صلى الله عليه وسلم) used to go in bow then Hazrat Hasnain رضى الله عنهم used to jump on His (صلى الله عليه وسلم) back, when He (صلى الله عليه وسلم) used to lift his head then used to grab prince from back and used to lift them off His back. When He (صلى الله عليه وسلم) used to go in bow again then these people (Hasnain رضى الله عنهم) used to do again. So much so that He (صلى الله عليه وسلم) used to complete his prayer and made them sit on his lap.

Hazrat Abu Huraira رضى الله عنه said that I stood near Prophet (صلى الله عليه وسلم) and I said O prophet of God (صلى الله عليه وسلم) should I leave both of them to their house? He (صلى الله عليه وسلم) said no. Meanwhile a light came from an electricity kind of thing. Then prophet (صلى الله عليه وسلم) said that both of you should go to your mother. . This light stayed illuminated till both of them went to their mother رضى الله عنهم .

Hazrat Abu Saeed رضى الله عنه narrated (this is a summary of a long Hadith) that night sky was full of darkness and cloudy so when Prophet Muhammad (صلى الله عليه وسلم) came out to say the prayer of Isha then lightening happened. When prophet (صلى الله عليه وسلم) saw Hazrat Qatada رضى الله عنه bin Nouman رضى الله عنه then He (صلى الله عليه وسلم) asked O Qatada what brings you here? So companion replied O prophet of God (صلى الله عليه وسلم) I thought today there will be less number of prairies' so I thought it would be good that I should come for saying prayer of Isha.

Prophet (صلى الله عليه وسلم) said when you would have said the prayer then wait for me as I will come to you. So when he was free of Isha prayer then Prophet (صلى الله عليه وسلم) came to him and gave him a bend branch stick of date tree. He (صلى الله عليه وسلم) said take it this will light 10 hands light in front of you and also ten hands behind your back. When you enter the house then you will see a black thing in one corner of the house, so beat it before talking to it as it would be satin.

Hazrat Anus رضى الله عنه narrated that Asiad bin Hafizr رضى الله عنه was Ansari and one more Ansari came to prophet (صلى الله عليه وسلم) for some request and were talking till one lapse of night passed. And this night was very dark when both of them started their journey towards home then both of them had a stick and one of stick illuminated so both of them kept on walking in this light up till when their ways separated then the stick of other companion also lit up and both of them reached their house.

It is narrated that Hazrat Hamza bin umero رضى الله عنه said that when we were in Tabooq and hypocrites ran into a gorge. Even so then the goods fell off the camel back. Then there light was illuminated in my fingers and all the things got lit up. So much so that I started to lift things which had fallen off such as whip and rope for tying things and all such other things. In its light I gathered all animals and whatever goods were lost and my fingers were illuminated.

Hazrat zaid bin abi Abais رضى الله عنه narrated that my father gave me the news that Abu Ubais رضى الله عنه used to say prayer with Prophet (صلى الله عليه وسلم) then used to return to Bani harsa. Once He رضى الله عنه came out and night as very dark and rainy so a light lit up in the stick so much so that he came to a house of Bin harsa.

Abu ubais رضى الله عنه was from companions of War of Badr. Bin umero zil norain tufail dosi رضى الله عنه narrated and he was one of companion اجمعين عليهم الله of Prophet (صلى الله عليه وسلم). Once Prophet (صلى الله عليه وسلم) prayed for whip of him رضى الله عنه and his whip lit up for him and he used to take help from it as light.

It is narrated in one of incidence that He رضى الله عنه had asked for a sign from Prophet (صلى الله عليه وسلم) which could help for them to accept Islam. Then Prophet (صلى الله عليه وسلم) replied by praying to God that O ALLAH تعالى سبحانه give a sign for them. He says that when I started my journey for my nation and went to that gorge which took me to my population then an illumination covered my eyes like a lamp of light.

I prayed O Allah may this light be somewhere other than my face as I was scared that my nation might mistake this light for Mutilation. And they might think that this happened to my face due to me leaving of my old religion. So this light transferred to edge of my whip. So those people who were present there they started to show each other that light which was on the edge of my stick like a chandelier. Then I came down from gorge and came to them

It was narrated by Hazrat Ibn e Abbas رضى الله عنه that it was narrated many times by Hazrat Abbas bin Abdul Mutlab رضى الله عنه whenever I have done a good deed with someone then a light was born within him and me. And whenever I had done a bad deed with someone then darkness was born between that person and me. So you should grab the deed of piousness and favours then this thing will save you from the doors of evil. (Hyat Us sahaba Part 10)

The miracles of {لَا تَأْخُذُ سِنَةٌ وَلَا نَوْمٌ}

Respected hakeem sahib Asslam o Alaikum! I read this spiritual act in monthly Ubqari. One of my friend's fathers was the patient of diabetes. Some time before he had an heart attack. In morning when the folks of house woke up they found him unconscious. So took him to hospital. Doctors admitted them in hospital in ICU. He stayed unconscious for 2 days. Even till a point that doctor said if he does not come to his senses then he might end up in comma then they won't be able to do anything. When I found it out I contacted his folks and told them that one particular verse of Ayat ul Kursi which I have written above should be recited 101 times on a glass of water and by some way this water should be put in his mouth so that it reaches below his throat. Already doctors had put tubes of food in his mouth, as soon as my friend poured some drops of water in his mouth and the moment water went in his mouth, the patient opened his eyes. Everybody was surprised and prayed for my well being. I thought it is all due to blessing of God and benefit of knowledge of Hakeem sahib's D.B Allah that we find out those things which no one likes to convey. Hazrat hakeem sahib D.B it is a great virtue and continuous way of charity and great favor for us.

(Zeeshan Anwar Sialkot)

Savoir from diseases Prophet Muhammad (صلى الله عليه وسلم) used to advise His companions to say this prayer in fever
(بِسْمِ اللّٰهِ الْكَبِيْرِ نَعُوْذُ بِاللّٰهِ الْعَظِيْمِ مِنْ شَرِّ كُلِّ عَزِيْزٍ نَّكَارٍ وَمِنْ شَرِّ حَرِّ النَّارِ)

How to up bring children? (Ahmed Abdul Rehman Toba Tek Singh)

It is essential that while upbringing children if you are in severe anger and you think of punishing child then get away from children and you should be patient with him. In severe anger you can beat child more than essential which could be painful for you afterwards.

Parents do think that what will happen of our children after us? But they never think that what will happen of children born from their children after their death. Prophet Muhammad (صلى الله عليه وسلم) who was educated not by some humanly person but were trained by Allah Almighty Himself. He up groomed such a trained team of companions (رضى الله عنهم) which still sparkle like star's glitter. Till today their steps are bench marks of success and achievement. Come today let's take the light of these starts and make our children our eye's light peace of heart.

Children of ours are a great blessing of Allah Almighty. Ask the importance of them from those in whose court yard these flowers don't bloom. Wide and huge yards, army of servants and assistants, every blessing of Allah is present but still house looks so secluded and what is the reason for that ? The reason is that in this house the blooming flower in the form of child is not present. Correct upbringing of child is the right of parents. Allah Almighty and Prophet (صلى الله عليه وسلم) have regarded the upbringing of children very essential. The pious upbringing of child has many benefits and advantages. . Correctly up brought children become the right fame of parents. They become the support of parents and also continuous charity for them after parent's death. On the other hand if they are not well trained then they become a pain and tension.

It is the responsibility of parents that they should teach modesty and humbleness to children, give pious education and make their relationship with Allah strong.

Parents should focus on upbringing of children from their childhood since the age of childhood is just like land. A person who sows the seeds of high modesty and virtues or bad habits and wrong customs in future he gets the fruit of it. In this time human intelligence is up brought. So focus on child upbringing from childhood.

Keeping in view the importance childhood it is the saying of saints that "a person who teaches manners to his child actually ridicules his enemy" When child learns manners then he achieves all respect, wealth grade, respect and fame.

It was stated by Hazrat Umer رضى الله عنه, he said that "first teach your children manners then educate them". Today it is our situation that for making our children happy we make our Allah Almighty unhappy. We are educating our children with such education which teaches that when parents get old then they don't deserve to be kept in the house, admit them in nursing home The need to bring children towards religion is as important as it is to groom you.

Only teaching children verbally are not important. Until and unless the yearning for this tension is not in such a way such as there is blazing fire and child is moving towards it and until and unless you will lift it up till then you will not feel peace. Such yearning is required from you.

Children should not be involved in any intense work of physical work. Such as people try to take tension of training their children in fasting before age of seven years. An old man said Allah does not implement the order of saying prayers before the age of seven and you start taking the tension of making children fast before the age of seven years which is not right.

Now a days in our society a child doesn't even learn to walk and in his hand we put lessons when only if a child is of at least three and half year old. Then and only then we should admit him in school. Children should be admitted in such a school where the education of world and religious both should be taught. Another thing is essential in educating a child that we should keep behaviour of love and affection with them. We should not burden them all the time. As child becomes a victim of burden of psychological pressure

In upbringing a child another thing is important that we should play with children and do laughing and enjoying activities. Playing is very essential and crucial effect in the life of a child. If seen according to wisely and accumulating effects then during playing he faces different problems and issues which he solves by his effort and struggle. During his playing child learns acquire experiences keeps the regard of their and acquires perfection.

In short through playing he learns the ways of watching, listening walking and running and the ways of keeping relations with others. It is essential that while upbringing children if you are in severe anger and you think of punishing child then get away from children and you should be patient with him. In severe anger you can beat child more than required which could be painful for you afterwards.

Therefore in such a situation it would be good that you should walk out of the room which can save you a lot of hassle. In any gathering or in front of people avoid from calling child with some stupid name or scolding them as it destroys his confidence. He gets embarrassed and avoids interact with people. In this way he creates a world of his own. Instead of ridiculing lazy and idle child encourage him.

Children are very fast they can take advantage of your mistakes. Don't try to gain confidence of child by back biting your partner. Saying that you mother is wrong and she does ask you food. You should come to me and I will bring you toys. Saying that your father is not good he beats you and don't go to him.

Talking these kinds of sentences is absolutely wrong and non proper with children.

Parents should give some responsibility to children. Don't do all his work otherwise he will not be able to do his work ever at all. It is the responsibility of parents that they should give rise o confidence in children.

A child who finds out that his birth was absolutely unnecessary in the house and becomes a victim of severe tensions in latter part o life and takes his anger out on society. Keep your children illuminated with religious education fulfil your responsibility. For the love of God serve your role for a better society and make you and your children's internal life better.

Worthless gathering: any place, gathering or time when there is no remembrance of Allah Almighty is worthless. Allah almighty likes the Amal which is less in quantity but forever.

Got rid of all worries through Surah Wa Zuha and Surah Quraish:

Once my brother in law lost registry of any one, In fact someone stolen it and he was much worried as the registry worth hundreds of rupees and then here the Surah showed its wonders too, my brother in law recited it and I recited it too. Almost on 5th day, someone dropped it to letter box.

Respected Hakeem Sahab Assalamoalaikum! Once I read the Amal of Surah Zuha in monthly Ubqari, Respected Hakeem Sahab, this Surah is wonderful as it helped us resolving many issues. Once my husband took one month leave from his office as he had some important works but when his leave was over, he went to office availing another day leave due to which his boss transferred him to another office as penalty and posted him on night duty, when we came to know, we got much worried and thought what to do now, someone told me to recite Surah Zuha 71 times and blow towards the sky as it melts the hearts. Respected Hakeem Sahab, believe me that I started reciting it with all my heart as I was washing clothes, utensils, all time I kept on reciting it. It is popular saying that Allah Almighty does not give pain to people more than their power. For almost one year, I recited it and did not lose hope. One day when my husband went on evening duty than his boss who transferred him, came to my husband on his car and took my husband to his previous duty. When I came to know this, I offered Nafal of thanks and this is the wonder of Surah Zuha.

Respected Hakeem Sahab! Once my brother in law lost registry of any one, In fact someone stolen it and he was much worried as the registry worth hundreds of rupees and then here the Surah showed its wonders too, my brother in law recited it and I recited it too. Almost on 5th day, someone dropped it to letter box and it reached to my brother in law. Only with the blessings of this Surah, our worry washed away. Subhan Allah! (Yasmeen, Attock).

Miracle of Surah Quraish

Respected Hakeem Sahab, Assalamoalaikum! I hope from Allah Almighty that you are in good health and situation. Allah keeps you, your family and your disciples always happy. Today I want to tell you the wonders of Surah Quraish. Few days back on 19th of the month, I had to go Peshawar from DG Khan in emergency. When I went to buy the ticket that I did not even get ticket of 20th but it was urgent to go. On 20th, I took Allah's name and reached on the stop. As it

was peak Eid days and there was huge rush of commuters and people were sitting on roof tops of the vehicles. I stood on a side and recited Surah Quraish 41 times with before and after Durood Sharif Ibrahim 11 times. When I went to the cashier, amazingly a known person met there who asked the cashier to accommodate Mr Rashid in 1100 hours transport and it was the time of 0900 hours. With the blessings of Allah Almighty, I got more facilitation that I found another known person who took me to the manager and asked him to give me seat of 10:00 hours and I got a comfortable seat. The travel was comfortable and I reached Peshawar and did all my works. Respected Hakeem Sahab! I had firm belief in Allah Almighty that he will resolve my issue with the blessings of this Surah and it was happened. Allah blesses us all. Ameen. (Muhammad Rasheed, Peshawar)

Now get rid of Babies' Irritation:

Respected Hakeem Sahab, Assalamoalaikum! I have a prescription which is used to get rid of itching of babies who use nappies and after nappy rash which I am telling to the readers. Take Kameela of 5 Rs from Pinsar store and put it in an empty bottle and put mustard over it and apply it on rash of children that will take away itching. With constant use, the rash will never come back. This remedy is used commonly in our family. (Mah Noor Asif)

Islam and Brother Hood (Ibne Zaib Bhikari)

Prophet (صلی اللہ علیہ وسلم)'s Behavior to Non Muslims Series No. 101

Being Muslims, we are followers of a good natured and humbly Prophet (صلی اللہ علیہ وسلم) who had an exemplary attitude with non Muslims which you have read in previous series and now read some incidents of the behavior of Prophet (صلی اللہ علیہ وسلم) with animals

Hazrat Abu Huraira (رضی اللہ عنہ) narrates that the Prophet (صلی اللہ علیہ وسلم) said that one should avoid making the back of their animals as their stage as Allah Almighty has given the animals in your control to travel to your destinations where you cannot reach without them even with troubles. Made earth for you to stay there and fulfil your needs. (Abudaud).

Hazrat Abu Huraira (رضی اللہ عنہ) narrates that Apostle (صلی اللہ علیہ وسلم) of Allah said that once an ant bite a messenger of Allah and the messenger with his order burnt the whole place of ants and Allah Almighty sent revelation to him saying that one ant bite you and you burnt the whole group of ants who were praising Allah Almighty. (Bukhari o Muslim)

Do not forget to read the book “Ghair Muslimon ki Ibadatgahain, In Kay Huqooq aur Hamari Zimmedarian” book in Urdu and English.

My Two Practices for Lost Things:

Respected Hakeem Sahab, Assalamoalaikum! I have two Amals (Practices) for lost things. 1. My gold ring was lost two times and both the times I recited

رَبُّ الْمَشْرِقِ وَالْمَغْرِبِ لَا إِلَهَ إِلَّا هُوَ فَاتَّخِذْهُ وَكِيلًا ﴿١٠٠﴾

Constantly and got my ring back.

2. The tested practice of Ubqari

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاغِبُونَ

I lost my bag in market and after one hour of reaching home I get to know that the bag was not in my stuff. I recited the above mentioned constantly and went back to the same way I came home. I found my bag. It was rush in the surroundings but no one saw the bag and when I picked it up, than people noticed. (Irshad Akhtar Qadri, Wah Cantt).

Which kind of food gathering Allah likes? Allah Almighty likes the food gathering in which there are more people to eat

Suspiciousness, Boredom, Complexities and their Solution

(Lubna Shah)

To get rid of boredom, keep your powers in movement. Make your opinion better about yourself. Do some work which you feel good or meaningful. If the boredom is due to the situation that you don't have any way of expressing something which is going on inside do than express that openly.

Such problems which we face in everyday life and due to which various persons consider their life difficult for them are not that big issues in reality. With little effort, we can resolve our issues and keep away our worries.

There is no one who doesn't want to get any guider who could guide him/her in difficult times and show the way to get rid of the worry. Keeping in mind this thing, follow are few directions which are beneficial for every segment of the society. With the help of these advise, you will learn to overcome your worries, difficulties, problems and dangers because if the problem will not be resolved than there will be a dearth of something in the personality of the person.

Get Rid of Suspiciousness:

You must have seen some people who seem worry in anything. Most of the time, they think that the situation will go wrong. It seems that suspiciousness is a mental attitude which keeps the mind busy in worries regarding matters.

In today's era, people seem suffering from suspiciousness disease in particular. Suspiciousness becomes the reason of various mental and physical problems in people. Besides these things, the fear overcomes his mind and this fear is severely worrisome. The worst situation is this that the man attempts to stop his thoughts and then he wants to be seen peaceful but the suspiciousness and fear keeps growing in him/her. To get rid of suspiciousness, the following advice should be adopted. Note down your unfulfilled desires, fears and needs and identify them and don't hide them from yourself.

Don't detract yourself by saying that "I don't need this thing", hiding desires and feelings wastes energy and there is no need to say, "I don't feel anger".

Review your suspiciousness that whether it is wastage of time or meaningless? Whether it is from loneliness? There is no need to make yourself tired in such useless things which cannot help you overcoming suspiciousness. The business can stop the suspiciousness temporarily but not permanently. To get rid of suspiciousness completely, the reality based thinking is essential. Do not attempt to eradicate it completely. The factor of believelessness and danger in life is

always there. Only think about those dangers which are reality based. The exercise also lessens the intensity of suspiciousness. Exercise for at least half hour daily. And do some work which keep the body busy in a particular positions. Remember, thinking something in imaginations and do any practical thing are different things. So do not let baseless thoughts overcome you.

Get rid of Boredom

Not taking interest in things, places or persons creates a condition in us which is called boredom. Sometimes we give it name of any alternate problem. Most of the time, it is due to ignoring any other important matter and restlessness in current matters. Many people do not consider boredom any big issue but if it is not controlled, than it becomes the cause of depression later on.

To get rid of boredom, keep your powers in movement. Make your opinion better about yourself. Do some work which you feel good or meaningful. If the boredom is due to the situation that you don't have any way of expressing something which is going on inside do than express that openly. Keep yourself busy in some work or take any responsibility. Give priority to any successful thought of past or present in your mind and enjoy that thought. If you have to wait at any place than keep a magazine or any interesting book with you and plan for your matters with seriousness. Review your current situation and set your suitable goals.

Get Rid of Worries

All of us face small or huge worries in life. However, such worries which are immediate and of intense nature, if go away, still leave behind the memories and pain. These worries also teach you lesson. Often the worries seem troublesome in start but there is no need to get dishearten from them.

Listen to your Heart:

Forget the past and see your hearts' reality as often it shows some way to get rid of the difficulty. The sages of ages use to say that think before you do something but today it is more suitable for us that we should feel the thing and then think. A person cannot come in movement with empty emotions. Senses and emotions are part of each other.

Few Reasons of Failures

The thought that nothing can be done without money, is wrong. If it is considered right than a person cannot keep away his worry till he becomes wealthy. Clash of past and present: Obstacle in bringing out some alternate away mentally, thinking that now situation cannot be controlled. Get worried in difficult times. Any kind of situation is there, do not sit idle more than 24 hours. Try to resolve this issue.

Advice for resolving extra ordinary issues:

The solution of difficult situations will be extra ordinary. The problems of life are mathematical questions which are resolved through adding and subtracting. What is important? And who is important? Know about both of these. Do not think that whosoever has created worry for you is intentionally created. Do say wrong to wrong things and try to get the courage of facing the reality.

Review your issue from every aspect. Keep yourself on other people's place and avoid being self centred. See how the role of others was affecting the issue. After that, make efforts keeping in mind your past experiences and the current situation. By following the above mentioned advice with our self confidence we can not only get rid of our issues but also make our life peaceful. Being Muslims, we should have faith and trust in Allah Almighty and strengthen our connection with him as this spiritual connection can save us from physical and mental problems and worries.

If any employee's promotion is stop then he should recite ٱَرَفِغُ 12632 times after maghrib on Mondav and then go in prostate and ask what he wants.

Change yourself in the changing season:

(During eating, cold water slows down absorbtion system and thinning the fluids causes disabsorption, fait and acidity. So drink Wter an hour before eating or 3 hours after eating)

Rain season is about to leave now and it's its time for winter season don't take it easy season is changing, if we want to remains healthy we have to change ourselves.

There is mild coldness at dark nowadays so avoid using fans and to sleep outside in open wrap you in blanket. Avoid using aie, Lassi and cold drinks. Cooler and fridges can also cause flu. Many people use fan to getrid of flies during day and to get rid of mosquitoes during dark its not a wise option. Due to changing weather pain, driziness and muscle pull can happen even in the healthy body. Use socks, bath daily with freshwater and message foil body with sesame oil and then wipe off excess oil. This massage will keep your body healthy. Your body is Allah's Amman so avoid using ice, cigarette, tobacco, chemicals etc. Do excercise with the requirement of your age. Try to avoid walk bare foot or dewed grass. Excercise keeps blood circulation in the body. Avoid using pickles and sore items because they can cause flu and cold. The flu that happens due to hot have symptoms like swelling in throat and nose- hot air excretes out from eyes, nose and mouth. Take bedana 4gm, anabharate 4 grains, lasoria 4 grains, boil them up and use in morning and in evening. Drink water before an hour eating meal a after 3 hours of eating meal not by medicines, do excercise for keeping you system healthy.

Important Note: Don't use white flour it is injurious to health. Use flour with fibre that we normally filter out it relieves constipation, and good for healthy body.

Garam masala: using garam masala can cause health issues they can cause swelling, diphtheria, ulcer and piles. Taste doesn't lie in using more spices it lies in using healthy food. Avoid using sugar and ghee. Use brown sugar instead or desi ghee. It is wrong that we use cold drinks during day and tea and tobacco at night. Tea doesnot makes you energetic it only increases your heart beat; the best replacement of tea is to use dates, almond, honey, brown sugar and channa. Use half tea spoon turmeric powder in 250 gm milk its a good remedy for keeping yourself healthy. Good deeds makes your soul aromatic and bad deeds makes your soul smell or weakens your soul. Satisfied on Allah's blessings what he has given to you. Take out every bad habit from you for making your heart healthy do following things.

1.Kalma 2.Namaz 3.Rights (Huqooqul Ibad)

4.Seeking education 5.Intentions 6.To bring others to good deeds

Lack Of Both Yearning For The Hereafter And Fear Of Allah:A sin is always committed due to both lack of the yearning for the hereafter and fear of Allah and whosoever commits a sin actually teases the beloved messenger (Peace and Blessing of Allah be upon him)

Zil Hjjah! Get ten big rewards in Ten Days:

It is told that the significance of zilhajja is very much. Especially the worth and importance of first ten days is stated very much. Read briefly here, Allah سبحانه وتعالى rewards with these ten things who respects these ten days. 1. Barkah in Age and health is given 2. Morale is boosted through the increase of wealth 3. Morale is boosted through the safety of family members. 4. Compensation of sins is given. 5. His god deeds are increased and bad deeds are reduces. 6 wilderness of death time finishes. 7. Allah gives light in darkness. 8. His good deeds are increased 9. He gets rid from Hell. 10. Higher ranks in paradise are awarded to him. And except this if he gives alms in these ten days or he has given food to anybody so it means that he followed the path of Prophets.

Nawafi and Aamaal

He who recites 4 nawafil on the 9th of Zilhajjah in this way that in every rakhat after sora Fatiha he reads sora Kafiroon 3 times and 21 times sora Ikhlas then his lawful need will come true. Who recites two rakat nawafil on the night of Arfaah after Isha salat in a way that he must recite 5 times Sora Quraish after Fatiha, so his sins will be forgiven Insha'Allah.

who will recite on the 9th of zilhajjah ,4 rakat of nawafil in a way that he must recite 50, 50 times sora Ikhlas in each rakat and after finishing he must recite 1 thousand times this sane sora Ikhlas then his wish will come true and he will get a lot of Swab.

Hazrat Ali رضي الله عنه Narrated that Holy Prophet ﷺ said that there is no better Dua, amal or deed, than this on the day of Arfah(waquf -e-Arfa) Allah pays attention to the readers of this Dua . Hazrat Ali R.A says that Holy Prophet ﷺ use to spread His ﷺ Hands like a person who prays and He ﷺ Recites 3 times لبيك and then recites ,

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحُكْمُ يُحْيِي وَيُمِيتُ بِيَدِهِ الْحَيَاةُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ (100 times)
(and recites)

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ أَشْهَدُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا (100 times)

Then 3 times recites this.

إِنَّ اللَّهَ هُوَ السَّمِيعُ الْعَلِيمُ

Those who benefited by Rohani Mahfil

Respected Hakeem sahib Asslam o alikum! I am reading monthly ubqari since last three years. Heartily prayers omit from my heart for you and your team. There were some business problem of mine and I was worried. Some people borrowed money in millions and they were not giving me back even after many months. So I started doing this Mehfil in my home and I make duas while crying after it. I did it only for three months. Then those shop persons to whom I was tired of going again and again to get my money came and gave me money one by one, and apologized of returning my money late. My business problems are ending day by day and Rohani Mehfil is continue every month, (Ashiq Hussain Gujjarawala)

Eating in the bazaar or crowd is disrespect: hot food contains less Baraka (blessings) while cold food contains more blessings. Also eating in the bazaar is a disrespect of sorts.

Sha Fazal ullah karim's رحمته الله عليه spiritual wazaif:

If any person is on a journey and wishes to be safe; not wanting to experience any sort of difficulties or problems either with their vehicle or anything else even while driving through dry, cold or wet weather, Insha'Allah they will remain safe

To achieve blessing and success in sustenance (Rizk):

Any person who desires that his or her Rizk succeeds and that they are able to pay their bills without having to face any difficulties or being forced to ask anyone for money should recite **يَا بَاسِطُ** for 72 times daily. At its beginning and end they should recite the durud shareef for 11 times each. This should be done for 82 days. It can also be recited while walking or with wadu as well as without wadu. InshAllah, Allah will free you from all worries or problems you face. You will feel satisfied and achieve blessing and success in your rizk.

Relaxation from Fever:

If any child or adult has fever, due to the cold or hot weather or it happens daily or occurs every third day, they should, while having wadu, write the following ayat mixed with rose water (Arq-e-gulab) and saffron (zhafran) and mix it in water. This water should be given to the patient for three days without missing any day. The ayat is the 69th of surah Al-Anbiya.

قُلْنَا يَا نَارُ كُونِي بَرْدًا وَسَلَامًا عَلَىٰ إِبْرَاهِيمَ

For having every protection during a journey:

If any person is on a journey and wishes to be safe; not wanting to experience any sort of difficulties or problems either with their vehicle or anything else even while driving through dry, cold or wet weather, inshallah they will remain safe if they recite the following verses

يَا حَافِظُ يَا حَافِظُ يَا وَدُودِيَارَ حَيْمٍ يَا تَاجِرُ يَا حَفِيظُ يَا وَدُودِيَارَ وَدُودِيَارَ اللَّهُ يَا حَفِيظُ

To stop Leucorrhoea disease:

Any woman who has this disease and feels weakness in her body increasing every should follow the following method. Take one quarter kilo of dry khopra and break it into 10 pieces. At the start recite the durud shareef for 21 times and then recite surah Muzammil. After that recite the durud shareef for 21 times again and blow on the piece of khopra (coconut). When you wish to eat it dissolve it in water and in the morning after washing your teeth eat the piece of khopra and drink the water in which it was dissolved. Women should not eat this khopra in their menstruation time period instead should eat it after that stage so as to prevent missing any day in between. Insha'Allah, in 21 days you will become much better. If the condition of the disease is very severe the woman should recite **أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ** for 500 times daily after Isha prayer. Insha'Allah, Allah will free her from this disease.

If women has less mensuration:

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

To Get a Peaceful and Sound Night Sleep

Some diseases and conditions may cause the patients having sleepless nights and they need to take the sleeping pills. By virtue of this recitation the sleep will be restored by the Grace of Allah Almighty. This practice is quite in use and has always produced effective results. Take oil of Gourd seeds from any herbal shop and recite Durood 11 times. Then recite Surah Al-Tukathir (Surah No. 102) 151 times followed by 11 times Durood Shareef and blow on the oil. Now before going to bed if you do a mild massage of your head by taking a bit of this oil, it will result into peaceful sleep for the whole night.

Marriage of boy or girl: Many parents remain worried about the marriage prospects of their children. For a smooth trouble free marriage, the following wazifa can be done by the parents of the child or children themselves or any friends or family members. After isha prayer, first two nafl of khajat(need). After this recite Durud e ibrahim 70 times before reciting the following verse 700 times يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ End this wazifa with reciting Durud e Ibrahim 70 times once more and with utmost humbleness and modesty pray for the solution to your marriage related troubles.

Insha Allah you will get a proposal within 70 days.

The barriers to marriage ended: Sometimes some people that is envious and jealous of someone else's marriage because the problems in the marriage prospects of that person. Proposals either don't come or if they come they don't end up well. The boy or girl start to age and the matters become problematic. After offering fajr prayer, recite durud Shareef 21 times followed by recitation of alm Nashrah 40 times as well as surah Ikhlas 70 times. End this with reciting durud Shareef 21 times once more. Pray for the solution to your problems and on the days of Monday and Thursday, along with this wazifa offer some sadaqah too.

Relief from gum problems:

Respected Hakeem sahab, Asslamo Alaikum! Few months ago I discovered ubqari and now am an avid reader. I had a gum problem so someone told me that I should recite surah Alam Nashrah in the first rakat of Fajr prayer and surah Fil in the second rakat. This reduces the bleeding of the gums. I experienced it myself and was pleased with the results. (Mrs Romana Iltaf)

How to become pious: Reciting the name of Allah “يَا مُؤْمِرُ” 100 times before going to sleep will lead to children being pious too, attainment of internal peace, protection from evil and bad deeds as well as growth of spirituality similar to that of Awlia (religious persons).

Apples! The cure to Physical and Spiritual diseases: (Shakil Ahmed)

For a swollen throat due to infection, use a teaspoon to carve out a bite of apple. Eat this bite slowly, keeping it in the throat for as long as possible and then swallow it.

Dr Apples: Making a routine for a period of two three months of eating three to four ripe apples first thing in the morning and drinking milk after it will give you praiseworthy health. This will revitalise your health and would give you an energy boost. Earlier Europeans began their propaganda of promoting medicines to cure illnesses in south Asia which resulted in a boost of sales but these medicines had little effect as compared to the natural cure of apples.

Eating apples on an empty stomach increases hunger. Also having four apples first thing in the morning and before going to bed provides a cure for indigestion improves liver health as well as increases production of red blood cells. But to really improve weakened liver and stomach, one must prefer sour apples instead of sweet ones. And this is because apples contain phosphorus which helps maintain health of brain, veins and bones. For those who have more thinking oriented work, apples are a gift from heaven. Apples also contain fluoride which increases the red elements in blood.

The cure of Apples for heart related problems is a tradition that has been carried out for years and even today experts of medicine from yunan (latin) promote the use of apple containing chutney or jam. Research shows that the liquid from apples is a source of protection against many of the stomach and intestinal bacteria and smell. The tea made from the outer skin of apples is full of fragrance and is especially helpful for old and weak people. If this tea is mixed with some amount of honey and lemon, then the medicinal effect of this drink increases threefold. This tea also proves to be helpful against the pains in joints and bones as well as protection against diarrheal and fever pains.

Cure for headaches of all kind:

Slice an apple and sprinkle some salt over it. Using this for three four days is an excellent way to get rid of headache as well as get a solid breakfast.

Infection of the eyes: take a small piece of apple and mash it into a paste. Apply this on the eye that hurts and wrap an eye patch around it. This will provide relief.

Aksari surma: surma is a form of mixture that is made from charcoal along with other substances and has its origins in the south asian and middle east culture. Its benefits include cure for watery eyes, red eyes, weak sight, and irritation etc. Ingredients for the mixture:

Surma siyah 2 tola,

Qalmi shora 3 masha,

Kaf warya 3 masha

Falfal siyah 7

For three days mix all this with apple juice. Then when it hardens a bit, put it in a container for surma and apply it in the eyes before going to bed.

Throat infection: For a swollen throat due to infection, use a teaspoon to carve out a bite of apple. Eat this bite slowly, keeping it in the throat for as long as possible and then swallow it. Eat the whole apple like this for two three days for complete cure.

For all sorts of cough: take a firm apple and mash it completely. After that, filter the juice with some clean cloth. Add some misri to the juice and use this mixture of juice and misri in the morning and evening.

For vomiting: take an apple that is hard and still not ripe. Mash it and filter the juice with a clean cloth. Add some salt to this mixture and use it to stop vomiting.
For apple juice, use a clean instrument and its better if the juice is warmed at 165 degree Celsius for 15 ,20 minutes.

For strength: Peel off the outer covering of apple kashmiri pukhta and mash these apples. Separate the juice in some container and then heat it on low heat for some time. Pour this heated mixture in some bottles and for 25 to 50 gm of apple juice, add 6 to 12 gm of shafaqal misri. Use this in the mornings and maintain a routine of it for improved strength.

For beauty: Those who want to improve their looks should eat apples because they help redden the cheeks with health.

This month's spiritual meditation

Cure with meditation:

Meditation for centuries has been acknowledged for its pivotal role in the world of spirituality. However, today even science recognizes it as a cure for a lot many problems; a solution to great mysteries.

Keeping this in mind, Ubqari provides its readers with the proper procedure to go about dwelling in the world of meditation. Before sleeping at night (preferably in the state of wudu).if a person recites **يَا صَمَدُ يَا اللَّهُ** silently for 10 minutes reciting Durud before and after it ,he will find himself a lot more calmer. to find a solution for any tension, use meditation and imagine a golden light is entering your body from your head which is easing your mental anguish and that the blessings from Allah would help erase all uncertainties .n the beginning this might be hard to imagine but continuity in this would lead you to a world of immense comfort which will surely amaze you. Do write your unique experiences with regard to meditation.

Those who benefited from meditation:

Honorable hakeem sahab Assalam o Alaikum! I have been reading ubqari magazine for some time now. The spiritual tips mentioned have proved to be a solution to many of our problems and diseases. Especially meditation has helped solve a lot of difficulties. Previously even with a source of employment, we couldn't make ends meet and everyone in our household used to be stressed all the time. After starting monthly meditation of ubqari and making a habit of it proved to be immensely helpful in solving all the household and financial tensions as well as diseases. This meditation has so many benefits that if I were to write it all, I would fill the whole register. Saira aslam, Gujrat.

Concentration towards Allah سبحانه تعالى Pondering on the meaning of the words while offering prayer helps connect with Allah سبحانه تعالى and taqwa is the root of all deeds.

Medical and spiritual questions of readers, only readers answer:

Getting rid of weight gain:

Honourable readers! I am 22 years old and gaining weight with every passing day. This worries me since people now call with various names. Kindly please tell me some cure for this. Also my second problem is that I keep fighting over small things. Please tell me some cure for this too. Thank you. (Muhammad Fahad Bashir, Mianwali).

Answer: it is true that weight gain is an issue of great concern. The effect of obesity isn't noticed when a person is young but as age increases, obesity becomes a major threat to the wellbeing of a person. What happens is that as the layers of fat and skin over it increases, this whole body mass requires more blood that now has to cover a larger distance from the heart. The heart starts to weaken since it now has to pump with a lot more energy. After knowing this, you must make a serious effort to control weight and reduce diet too. The reduction in diet should be such that while eating one must control his hand and not eat to the full. Such sort of dieting as well as exercise will readily help you lose weight. Don't rely on medicines for weight loss. A healthy diet coupled with exercise will also keep your anger at bay. A spiritual solution to anger would be to remain in the state of wudu at all times. (Sheen, Lahore).

Problem of unemployment:

Honourable readers, I am unemployed for the last four years and have tried a lot to get a job by distributing CV's in a lot of places. From the morning till evening, I am on the lookout for jobs but don't find any. Please inform me of some spiritual tip or wazifa. (jeem, ra)

Answer: Sir, please don't worry. Allah will grant you relief from all of your problems. Allah loves all His creation. For the solution to unemployment, I am sending you a wazifa that will help you Insha Allah. In surah Duha, there are nine "kaaf". For 9 days, on every kaaf, recite Ya Qarim. If your problem is still not solved, then do this for 18 days and if still the problem remains then, do this for 27 days. Insha Allah, you will get a job.

Disobedient and rebellious son:

My young son has been influenced by the company of some bad boys which has led to my son being a drug addict of 'churs'. He comes late at home and takes drugs while at home too. He keeps sleeping till late in the morning and stays angry and curses too. his condition has led to his mother becoming a heart patient. Also he is unemployed too. (alif meem, Lahore)

Answer: madam! Please recite the following wazifa with consistency and Insha'Allah your son will return to the path of righteousness.

يَا مُرَيْتُ يَا قَابِضُ يَا مَانِعُ يَا ضَبُورُ Recite this 101 times (tasbeeh) after every namaz and pray to Allah for the solution to your problem. (Muhammad Shakeel, Multan).

Very weak:

I am 23 years old and but I am very weak. I eat a good diet but everyone that looks at me asks that don't I get food. My skin is very thin and veins below the skin are apparent too. Also hair fall occurs too. Kindly give me some good solution. (Ha)

Answer: make a routine of exercising regularly and walk for at least one or one and a half mile in the morning. In the breakfast, eat kishmish 25 gm, atleast 12 almonds. Soak this for the night and in the morning eat this along with one glass of milk.(syed ahmed faraz, Quetta).

Success in exams:

I have given the exam of BA many times that but I am still not able to pass it. Please give me a solution to this problem.

Answer: Madam! The solution to your problem is that you have to recite surah Alm-Nashrah 7 times after namaz of fajr. Recite Durud Shareef 3 times before and after this wazifa. Also continue your preparation and this afore mentioned wazifa will help you retain everything and you will be successful Insha Allah.(Farooq, Raheem Yar Khan).

Bawaseer:

I suffer from blood in my anus that comes into my excretion too. around two years ago, I went through an operation to cure this but this problem is once again apparent. Readers, please tell me some cure so that I can get rid of this problem once and for all.(ayn, Chakwal).

Answer: my sister, you must make sure that your diet is such that you don't get constipation. Drink lots of water and eat chapatti of that flour that is not refined. There is a medicinal course of Ubqari named ' bawaseer say nijat course'. This is my experienced advice. At the night before sleeping, eat galkand aftaabi 24 gm with warm water. (Zafar Majeed, Rawalpindi).

Desi Shampoo or soap: honourable readers, Assalam O Alaikum, shampoo makes the hair weaker. My request to readers is that please suggest some soap that makes hair thicker, longer and shinier that you have used yourself. (Anila, Haripur Hazara)

Answer: the plant of aloe vera is very common. Take a piece of a few inches from this plant and take the liquid like material out of that piece. Apply this on the roots of the hair and massage it. Keep this for two hours and then wash hair with mashed rhetas. Avoid all shampoos and do all

that is mentioned above twice a week. After two months your hair will be silky soft and stronger. (Aalia bashir, Lahore).

Tested tip for increase in height:

I am 19 years old and my height is only 4 feet. This makes me suffer from inferiority complex. Please tell me some way to increase my height. (Muhammad Raza Shakar, bhakar).

Answer: This is my tested tip which you can use to increase your height too. Take half a glass of water, recite darood Ibrahim once and then recite the first ayat of surah Yousaf three times

الرَّه تِلْكَ آيَةُ الْكِتَابِ الْمُبِينِ الرَّحِيمُ الرَّحِيمُ يَا اللَّهُ يَا مُرِيدُ

After this recite darood e Ibrahim once more. Blow on the glass and in your mind imagine your height increasing and then drink this water while sitting in three gulps. You have to make sure that there are no gaps in this wazifa and if there is a day missed then cover it up by doing the wazifa for one more day. Don't panic or get anxious.

Questions from readers, answers from readers: Due to the increasing stockpile of sent material from readers, it has been decided that the newer entries will not be published until the old ones are published.

Before eating put off your shoes: Before eating put off your shoes because this is the best way that your feet will get relax

Health consult: Cure for physical problem:

Camel Milk and Height:

My age is 17 but my height is less comparatively. Please suggest me something which can help me in increasing my height. Someone told me to drink camel milk but the milk is not easily available in the market. My sister is 20 years old and very weak physically. She remains unwell most of the times. She has turned fair and feels pain in the bones. Hairs are weak and reduced. Please suggest something for healthy and long hair.

Answer: height grows till the age of 25. It also depends on heredity and flu. In case you are always suffering from flu, you need to treat it with a good doctor as it can affect your growth. Camel milk is not related to increase in height. Arabs don't have good height due to camel milk. They keep camel for races. Hair health is related to your physical health. Eat healthy food. Your body will get energy and your hair will be healthy.

Pimples on face and skin problem:

I am 16 years old and have dry skin with dandruff. I have layers of dandruff in my hair which ache a lot and result in painful skin rashes. I cannot comb my hair as it hurts. Hairs are weak, dry and keep falling. I have used all types of medicines and shampoo which are effected for sometimes only. Second problem is my skins which is very oily and have pimples on my forehead and face due to which I am very upset. Third problem is my memory. I have a weak memory I like studying but due to my weak memory, I am unable to do so.

Answer: drink the mixture of real extract of Maa Allaham chob with sugar 2 ounce, and extract of anaab 1 ounce. Write after 21 days. You will benefit from it.

Small Face:

My face is small as compared to my body. Age is 20 years.

Answer: Eat healthy food. Sleep for some time after lunch. If you don't have problems like flu, flam, and sneezing then use milk, rice and banana. Reduce exercise.

Sore throat:

I am 12 years old and I love reading naat shareef. But my throat does not help me to do so. I get breathless while reading naat. Also voice becomes thick.

Answer: add honey in warm water and drink before sleeping. You will notice change in 2 weeks.

Puking problem:

I have puking problem. I was affected by cholera few days before because of eating bad coconut in muree. I am better from the disease now but still have this problem.

Answer: eat 5 gms of jawarish imli after meal. Avoid milk, water melon and rice.

Dark neck and big stomach:

I am healthy however my stomach is big as compared to rest of the body. Please suggest something. Second problem is my color. I am fair but my neck is very dark. I sweat a lot which creates body odor especially underarm.

Answer: after lunch jarish kamoni 6 gms in half cup of baadyaan extract and drink. Write after one month. Eat sweet grapes after your meal. Water melon and sweet melon are also beneficial.

Gout Pain:

My mother is suffering from Gout and she is 39 years old. Almost every bone of her body pains, especially hand and feet. She is every weak now. We have gone to many doctors but all in vein. You once mentioned a remedy for such problem, which was black peas hand full to be in hot water over night and drinking the water they were dipped in the morning on empty stomach. My mother has even tried this remedy but there was no improvement. Please suggest something else.

Answer: Continue following the mentioned remedy. Also get "Sattar Shafa'in" from Ubqari store and take it 5 times in the size of a pea. Write after 20 days.

Tested prescription for jaundice: Respected Hakeem Sahib, Assalamo Alikum! I got many things from Ubqari, I have a spiritual amal which I am giving to Ubqari readers as a gift. The practice is recite 313 times Surah Hashar first ayat (1) **سَبِّحْ لِلَّهِ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيْمُ**

before and after 11 times Darood Shareef daily after Asar prayer braise on water bottle and drink morning and evening till you will be cured. (Hamid Ali)

If someone does not have a male child and he wishes to have one, then he should recite (يَا أَوَّلُ) 3,125 times for 40 days and everyday he should bow in prostration and pray to Allah Almighty for his wish after completing the daily recitation.

Episode # 1

I was a Prostitute:

Respected hakim sahib Assalamualikum! May Allah bless you, your family, your followers, your teachers till the last day. I will explain you today what I received from your dars. I belong to a middle class family. Since I was born, I never saw anyone praying, reading Quran and following any other religious practice at home. We start our day with breakfast. The gents of house will to their work and the ladies will finish their house hold work. Then they would watch Television whole day long. One of my sisters ran away with a boy in the neighbor and got married to him. Later everything was settled between the families, a boy became my friend who made me fool and left me later. After him a started making boyfriends and enjoyed the time spent with them. In 12th grade, I actually fell in love with a guy. But his family got him married to someone else. I cried a lot but all in vein. After that I was always quite. One of my uncles told my family that I was suffering from an evil spirit and it should be treated. They took me to an Aalim with my father. It was very peaceful environment. The Aalim seemed to be very courteous; He prayed and blew on me. He insisted me to pray and read wazifa given by him. I felt very peaceful. When we came back home, my family members started making fun of that Aalim. He also did the same. Many times that Aalim came to my dream and he would insist me to read the wazifa prescribed by him. But later I went to the Aalim again. He again advised me to read the wazifa given by him. When I was in my 3rd year of my college, I again started making boyfriend, whole night I would talk to different boys by changing sims and would sleep after fajr. The talks in the mobile were further extended to meeting in the hotel rooms. I didn't know why I was doing it. But I was lost in the world of fantasy. I was always provided with what I wished for. These boys gave me expensive mobiles, gifts, gold sets, branded suits, meals from expensive hotels. Then there came a time when people started calling me a prostitute. I started smoking. I studied till BA and left studying. My parents could not get me married but I spent my life in such wrong activities and leisure. Despite of all these, my life was always un-peaceful and restless. Then one of my friends gave me ubqari magazine. I had a glance on it did not pay attention. Then my friend started getting ubqari magazine every month to my house. I started reading it. Light of faith was enlightened in me. When I once read your article in ubqari, I started listening to your dars on internet. I did ablution for the first time with shivering hands and prayed with shivering body and lips. I cried a lot on the prayer mat. I woke up during fajr prayer. Did ablution again and prayed. Although I did not know how many sunnat and farz are there in fajr prayer. I blocked all my Sims, broke all my phone, burnt all expensive clothes and shoes. Then I learnt how to pray from my friend and learnt about my religion on how I should live it. I started reading religious books. There were boys who still followed me and used to make voices in front of my house, we then

left the house and shifted to another place. We all have started following religious practices at home. My father and brother have started praying. I have learnt many dua from your dars and practice reading it on daily basis.

I used to be flared up in seconds. Now storms enrage inside me but my language is restrained. I recite the supplication after ablution. I recite supplication before going to sleep 11 times,durood shareef thrice, sura fatiha once, surah ikhlaas thrice, kalma tayyaba thrice and renew my faith.

Sometimes thrice and sometimes رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ - 11 times

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ ayat-ul-kursi thrice, 100 times durood shareef

(صَلَّى اللَّهُ عَلَى مُحَمَّدٍ) (يَا بَاعِثُ يَا نُور) 11 times while placing my hand on my heart. Then I take a deep breath and imagine placing the name of Allah in my heart and then closing the lid. I have taken these supplications from your sermons. I have been engaged with my cousin (son of my aunt) he wants to marry me even though he knows everything about me. Alhumdulillah he is a prayer leader in a mosque and our nikah is planned to be conducted in a mosque very soon.

I was a prostitute: Readers if anyone around you who came back to the right path then please please does write and send her complete story to the editor Ubqari. Your story will be published by totally changed name and place. All type of people read Ubqari magazine may be from your writing someone came out from the darkness to the light of right path and this becomes the sadqa for you and your offspring.

A Tip for Never Becoming Sorrowful:

Someone once asked the great thinker Socrates about the reason of his never becoming sorrowful. He replied that he had never held any such thing whose demise could make him sad.

Those people who are fed-up from the behaviour of their husband must read

Respected Hakim Sahab, Assalamualkium! May Allah keep you safe always. I have started doing an amal. Which is كهف قظمير reference, I have read it about 3 lakh times. I see strange dream always. I feel like someone has grabbed my neck. I had immense pain and misery that I was not able to recover for weeks. But I am feeling lot better due to this amal. My biggest problem is that I was really upset due to my husband's behavior. He used to stay really upset with me. Whenever I tried to talk to him, he used to behave very badly to me. I used to cry all night but it never bothered him. Due to his rude behaviour, I used to get easily pissed off which eventually resulted in fights daily in my home. Once I read in Ubqari magazine that if you are upset from someone's behaviour, then recites Surah Fatiha one time, and surah ikhlaas 3 time with durood shareef in the beginning and end and gift it to that person. Also make dua to Allah. I started doing this for my husband and made lot of Duas that made his behavior gets better with me and behaves softly and warmly with me. I performed this amal for about a week and prayed a lot. I got so drastic and good result. My husband's behaviour changed towards me to such an extent that it left me surprised. May Allah bless you and give you reward. Please remember me in your Dua's. (A daughter)

Acceptance of prayer:

This is very true that there is one moment of acceptance of prayers in 24 hours. Many times, when we remember someone or want something, whether it should be something to eat or wear, immediately it gets fulfilled. Some people thank Allah on this while some unthankful people wish if they could have asked for something big. I will never forget the day when God blessed me with great blessing. After marriage, I got involved in kidney problem. I had severe pain that I could not lie down on bed. I used to cry in pain. The doctor used to give me 4 injections to overcome pain. Once I was about to pray Maghrib that I started feeling little pain. I understood that the severe pain is about to start. I wanted to immediately complete my prayer. I was praying the first rakat of farz that severe pain started. I was unbearable. I started praying with signs. I completed my farz rakats and lied down on the prayer mat with lot of pain. I had a fight with my husband that day and we were not talking to each other. When I had severe pain, I started praying to Allah to relieve the pain so that I don't have to ask my husband to take me to the doctor. My husband was sitting nearby not knowing of the pain I was going through. I kept

praying to Allah to get rid of pain while lying on the prayer mat so that I can complete my prayer. My pain just went away and it never came back in last 10 years. It was not less than a miracle. Allah is very merciful and great.

Beside disability:

(Maulana Waheedudeen Khan)

You don't have to wait for people to help you. You should learn the skill of helping yourself.

I lost my foot in 1982, since then I have been travelling in sea around the world. This is what Trustman Johns said to the handicapped children in Bangkok. He is a motivational speaker. His message was clear. You don't have to wait for people to help you. You should learn the skill of helping yourself. 53 years old Johns has been living his life in his own way since 1952. He was terminated from the royal navy due to the reason that he is not suitable for the type of work. He got injured in 2nd world war and lost his feet in the injury. In 1982 his leg was cut off due to the injury. He has travelled 6 lakh 40 thousand kilometer in the sea in 34 years.

Searching the lost things: Respected Hakim Sahab, Assalamualkium. I am sharing very precious amal with the readers of ubqari. Whenever I forget or lose anything, I start reading **إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ** 3 times. I keep reading it until I find my lost thing. This is tried and tested wazifa.
(Naheed, Attock)

Blessing is between the meals: Blessing is between the meals therefore don't stop eating during meals.

Internet And Its Worldwide Effects, Proposals To Be Protected From Its Harms (Mehmood Zubair)

Where the development of science and technology has provided a collection of comforts and information with its new inventions and evolutions, there it has opened the new ways to the world of lust. Where the communication gaps are shortened and have provided the humanity comforts, there it also has provided a source of fulfilling the desires of lustful persons. According to the latest report published in a newspaper a few days back, the brokerage of prostitution is being carried out internet on large scale in which rich people especially youngsters are being attracted and heavy payments are being grasped from them. Moreover, in this way the numbers of credit cards and debit cards are obtained and their accounts are being emptied after saving their passwords. Means with the destruction of morality and belief (Eiman) they also have to bear the loss of wealth. Moreover, many websites are full of vulgar scenes and literature.

Feelings are being provoked and for their appeasement the brokerage is also in progress. As a result of this it seems that a flood of vulgarity and obscenity has arrived and especially the young generation is effected from it. In this regard BBC television arranged a debate between the psychologists and common citizens before 2013, in which it has been told that more than 15 percent people get appeasement by pornography. In this debate a report was presented in which it was reported that 9 % British people watch sexual scenes 11 hours per week. It was reported four years back when the use of internet and computer was not so common.

As compared to the poor people, rich people are learning new methods of carnality, being happy after giving a sexual torture to each other, homosexuality, relations with animals, sodomy with little boys, girls, women, old people, mother, sister, daughter and with many other sacred relations, rape and many other things are being learnt by the wealthy young generation who is attached with internet. And they are trying to apply all these things in their society and with their spouses. As a result the sacredness of relations is being demolished and married couples are spending mirthless life. According to the report, at this time there are thousands of couples in America whose marital life has been destroyed due to internet. According to a cautious evaluation, at this time there are more than one million naked pictures available on internet and more than one lac vulgar videos can be accessed through internet. It is just a glance of these vulgar and evil programs; actually there are many other programs available on internet which cannot be tolerated by a gentleman.

Parents and guardians has not been completely succeeded in preventing their young generations from this vulgarity even knowing their responsibility, especially the elite class, because if they stop their children from using internet then they will be deprived of a source of information. If you have internet in your home then how should you keep an eye on its usage? And how can be children saved from vulgar sites? The users of internet know that the internet has changed the

whole world into a global village; it is such a source by which millions of people can be communicated and can get benefits from the thoughts and comforts of each other. You get every important international thing here. Its information, introduction and details are available on just one “click”. Any important matter can be resolved just in few minutes. There are very rare worldly things which are not available on internet. If you want to stop a person from using this big source of information then it is not only a difficult task but it also is impossible. And you will be blamed of stopping the children from a big source of getting education. It is also a true fact that religion is not only the name of prayers, fasts and other worships but Islam also provides guidance for every aspect and matter of life and being a Muslim we have to follow this. So the moderate way is that internet should be used within the limitations of Islam and precautions should be followed in order to be protected from its worse effects. You will be surprised and will happy to know that as there are many softwares to run different programs of internet, similarly there are some softwares available for blocking some vulgar programs and sex based sites. If the internet services provider does not give you the facility to block unethical websites then you can use the following softwares, which are available in market, to block unethical, morale less, vulgar and anti-Islamic websites. The names of the softwares are;

- 1) Cyber Sitter
- 2) Nanny Net
- 3) Cyber Petrol
- 4) Norton Internet Security
- 5) MacAfee Parental Control

Install these softwares in computer and then adjust their settings. These softwares block the vulgar websites. Actually these softwares do not block anti-Islamic websites but these have options by which you can block the vulgar and anti-Islamic websites. The settings of these softwares are difficult but not impossible. Blocking the porn and anti-Islamic literature through these softwares is for those people whose internet services provider or the Government organizations do not provide such facilities to their users to block these websites. On the other hand for the residents of developed countries this is an easy matter, at the time of purchasing internet connection people should demand “Parental Control” or if a company asks you to fill a form while purchasing internet connection then tick on the column of “Parental Control”. In this way when you will become a user of their internet services then the porn sites will not be opened at your home. Adopting the above mentioned methods is essential in order to be protected from the evils of internet and for protecting the faithful, Islamic, morale and civilized values for your family and their invigilation is also essential. Otherwise by establishing the harmful relations with internet you are the responsible of the destruction of religion, civilization and morality of your family. If your daughter talks to a stranger then how can you ignore this? If your son goes into streets and establish relations with the strangers, then will you ignore this, definitely you won't. But believe on this fact that the Satan and his followers are destroying us by entering in our homes through internet and provoking our generations towards the ways of vulgarity and crudity. While taking the benefit from this technology and the educational literature on it this thing must be kept in view that how can be protected from its useless literature and harms.

(Thanks to the monthly “Baidari”)

Achievement of respect: If someone goes to meet strange people and he wants that the people should respect him, then he should recite the Holy name of Allah ﷻ 41 times while departure.

Do Eat The Meat Of Offertory Slaughter (Qurbani), But Also Consider Some Points (Aaziza Imran, Faisalabad)

Green tea helps to digest the food, therefore take it many times in a day especially on the festival of “Eid-ul-Azha” or at least take one cup of green tea after taking meals.

There is no doubt in the fact that on Eid-ul-Azha, acting upon the tradition of slaughtering is an honour but just offering a slaughter is not enough, we should take care of some other things as well. The most important thing which you all know is that don't forget to divide the meat of offertory slaughter in three parts. One part is for your relatives, one part for deserved people and one is part for your family. Also remember that in this division, doing corruption in any means is not right such that choosing good meat for you and distributing the rest of the meat. Moreover on this festival take much care of cleanliness, not only keep your house neat and clean but also make sure the cleanliness of your streets and area. Don't throw the wastes of the animals outside; place them properly so that the health of everyone must be maintained. Now come towards your health. In most of our families' meat is eaten more with delight as compared to vegetables. Especially on the festival of “Eid-ul-Azha” when there is abundance of meat then it is difficult to stop yourself from eating different delicious dishes. Try to eat the meat of offertory slaughter in moderate way. On this festival take care of few things.

Don't eat meat in Abundance: It is a basic rule for hygienic health that doesn't eat meat in abundance. The basic reason for this is that the vegetables and fruits digest more easily than the meat. By eating in large quantity the burden on your stomach increases.

Have walk: Walking on foot is essential for maintaining a good health but when there is a problem of digesting the heavy food then walk becomes more essential. For digesting the meat of offertory slaughter (Qurbani) go on walk in the early morning or at night so that your stomach should work properly and food becomes the part of body after digestion. If you are not habitual of walk then at least during Eid days include this in your routine.

Take meal on time: Not having punctuality in any matter is one of the big deficiencies of our society. Especially not following the time table for meal harms the health. On festivals we all follow this practice whereas on the festival of “Eid-ul-Azha” we must take meal on time because the meat takes more time for digestion. By eating in different timings, our digestive system gets faulty resulting the illness.

Eat vegetables and fruits as well: Everybody knows the effectiveness of vegetables and fruits. Specialists recommend eating fruits and green vegetables on the festival of Eid. By doing this there will be a balance in your diet and there will be good effects on your health.

Don't take cold drinks or use in less quantity: It is a common perception in our society that by drinking soft drinks the food is digested easily but this has been proved by experiments that the effect of cold drinks is temporary. After drinking we just feel that the burden on our stomach has been relieved for short time but actually cold drinks increase the acidity of stomach. Therefore on the festival of "Eid-ul-Azha" not using the cold drinks is better or if there is compulsion then use in less quantity.

Use green tea: In the opinion of physicians using green tea is more beneficial for health as compared to cold drinks. Green tea helps to digest the food, therefore take it many times in a day especially on the festival of "Eid-ul-Azha" or at least take one cup of green tea after taking meals. By this the speed of digestion will increase and it will help to keep your cholesterol on proper level.

Minimize the use of spice: The main cause of health problems is the use of spice in abundance. In most homes of our society spicy and peppery food is liked to eat which is harmful for health. On the festival of "Eid-ul-Azha" the spicy Barbecue items and "Nehari" etc. are eaten and such food items increase the acidity of stomach.

Take suitable gaps between meals: There should be at least gap of six hours between two meals. Disturbing this gap can harm your health and the health of your family. Therefore on the pleasant festival of "Eid-ul-Azha" take proper care of this matter so that the health of whole family should be maintained and you could enjoy the happiness of this festival.

Homemade food: On the festival of "Eid-ul-Azha" the meat is available in large quantity. It has been observed often that in most of our houses special dishes are get prepared from market by providing them this meat. This practice is not good because the hygiene of the dishes prepared from market is not sure. Therefore cook food yourself. Besides this on such festivals most of the families go to family hotels and restaurants, this thing also should be avoided because the hygiene of these places is also not sure.

Keep on doing your routine work: On the festival of "Eid-ul-Azha" it is recommended from expert physicians that don't let your daily routine be disturbed and keep on doing your work as per routine. Otherwise on this festival it happens that food is taken more and taking rest is also preferred instead of doing work. In this situation the food digests late and health gets harm

effects. Therefore act on the formula of “Blessing is in movement” so that your health remains good.

Increase in weight: The weight of many people increases in the result of eating meat on “Eid-ul-Azha”. Its reason is the presence of high cholesterol in meat. Therefore, if you want to maintain your health then don’t use more than 2000 calories in a day. It will be better if you divide these 2000 calories in 4 meals. Eat meat after boiling or barbecuing. Take dinner at least two hours before sleeping and also keep vegetables and salads in your plate along with meat. If you go on feast then take lemon juice or green tea after having meals. If you walk for 30 minutes after taking heavy diet then your weight can be controlled.

If someone wants to lead a life of comfort and satisfaction, then he should limit his spending to half of his earnings while if he wants to become wealthy then he should restrict his spending to one third of his earnings. (Or increase his earnings to at least three times than his spending)

Learn ways of tidiness from experienced elderly women:

A tidy and clean wife takes care of her husband's comfort in every aspect. No matter how late he comes home at night, she will serve him with ready and hot food, makes breakfast for him very peacefully and nicely, keeps hot water ready in winters and gives him icy water in summers.

Experienced elderly women say that young wives often take more care of their own beauty and dressing but often ignore an important issue that is regarding how to live happily and peacefully with their husbands. To live a happy married life no doubt both wife and the husband have their individual roles to play, but a clean and tidy wife can make her house an ideal example with her sensibility and jolliness. To get married at a young age is not difficult as compared to when after marriage she has to live in a happy environment with her husband. This is the most worrying and attention worthy thing for her. In regard to this, following are a few tips and ways, and applying them practically will be very beneficial for her.

Expression of gratefulness and peace:

To become your husband's apple of the eye this is one of the first and effective measures. To be able to satisfy the wife and make her grateful husbands usually take a lot of pains. For example her unnecessary expenditures, her routine health problems, too much spice in the food, and many more household things. There is no doubt that mistakes and unpleasant things can be done by the husbands, but sensible wives usually tolerate a lot of their husbands' mistakes with patience instead she accepts them and does not flare up on trivial things. Husband's extreme punctualities, cigarette smoking, excessive tea addiction, off and on ranting and impulsiveness doesn't bother her a lot and she just laughs these minor things off and gets amused by them. The most satisfying thing for the wife should be that she and her house have gained the husband's attention. This is a big thing that one person who was previously busy in all directions aimlessly, was flowing in some temporary requirements and demands, has now left everything else and has found one destination that is his home now whose queen is his wife now. Is this fact not good enough for the wife that previously a man, who belonged to no one, is now influenced by her for the rest of their lives and belongs to her now? This acknowledgement and success should make the wife extremely grateful and satisfied.

Expression of realizing his importance and liking towards him:

Realization and expression of gratitude and satisfaction are next followed by her appreciation of things her husband says. The woman who interrupts her husband on everything he says and shows her disapproval at whatever he says, gets annoyed by his jokes, always sticks to her own opinion and is domineering in her tone and shows him that she is superior, will eventually lead to

her husband's disappointment and him losing hope in her. Every husband is in dire need of friendship and companionship. When he is not able to get this in the house, he will begin to avoid the house and stay away from home and will prefer to stay outside with his friends, whatever good or bad company he finds. Gradually there is a psychological or spiritual gap which develops between the couple, which often the wife suffers more from. This condition is usually mostly attributable to a non-compliant wife.

Taking care of husbands rest and relaxation:

A tidy and clean wife takes care of her husband's comfort in every aspect. No matter how late he comes home at night, she will serve him with ready and hot food, makes breakfast for him very peacefully and nicely, keeps hot water ready in winters and gives him icy water in summers. She talks to him about happy things while feeding him, and does not bug him with trivial household fights and quarrels. This way he leaves the home for work with a much satisfied mind and when he arrives back tired and exhausted, he is delighted by the happy go lucky nature of his wife. In terms of business matters also, a pious wife will give her husband a pious advice and this nourishes unity and similar thinking between the two. To face the downs of life with success, both wife and husband should take steps together in one direction with unity. A sensible wife will follow her husband in his steps along with him. She does not move in the opposite direction and sticks to her husband in every difficult time and stands by him like a sincere partner. This way the wheel of life keeps moving peacefully and both of them reach their destination successfully.

In summary, to be good to your husband you require these following measures: gratitude, to be able to listen to him carefully, sticking by him in every word he says and difficult times, stand by him in his mistakes, build a relationship full of trust. Marriage is an unbeatable relation which should and is kept till the end. All these points are such that only a sensible and lucky woman can find interesting and beneficial.

For common cold and expectoration of phlegm:

Respected Hakeem Sahab Asalamo Alaikum! Following two prescriptions are effective ones, since I have a Matab (herbal pharmacy) and practice this regularly. Looking at the generosity of Ubqari im sending these as a gift to the readers of Ubqari: Karanjoo (1 tola), Sat gullu (1 tola), Tabaasheer (3 maasha), small ilaichi cardimum (3 maasha) Add all these in the essence of fennel, and use is daily in the morning and after Asr. This is for every type of fever.

To expectorate any type of phlegm: very effective thing do make it and benefit from it. Zofa (125g), Gul Banafsha (2tola), Malatthi (2 tola), Garrhfalli (5 tola). Grind all these into fine powder, and take 1/4th of a spoon everyday twice, and watch the miracle of ALLAH's nature. Wherever phlegm is present it is cleaned. Be it in the brain, in the lungs, etc. (Muhammad Arshad Zubair, Sargodha.)

For common cold/ flu:

Take Khashkhaash, almonds and misri. Clean khashkhaash and dip it in water as per requirement. Keep 7 almonds in water as well. Then clean khashkhash twice or thrice in water so that all the dirt is removed. Then dry both the things and grind them together. Then boil 250ml of milk and add to this boiling milk, the ground powder and some misri according to taste. Keep boiling it till the quantity reduces to half. Drink it before sleeping and repeat this for three days your common cold, flu, and headache everything will be gone. (N. B)

Flossing teeth is cleanliness: After eating, flossing teeth is one form of cleanliness, and cleanliness is a part of faith, and faith will be with a believer in Jannat.

Tried and tested: Get your desire fulfilled even before you finish the recitation

Respected Hakeem Sahab, Assalamoalaikum. I have been reading Ubqari Magazine since the past four to five years now. The invocations and tips present in it have solved many of my problems. I have some tried and tested invocations that I want to share with the readers of Ubqari. Definitely they will benefit from these.

For success in examinations: Before going to the examination venue recite Surah Fatah once and make dua after that. Then before solving the questions flip the paper and recite this 11 times (*سُبْحَانَكَ لَا عِلْمَ لَنَا إِلَّا بِمَا عَلَّمْتَنَا إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ*) (*يَا رُبَّ الْبَارِئَاتِ*) 11 times and this (*يَا وَاللَّهِ الْمُسْتَعَانُ عَلَى مَا تَصِفُونَ*) 7 times. Recite Darood Shareef 3 times before and after doing this. In shaa Allah you will have His invisible help. (Wazaif Maliheen page127)

If there is pain in any part of the body:

Whoever has pain in any part of the body keep your right hand over that area and recite Bismillah complete 3 times and then recite the following Dua 7 times: [*أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ*] (Nisai, Mulsim, Majmooa e Wazaaf page 289)

For a peaceful sleep:

Place right on the head and recite only this part of the ayat 7 times (*فَضْرَبْنَا عَلَى أَذَانِهِمْ فِي الْكَهْفِ*) then blow on the hand and rub over the head. In shaa Allah you will fall into a very deep sleep. Lie in bed after ablution on your right side, facing the Qiblah and recite 7 times (*تَحْسَبُهُمْ آيَاتًا وَهُمْ رُقُودٌ*). In sha Allah you will fall into a very deep sleep.

1 lac sins forgiven in a few minutes!

Hazrat Ibn e Abbas R.A narrated that Hazrat Muhammad ﷺ said that whoever gets free from his Jumma prayer and recites SubhanALLAHI WabiHamdihi [*سُبْحَانَ اللَّهِ وَبِحَمْدِهِ*] 100 times so ALLAH TAALAH will forgive 1 lac of his sins and 24,000 of his parents' sins. (Raahe Ibnul Sunni Amal Alyoum page 146)

All needs fulfilled by just one Amal:

Respected Hakeem Sahab, Assalamoalaikum! I read Ubqari with a lot of interest. First time I encountered this magazine was when my friend gifted it to me. Ever since then, I'm anxiously waiting for it to come every month. I have some authentic spiritual tips which I'm sending for the readers of Ubqari.

Get to know the result and purpose of any intention by a dream:

Whoever cannot figure out what to do about something he has to do, he should recite the Name of ALLAH 'YA RASHEEDU' 1000 times between Maghrib and Isha. InshaALLAH either he will see what to do in a dream or his heart will be inclined towards one option or answer itself.

Get your work done before this Amal is even completed!

Whoever recites these words [يَا بَدِيعَ الْعَجَائِبِ يَا خَبِيرُ يَا بَدِيعُ] after Isha Prayer 1200 times for 11 consecutive days, then whatever work he is reciting this for will get completed and he will be successful in it even before this Amal ends. Its tried and tested!

All desires fulfilled by just one Amal:

Whoever offers two Rakat Nafl and then recites this [هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّهَرُ وَالْبَاطِنُ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ] then InshaALLAH all his needs will be met. (Naeem Ahmed, Gojar Khan)

A very potent spiritual tip for a healthy heart:

Respected Hakeem Sahab, Assalamoalaikum! I read Ubqari magazine since a long time now. The tips and remedies told in it are very helpful. I have a potent spiritual tip for the health of the heart. After every Namaz keep your right hand over your heart and recite these words [اللَّهُمَّ يَا قَوِيُّ الْقَادِرُ الْمُقْتَدِرُ قَوِيٌّ وَقَلْبِي] 7 times. Then blow on your heart and massage this hand over the heart area InshaALLAH it is a very beneficial Amal. The second point I want to make is that ALLAH SWT has put in a lot of effect in your Ubqari medicines. The result of all your medicines is very good. (Mohsin Hayat Abbasi, Murree)

Chunk of Misri (sucrose sugar) and Diamond:

By: (Column writer: Muzzafar Hussain Khan, Karachi)

After looking at the precious diamond, the Jews looked skeptically at the professional goldsmith. The goldsmith said ‘Master, this is our family diamond’

A Muslim once worked at the shop of a Jew in polishing diamonds and he was an expert at his work and very honest simultaneously. The Jew despite taking full and undue advantage of the Muslim’s capabilities didn’t pay him his deserved payment/portion. He spent his whole life working that way in such low wages even though he could not support his household properly from his earnings. Till came the time when his daughter became old, and he could not save anything from his already limited income. To marry off his daughter, the goldsmith took a loan from his Jew master. The Jew excused himself from giving the loan despite being a millionaire. The goldsmith muttered bad things about his destiny and came back home. The wife, to add to the misery, welcomed him with a garland full of taunts and expressed her anger at not getting the money. Tense, he spent the whole night thinking what will happen now. He did not go to work the next day. Afterwards, when he reached the shop after the Jewish goldsmith called him, he emptied the content of a small pouch in front of the Jewish man which he had brought along. After looking at the precious diamond, the Jews looked skeptically at the professional goldsmith. The goldsmith said ‘Master, this is our family diamond’

I’m not allowed to sell this but if you can keep this as mortgage and lend some money to me I will pay you the money and take my diamond back. The Jew agreed. The goldsmith married off his daughter with the money taken as loan and then worked day and night to gradually pay off the debt. After paying the last installment of his debt, goldsmith demanded his diamond back. The Jew brought the diamond and kept it in front of him. Right in front of his eyes, the diamond dissolved and disappeared. The goldsmith said, Master this was a chunk of Misri which I had polished and shaped in such a way that even an expert like you got baffled. You did not give me money on my modesty and humble request because of which I had to get the money out from you in this way. I am a Muslim that’s why I did not run away, and worked hard to return every penny of yours. It’s shameful how you did not keep my regard. Which is why I am leaving my job and going? He left the Jew tensed and shocked.

Lesson: Fulfil the needs of the needy, this will decrease the vices prevalent in the society.

(Excerpt from Hakaayat e Rumi)

Revelation of hidden things:-Imam Boni (رحمته الله عليه) says that hidden things will be revealed if one recites excessively the name. يَكْظَاهِرُ

Your Queries---Allama Lahuti's reply:

- 1-Always believe in incantation which is granted. Don't change it with your own will.
- 2-If problem increases during incantation, don't leave it but be consistent, pay more attention and continue with strong belief. Boredom, restlessness etc during recital shows that incantation is working.
3. Granted recital should be recited punctually and attentively. Disbelief demolishes the effect of incantation.
- 4- Don't be hasty, recite regularly.
- 5-Recite all the members of family or at least as many as members of family can do so.
- 6-Some charms, evil spirits, restrictions, effects, problems and hindrances are ancestral. It takes some time to alleviate.
- 7-Report your conditions with coupon after 40 or 90 days when a recital is started.
8. If one has already been granted a recital by Allama sahib and on writing a letter, one is granted another recital; continue the first with the second after getting permission from Allama sahib if one is getting benefit from the first recital.

Walayat Begum,Chakwal-Anjum Ara,Rawalpindi-Saima Zaman,Rawalpindi-Akbari Begum,Faisalabad-Nadia Manzoor,Lodhran-Syed Mehmood Hassan,Wah cantt-Mushtaq Ahmad,Haleema Sadeea,Gujranwala-Sobia,Rawalpindi-Ahmad Ali ,Rawalpindi-Muhammad Hamza Waqar,Rawalpindi-Waqar Ahmad,Rawalpindi-Memoona Nargas,Rawalpindi-Beenash Qayyum,Rawalpindi-Qari Muhammad Rafiq,Kamalya-Syeda Rabia Ali Shah,Lahore-Nageena parveen,Islamabad-Naveed Ahmad,Chakwal-Nasreen Rauf,Islamabad-Ejaz ul hasnain khan,Islamabad-Memoona Maryam,Bahawalpur-Memoona Shamshad,Rawalpindi-Sheraz Ahmad,Lahore-Rootaba khan,Lahore-Muhammad Iftikhar,Shadan Lund,Muhammad Shahbaz Anwar,Jahanyyan-Altat Hussain,Joharabad-Farzana Hussain Khoyyan-Badar ud Din ,Dera Ghazi Khan-Mehwish Kiran ,Rawalpindi-Manzoor Hussain ,Bhakar-Talib Hussain Abbasi,Murree Dewal-Syed zaheer ud din alias Javed,Rawalpindi,Abdul Basit,Lahore-Muhammad Samad,Lahore-Samreen,Lahore-

Muhammad Umar Draz,Lahore-Nayab Shahid,Mianwali-Ghulam Ahmad Qadri,Chakwal-Sajid Waheed,Kohat-Tariq Badar,Quetta-Saira Hussain Malik,Karachi-Haleema Shahzadi,Mansehra-Shakeela Aamir,Burewala-Ameena Bano,Karachi-Khalifatullah,Pubbi-

Muhammad Aziz ur Rehman,Essakhel-Abdul Hafeez,Havellian-Naseema, Haiderabad-Zahid Hussain,Chakwal-Sana Imran,Lahore-Mamoon ur Rasheed Karachi-Muhammad Ali shareef,Lahore-Iqra Mushtaq,Lahore-Saleha Faisal,Lahore-Muhammad Ali,Rawalpindi-Muhammad Farooq Muneer-Lahore-Gul e Rana,Bahawalpur-Salma,Sakkar- Naseem bibi,Ghotki-Muhammad Naseer Hussain ,Mandi Bahauddin-Nosheen Dawood,Haripur-Adnan Rasheed,Karachi-Sobia Azam,Narang Mandi-Shaista,Asma sarwar,Malikpur-Yasmeen Kamran,Kot Adu-Zaheer ud din Babar,Rawalpindi-Muhammad Adil Ahmad,Sialkot-Farzana Zahid,Multan-Muhammad Buksh,Mir pur Khas-Sadia Bibi,Sargodha-Idrees Ahmad Abbotabad-Matloob Hussain,Newshehra cantt-Akbar Ali ,T.T.Singh-Muhammad Junaid,Seen,Sukkur-Rukhsana Parveen,Karachi-Shamim Nawaz,Muzafar Garh-Najma Anbreen,M.B.Din-Aneela Hamid,Lahore-Mahjabeen,Samundri-Amin Iqbal,Gujranwala,Ikram ul Haq Alvi,Rawalpindi-Farhat Jameel,Karachi-Muhammad Khan,Lahore-Mussarat Nasir ,Khuddian Khas-Rassal Waheed,Karachi-Mahjabeen khan,Bahawalpur-Samar Bareen,Lahore-Hafiz Muhammad Faizan Shahid ,Lahore-Ishtiaq Ahmad,Rawalpindi-Shehla Shafiq ,Hari pur-Muhammad Adnan,Gojra-Muhammad Adnan Yaqoob,Chakwal-Aamir Ismail,Lahore-Anbra Aqsa,Baharaku- Muhammad Bilal,Kaloor kot-Irum Faisalabad-Aalia,T.T.Singh-Iqra Saeed,Multan- Syeda Khalida Khanum Jellani Multan-Muhammad Ihtisham ul Hassan,Azad Kashmir-Abdullah Khan ,Zhob-Sidra Kiran Qureshi,Lahore-Obaidullah Jam Sahib-Asma naz,Gakhar Mandi-Manzoor Hussain sial,Makhdoompur-Saleh Muhammad,Peshawar-Munaza khan,Attock-Asma bibi,Attock-Shafqatullah Bhatti,Abbotabad-Rukhsana, Nawabshah-Bushra Kalsoom Akhtar,Bhakkar-Sumera Anjum,Islamabad-Gul Bano,Karachi-Muhammad Sufyan Boota,Gujranwala-Rabia,D.I.Khan-Irum,R.Y.Khan-Muhammad Naeem,Liaqat pur- Munawar Azeem T.T.Singh,Aasia bibi,Liaqat pur-Shahida Anjum,Attock-Rasheeda Parveen attaria,Haiderabad-Raja Hafeez Naqshbandi,Karachi- Ayesha Butt,Gujrat- Rehana Muneer,Multan- Sohaib Gul, Mrdan-Noreen,Vehari-Maryyam bibi,Karachi- Salma,Khairpur Meeras-Syed Zaruddin,Peshawar-Shabnam Rathor,Lahore-Abida bibi wah cantt-Amreezan bib,Haripur-Nadra Bashir,Karachi-Akhtar bibi,Haiderabad-Sadia Aslam,Rawalpindi-Hafiz Abdu Rehman,Kamalia-Anam Naz,Rawalpindi-Muhammad Haroon,Islamabad-Hajira bibi,Muzafargarh-Muhammad Irfan,Begum kot-Haji Muhammad Ramzan,Lahore-Ghulam Saira,Jehlum-Sumera bibi,Mirpur-Asim Bashir,Gujrat-Saleema Akhtar,Rawalpindi-Rasheeda begum,Jehlum-Shakeela Rana,Karachi- Shabana Raheem,Rawalpindi- Farah Sadeea,Sheikhupura-Mussarat,Jaranwala-Abdul Waheed,Rawalpindi-Nadeem Ahmad,Sargodha-Azhar Ali,Mirpur Azad Kashmir-Mahmood Ali Chishti,Rawalpindi-MukhtarAhmad, Sambryal-Shehla Irum Saleem,Kot Adu-Mehmood Ali Shah,Faisalabad-Fatima,Abbotabad-Muhammad Saleem,Choa Saiden Shah-Khalil ur Rehman,Attock-Malik Ali Haider Awan,Lahore,Aurangzaib,Multan- Saima zeb,Multan-Farheen Arif,Karachi-Adeel Afsar,Chakwal-Parveen Butt,Karachi-Muhammad Yaseen,Noshehra-Adil Idrees,Hazroo-Muneer Hussain Tahir,Bagh Azad Kashmir-Muhammad Yaqoob Bhatti,Rawalpindi.

All of those mentioned above should follow as:-

On seeing an animal or bird, recite Surah Ikhlas three times with Dardood in the beginning and after it one time. Say to Allah by imagining that you have gifted what you have recited to the soul of said animal or bird and now engage that animal or bird to pray for you. Repeat it enormously in a day.

Follow this incantation for a few days, weeks or months.

Razia Arooj,Haiderabad-Muhammad Umer,Sahiwal-Nayab,Mianwali- Muhammad Shahzad,Jhang cantt-Hareem Rehman,Lahore-Sajida bibi,Kot Adu-Sabahat Tabassum, Sahiwal-Sadia Amjad,Gujranwala-Muhammad Ali Raza,Ultra-Zaheer ud din Babar,Sialkot-Seen,seen,Multan-Hina sadaf,Karachi-Zanjabeel,Karachi-Danyal, Bahawalnagar- Sumera, Joharabad-Naveed bibi,Jehlum-Afshan,Gujrat-Fazeelat Jabeen,Gakhar mandi-Jahanzeb Afzal,Sadiqabad-Sabeeqa Khatoon,Chakwal-Safi ullah ,Pubbi-Muhammad Yaseen Shaheen,Depalpur-Russia bibi ,Karachi- Rifat ban ,Karachi-Khalil Ahmad,Karachi-Seen seen,Kot Adu-Abida Noreen,Sargodha-Alia Haider,Rawalpindi-Muhammad Umer Farooq, Paharpur-Malika Aziz,Lahore-Sana Bano,Karachi-Asia Khatoon,Gaon Ali khan,Chanda Mussarrat,Rawalpindi-Samina Saleem,Haiderabad-Muhammad zaheer Islam,Rawalpindi-Syed Mussarrat Hussain Rizvi,Karachi-Muhammad Noman khan,Rawalpindi-Haseena bibi,Gujranwala-Sadiqa Bano,Karachi-Gulshan Ara,Shuja Abad-Qurat ul ain,Kohat-Muhammad Safdar,Lahore-Ghias ud Din,Multan-Afsha Ikhtlaq,Lahore-Raj Wali khan,Noshehra-Shakeela,Khanpur-Muhammad Saleem,Shamasabad-Fateh khan,Aftab Ahmad,Amina bibi,Hadaitullah shah,Bannu-Anam Shahzadi,Sheikhupura-Sameer Azhar,Lala Musa-Muhammad Ali Raza,M.B.Din-Sumera Bano,Kamalya-Tahira parveen,Sarai saleh-Muhammad Yaqoib shah,Shorkot- Robina kosar,

The person who spends his day and night in such a way that any Muslim is not effected by him. It is supposed that he spent a night in the company of the Holy Prophet (صلى الله عليه وسلم).

Gujrat-Muhammad Adnan,Gojar khan-Asma,Wah cantt-Tasneem kosar,Islamabad-Saad Masood,Chakwal-Lubna sarwar,Shahpur-Rabia begum,Noshahra-Syeda Faryal Munawar,Gujrat-Wazeena,Lahore-Saira Mushtaq,Multan-Meeba Rafiq,Islamabad-Faira umer,Lahore-Maria pervez,Rawlakot-Raja Sufi Muhammad Hafeez Naqshbandi,Rajori-Al Imran,Karachi-Saba shaheen ,Bhimber- Abdul Razzaq,Abbotabad-Muhammad Naeem Akhtar,Bahawalpur-Yasmeen,Bannu-Bushra Nawaz,Wah cantt-Anbareen,Karachi-Muhammad Sajjad,Bahawalpur-Robina kosar,Peshawar-Ruqaya Iqbal,Lahore-Saima Imran,Gulshan Ravi-Iqra,Lahore-Fida Hussain Tanoli,Karachi-Pashmeena mehar ,Karachi-Ameer Bangush ,Peshawar city-Hina Saeed,Lahore-Sheikh Mohsin,Lahore-Humera Aslam,Sargodha-Syeda shabana shahid,Haiderabad-Lubna khan,Jumhar khurd-Raqaya,Sargodha- Haris Waheed,Karachi-Humera Nadeem,Chiniot-Riaz Hussain,Rawalpindi-Jameela Naheed,Rawalpindi- Mian Sheraz Mazhar,Lala Musa-Muhammad Javed,Rawalpindi- Shah zaman,Rawalpindi-Muhammad Bilal,Tonsa Shareef-Ayaz Ali Shah,Noshehra-Muhammad Yousaf,Sialkot-Almas Rafiq,Sheikhupura-Hajira sajjad Ali,Gujrat- Syed Jameel Ahmad,Haiderabad- Hafiz Abdul Ghafoor,Lahore- Noor Ahmad,Lahore-Anayat ullah Bhatti,Karachi-Kiran Akram,Bahawalpur-Fareeha Altaf,Karachi-Fatima Gulzar,Lahore-Sobia,Rawalpindi-Muhammad Rafi Hasalanwala-Sajjad Ahmad,Attock-Safia Kamal,Mianwali-Saleha Saeed Rawalpindi-Dur adan waqar,Rawalpindi-Hira Ramzab,Akhtarabad-Zarnab,Lahore-Fazal Akbar ,Karachi-Shagufta,Karachi- Nazima Shaheen,Havellian- Muhammad Younas,Faisalabad-Hafiz Zahid Abbas,Haroonabad-Maria,Haiderabad-Tahira sultana,Multan-Muhammad Yousaf,Ahmadpur Sharqia-Shahid Ahmad,Rawalpindi-Adeeba khanam Butt,Shahdra-Muhammad Mehdi,Bhimber-Aasia Iqbal,Chakwal-Muhammad Ali khan,Islamabad-Ali waqar,Islamabad-Abu Huraira Nauman,Kamonki-Hafizullah,Sher Garh-Muhammad Rohan kiyani,Muzzafarabad-Noreen,Vehari-Madiha Riaz,New karachi-Saba Shahid,Rawalpindi-Shazia Nawaz,Dalra deen panah-Robina Lal Din,Abbotabad-Shaheen Akhtar,Qila kallarwala-Roshan Ara,Karachi-Muhammad Shahbaz Qadri,Sialkot-Muhammad Imran,Sialkot-Muhammad sanaullah farooqi,Ultra-Ishrat bano,Multan-Zaheer Abbas,Gujranwala-Abeera Ilyas,Sialkot-Zeeshan Ellahi,Rawalpindi-Anjum shahzad,Attock-Imrana Naz,Attock-Rehana khanum,Lodhran-Memoona Arshad(Sanoobar),Kosar jabeen,Rawalpindi-Rafia Zafar,Vehari-Sehrish Sarwar,Bhalwal-Sehrish Irfan,Sheikhupura-Nighat bibi,Islamabad-Nazeefa,Karachi-Humera,Lahore-Muhammad Shafi,R.Y.Khan-Haroon ul Rasheed,Mardan-Khalid Zia,Charsada-Muhammad Idrees,Abbotabad-Muhammad Zubair Arif,Faisalabad.

All of those mentioned above should follow as:-

Fix time, in the beginning, give a little time but increase it gradually. By fixing a place, recite بِا بِا بِا unlimitedly without rosary but with deep ecstasy. It does not matter if place or time somehow changes but continue reciting Continue to recite devotedly for a few days, Week or months.

Rashida Sarfraz, Chakwal-Usman Tariq,Faisalabad-Muhammad Imran,Jahanian-Nusrat Jahan,Rawalpindi-Rabia Basri Mianwali-Muhammad Ibrahim,Taank-Asif Mehmood shag,Rawalpindi-Ayesha,Lahore-Najma Rafiq,Lahore-Nighat Afgan,Rawalpindi-Salma Aamir,Rawalpindi-Ghulam Nabi,Karachi-Sadia Imran ,Piplan-Moazzam inayat minhas,Lahore-Nabeela Gulzar,Karachi-Tanzeela Moazzam,Lahore-Atta ur Rehman,Rawalpindi-Uzma Noreen,Kotla-Shagufta Shaheen,Lahore-Muhammad Jehangir,Hajeera-Shahnaz,Karachi-Shafaq Iftikhar,Haiderabad-Farzana,Sukkur-Gulnaz Azhar,Shamshad,Faisalabad-Saira khursheed,Gujranwala-Yasmeen kosar,Razia Nisar,Islamabad-Fatim tu zahra,Sargodha-Doctor sarfraz Ahmad,Sialkot-Syed Ali Adil bukhari,Nawab shah-Misbah,Kasur-Tazeela Nosheen,Lahore-Mehreen,Multan-Babar masood dar,Jehlum-Noreen Akhtar,Kotla Arab Ali khan -Muhammad Qasim shah bukhari,Kohat-Mahjabeen,Islamabad-Tasleem Akhtar,War bartan-Imran jamshed,Karachi-Muhammad Akram,Lahore-Muhammad Tariq,Mian Chanuu-Zaha sabir,Basyyan-Maqsood Ali sindhu,Lahore-Muhammad Ishfaq khan,Azad kashmir-Azra bibi,D.G.Khan-Sumera Shaheen,Faisalabad-Amjad Ali,Lahore-Zahid Tariq,Islamabad-Shabana,Karachi-Sumera Batool,Muzaffargarh-Fazal Ellahi,Attock-Rashid Murtaza,Ahmadpur sharqia-Rizwana Jamal,Karachi-Noor Muhammad,Mianwali-Muhammad Ashraf Ali,Rawalpindi-Samar Iqbal,Khushab-Naseem Akhtar,Sahiwal-Shabana Naz,Islamabad-Fazal ur Rehman zahra,Malik Muhammad Jahanzeb,Haiderabad-Muhammad Nabeel khan ,Karachi-Nabeela Atta,Chakwal-Nighat Atta,Chakwal-Akhtar,Lodhran-Adil khan,Muhammad Abbas,Pasroor-Zahid Ali,Vehari-Shamaila Ali mir,Lahore,Kiran shahzad,Lahorw-Mufti Shabbir Ahmad,Karachi-Jameel Ahmad khan,Karachi-Javed Laeeq hashmi,Karachi-Muhammad Husnain,Islamabad-Haji Faiz Muhammad,Chakwal-Shagufta Naheed,Chakwal-Muhammad Zaighum,Chicha Watni-Zahida,Multan-Muhammad Umer,Bhakkar-Maqsooda begum,Altaf Hussain,Sumandri- Aamir khan,Multan-Sehrash Wah cantt-Naeem zaheer,Sheikhupura-Nasira,Shahdra-Memoona Amjad,Multan-Noshaba Hafeez,Baharaku-Ahmad Hassan butt,Bahawalpur-Nasira Maqsood,Pindibhattian-Asma Yahya,Manchanabad-Sadia Batool,Basti Bafalani-Nabeela Irfan,Islamabad-Fazal ul haq,Peshawar-Aqeela Rohi,Sheikhupura-Shahida parveen,Lahore.

All of you recite this recital.

وَإِذَا الْعِشَاءُ عَظُمْتُ ۖ وَإِذَا الْجِبَالُ سُيِّرَتْ ۖ وَإِذَا النُّجُومُ انْكَدَرَتْ ۖ وَإِذَا الشَّمْسُ كُوِّرَتْ (Al-Takweer 1-4)

Recite these verses in odd numbers i.e. three, seven, eleven times. The more it is read, the more benefit is got. Recite for few days, weeks or months.

A Big problem, A little solution: Honourable Hakeem sahib (D.B) Assalamo-Alaikum. I have been reading Ubqari magazine for the last few years. It has solved enormous problems of me. I got a solution of a big problem with a little recital. I am going to gift that recital to readers.

It happened that we got started the construction of our house. In the beginning, the labourers worked rightly but after a week the contractor showed his cheating nature. They built a pillar on the wrong place and made it small by length and width as the house was of three storeys. My father talked about his error and started quarrelling and left work which caused us a great loss. Another contractor came and he also caused us a great loss. Now it was difficult to find a new contractor and we were much worried. Once I read that prayer is embraced if it is offered between Asar prayers sunnah and fraiz. I did so and got a new contractor. I was very pleased at this. I have tried this recital a number of times and found it unprecedented.

Dining table without blessings: Avoid eating different varieties of food on one table because food lacks the blessings.

Diabetes cured with bran? Astonishing but effective remedy

(Aashiq Hussain, Karachi)

Family presented him eatables, he looked at me. He asked my family, is he not well? They said I is suffering from diabetes, religious mendicant said there is nothing to worry about, I will tell you an easy remedy

I was sitting in my shop when a religious man sat beside me. When I asked him about his welfare, he told me that he was a resident of a village near Rahim Yar Khan. When I introduced him to Ubqari, he said that he himself was a regular reader of Ubqari. I asked him that baba jee mashaAllah you are quite old, tell me any spiritual or physical, tested or some prescription, act or wazeefa.

He smiled and said Hakeem sahib himself is the king of spirituality; I will tell you a tested prescription. I have observed more than 20 patients cured by this remedy. First prescription is of diabetes: I was suffering from diabetes 3 years back which could not be controlled by any medicine and day by day I was getting more weak physically. One day I was lying on a bed in my courtyard when a religious mendicant called out, my family presented food to him, he glanced at me and asked my family, is he not well? They said I am suffering from diabetes. Religious mendicant said there is nothing to worry about; I will tell you an easy remedy. Use it for one or two months, if you are not cured, I am not a mendicant. We asked him what the prescription is and what would be the cost? Mendicant said, the prescription is in your home. We were surprised; he said the remedy is right here and pointed to the pile of bran. We said this is only bran. He said nothing made by nature is useless. Anyways, he said, take handful of this bran and immerse it in a glass of water in a clay bowl. Strain the water and drink it fasting in the morning. I drank this water for 2 months. Alhumdulillah I don't have diabetes since 3 years. Similarly I went to an invitation. The room where I stayed the night had many other guests too. At night I saw a visitor who was wrapping a cloth around his legs. I asked: brother is everything ok? Why are you wrapping a cloth around your legs? He said, sir I am a patient of diabetes and my legs ache a lot at night, I cannot sleep if I don't wrap them tightly. I told him my story and asked him to use the same prescription. I met him after a long time and he was very happy and joyous on our meeting. He said may Allah almighty bless you with good reward; my diabetes has been cured by your prescription, now I even eat sweets a lot. This old man said that I gave this prescription to almost 20 people and all have been cured from diabetes by grace of Allah Almighty.

I would like to write my research before writing further, I bought a book almost 3 years back. It also mentioned treatment of diabetes with bran. I mentioned this remedy to a person and he said

that a homeopathic doctor also disclosed this remedy almost 15 years back. It has also been published in some magazine of Ubqari. I mentioned this remedy to a renowned doctor of Karachi who is in America nowadays, he said that scientist have researched that diabetes occurs due to gastric disturbances and to keep stomach in its correct functioning status doctors advise drinking half glass of water, to which 2 spoons apple cider vinegar has been added, half hour before meals. I said this research must be new to Americans but not to us. The ways of eating and drinking which have been told to us by our beloved prophet hazrat Mohammad ﷺ maintain correct functioning of stomach, diseases are not inflicted. Similarly once Hakeem sahib said in his sermon that nowadays we give hundreds of thousands of rupees to doctors and hakeems (as a result of diseases) just by eating food costing 2 rupees in excess. Anyways the doctor further stated that the doctors here are prescribing capsules filled with cinnamon powder to diabetics. Diabetics are being cured by it and these capsules are very famous here. He also stated that another treatment that is getting very famous here is that they give such a medicine to patients, that cleans their stomach and then they prescribe the actual treatment. I said that one reached the same place from where he left. Ancient healers treated people following this basic rule. Anyways this bran prescription is very effective. If we make this prescription spiritual and recite surah kausar 18 times bracketing it with durood shareef 11 times and then braise over it, it would be much better. Its efficacy, usefulness and potency will increase manifold.

A tested remedy of all abdominal diseases

respected Huzrat Hakeem sahib assalam o alaikum! I am a reader of Ubqari since 2006. One of my friends had pain in his hands, no treatment was effective. I copied a prescription from Ubqari and gave it to him and also told him its benefits. He made it and used it, Alhumdulillah the pain in his hand was cured by this prescription. Besides it, this prescription is like an elixir and there is no treatment likened to it for joint pains, constipation, flatulence, distended abdomen, anorexia, jaundice anaemia and all abdominal diseases. The prescription is: هو الشافى Dried ginger 50 gm, Chinese rhubarb 50gm, soda bicarbonate 50 gm and make a powder of all these. Take half teaspoon 3 times a day with small amount of water after meals. (Ashiq Hussain. Karachi)

Find everyone's love and attraction: the recitor of the Divine Name Ya-Batinu (يَا بَاتِينُ) would be loved by all as this name has so many characteristics of making someone as loving.

My findings of deep research on the benefits of turmeric and Zedoary (Kachoor)

After a few weeks, my neighbour told me that he was really shocked to see that the old wrestler was sitting down on the mat and praying while it was almost impossible for him before to even sit in the chair or moving around and now he was sitting down on the mat over the ground.

Dear Readers! I bring forth the pearls of wisdom for all of you and never hide them. You should also be generous and share your experiences. (Editor Hakeem Mohammed Tariq Mahmud Majzoobi Chughtai)

Every herb which comes with its root is relatively more potent. This is also true for the vegetables which are in the root form like turnips, radish and carrot etc and they are more energetic as compared to those vegetables which grow like fruit. Turmeric is basically a root and same is the case with zedoary. These are available quite cheap so we ignore their benefits and we are more attracted towards the colourful packing of pills and capsules. I would like here to mention a short incident which will change your point of view and is shocking too.

A man came to see me who was a wrestler before and had spent whole of his life in the wrestling ring. When he grew old he started suffering from his knees, back and almost the entire body. He had to take so many pain killers which affected his liver, kidney and stomach severely. He met a sincere doctor who asked him to leave those medicines immediately. He met me in some marriage ceremony in a mosque where everyone was sitting on the ground while he was sitting in a chair. He dragged his chair close to me with a great deal of struggle and told all about his past and the current state. I had also heard high about him. I suggested him as follows: 'Take 50 grams of turmeric and zedoary. Make sure these are in the whole form and then grind them yourself. Mix them well and then pour half a teaspoon in one cup of milk and drink it sip by sip. You should also add up to a spoon of butter or butter ghee. You can take it three times a day and can take more than one cup at a time but you should take it regularly.'

I asked him to contact me after a few weeks. He was so happy that I had suggested a very cheap treatment for him and assured me to use it as suggested. After some time I met one of his neighbour who told me that he saw the wrestler sitting on the floor and praying while a short while ago it was impossible for him to even sit in the chair and moving around. The neighbour then told me that he had actually used the turmeric and zedoary tip and it was so effective that he felt his back, knees, muscles and the entire body like of a youthful boy. He felt like all his youthful powers were coming back and he felt like he could sit and walk around without pain. The sitting and standing remained no more a problem for him like it was before. Then the old

wrestler came to see me after a couple of months or so and he was wearing traditional wrestler clothes and a special turban, a garland of precious stones around his neck and with grown moustache. He appeared to be quite satisfied and he expressed his desire to embrace me sooner he came close to me. I stood up and let him fulfil his wish. He demonstrated all his power and embraced me so tightly that I could hardly breathe. I whispered in his ears to leave me as I had to treat him further and make him more youthful. Upon this, he gave a loud laud and freed me then he sat in the chair that I had placed there for him. He told me that he used the medicine three times a day but as he needed a high dose so he used a tablespoon of the medicine in a big bowl of milk and after using it for three weeks, he felt much better than before. He was satisfied that his back, muscle, knees and the whole body turned better than before. It was that sense of satisfaction which brought him to see me again. He was so passionate the he was kissing my hands and forehead again and again. Then he shared something which increased my knowledge as well. He said that he was eleven at the time of partition and was quite wise at that tender age. They were quite poor although his grandfather was also a wrestler but he was suffering from the same ailments like he was. One day a Hindu beggar came at his door who used to be a Vedic expert at some time. When my grand dad went out to give him some flour then he realised his bad health and gave him a yellow powder. The he told my granddad to take it with a bit of ghee and milk and asked him if he benefitted from it then he would come again and would give him the same thing. The granddad started using it and it produced a wave of vitality in his body that even stunned him. The medicine finished after a few days and he was really benefitted. Now he started waiting for the Hindu Vedic expert and after a month or so the same guy came again. The granddad rushed to see him and brought him in. Then he gave him one fine suit, a pair of shoes, a handkerchief and some grocery and requested him for one more dose. He could not even imagine that a poor old wrestler living in the interior city could give him such huge gifts. The beggar said that he actually belonged to Assam (A place in India) and he would come to Lahore after 2-3 years. Then from the earning that he made from him he would visit other cities and then he would visit each city after sometime. As he had gifted him so many things so he thought of reciprocating him by revealing on to him about the miraculous treatment and it was none other than the turmeric and zedoary. I was so enlightened to hear these things from the wrestler's mouth and it reminded me of so many wonderful experiences that I had with some other patients.

Then I started prescribing the same powder for the chronic stomach patients, who had developed ulcers in their intestines and the drunkards and some restaurant lovers who had spoiled their digestive system from the spicy foods. I also tried it on those, who had joint pains, muscular pains or those suffering from the pains all day and night. I found it quite effective for those with stiff necks and shoulders, pain in the legs who were always jerking their legs and arms so that anyone could massage them all night, the ladies with the backache and especially for the pregnant women. After conception, if the pregnant woman takes it 2-3 times a day with warm milk for a few weeks will solve many of her upcoming problems. It is also a great secret for curing the chronic leucorrhoea. It has even worked wonders for the heart patients with circulatory problems, raised cholesterol, urea and uric acid. Dear readers! You should also give it

a try as I have tried it myself too. This is one of the biggest secret that I have and I am revealing it to you as no one knows when he might die and I like to share my secrets with the millions of my readers before I leave the world . You should also be generous and hurriedly share your experiences and please also provide your feedback when you use this treatment.

www.ubqari.org
www.ubqari.org

Respect of guests: whosoever believes in the hereafter, should respects his guests and whosoever eats less will be questions lightly

Psychological And Domestic Problems And Definitely Tested Treatments

Complicated letters and simple answers of worried and unstable homes it is essential to send reply envelope with complete address. Don't be hasty for reply.

Tired of questions

I have been in Riyadh since one year and have a good job, I don't have any bad habit. Now when my family arranges for my marriage, the family of the girl sends their acquaintances to know about me. Many people have asked different types of questions from me. It might be satisfying for them but I don't like it. My friends have told me about a lot of proposals but I don't feel like it. My family will decide better. After getting anxious from all the questions, I myself reject the proposals. (Abdul majeed . Riyadh)

Answer: actually the people who question you don't know about you, therefore don't mind them. Marriage is a lifetime relationship, if they don't acquaint themselves with you how can they associate their daughter with you. Don't mind it; talking is the best way to get to know someone. This tells us about one's way of thinking and you can also get to know other people. It is not nice to reject or accept anyone in anger.

The correct age of marriage:

Question: I am 32 years of age and still not married even though I am educated and normal looking in appearance. I have started to feel inferiority complex and am getting worried. I feel like this is the right age of marriage. If the time flies by, I will not be able to find a good match. (Faiza, Rawalpindi)

Answer: you have not said what you have been doing after completing your education. Your age was suitable marriage earlier and it is also suitable now. If marriages took place by worrying, it would never have been a problem which is major concern in many homes. Doing nothing and waiting for a good proposal makes one bored and anxious. It would be better if you benefit from your education. Use your abilities and adopt a good pass time. Parents can contact trusted people for proposals, meaning those who are known to be good and serve people with selflessness and honesty. If a good match has been written in destiny, one finds it sooner or later. Pray for yourself, it will give you peace of heart and mind.

What was my fault?

We two brothers were engaged to two sisters. The elder brother got married first; they were not able to stay together for more than one year as my brother liked the girl in his office. She took divorce from her husband and told my brother to marry her as he has promised. My brother could not afford two wives therefore he divorced his wife and also returned all her things. I was not

willing to breakup with my fiancée but after this episode she herself broke up the engagement because of which I am very depressed. I fight with my brother, if he had not done what he did, I would not have to suffer. My mother admonishes both of us, when I ask her to admonish only my brother, she gets unwell. (Zubair. Multan)

Answer: there is no benefit of fighting with your brother now as whatever bad impression has been casted, it cannot be reversed. How can people give another daughter someplace where one daughter was shattered, also whenever one sister saw her other sister in distress it must be very heartbreaking for her. She had the right to break the engagement. Now you should face the reality. It is most important to take care of your mother, think about her happiness and get hold of any happiness which dismays anyone else.

Feel disappointed:

I can talk on any topic, may it be a group of friends or an occasion, when I talk, and people listen. If someone wants to disagree, he does not stand a chance. Now I have felt that some jealous people don't listen to me, rather they talk among themselves. It becomes quite disappointing when friends do it. (Kashif Peshawar)

Answer: some people love to talk and they keep on talking uselessly on every occasion, but such kind of useless talking, which is only meant to gain attention, is worthless. It is important to know about the topic about which you are talking, that you have complete grip over it and also important whether it is the occasion to discuss it. Don't be scared of difference of opinion and never impose your beliefs on anyone. Try to understand the reality that friends or relatives, no one is bound to listen to your talk especially out of situation, therefore you should not be annoyed. The last point is that put practical effort to make yourself a better person. People will be happy to talk to you.

He loves me:

I am a student of a medical college. While completing this difficult education, there is one thing that is eating me inside. I like a boy, he also loves me. My family has agreed but his family has already engaged him within their family. Even if the boy breaks up the engagement, his parents will never engage him outside their family. There family is completely different from ours but what can I do, I cannot marry anyone besides him. (A. Q)

Answer: The boy has explained his position that if he wills, his parents will not marry him in another family. It is very good for you that you are not being associated with a family which dislikes you. Even if this relation had formed by force, your whole life would have passed in difficulty. Sometimes some undesirable decisions are better for one's self. Accept the facts, even though as much as it is easy to say, it is extremely difficult practically but not impossible. Mentally strong people endure things which are against their temperament and they have the ability to compromise. Whatever the journey, the only rule to success is to assess its final consequences otherwise such problems are inflicted one after the other that one is unable to stabilize himself.

Arrangement of sustenance for one year: The person who hides his hunger due to his self-respect when he is hungry, Allah bless him with the sustenance for one year.

A Special Procedure For Frequent Meetings With The Holy Prophet (صلى الله عليه وسلم) In Dream

(Muhammad Akmal Farooq Rehan, Sargodha)

A procedure to create the Love of Allah سبحانه تعالى **in heart:** Once Respected Hakim Sahb (D.B) had told that the person who wants that his heart should be filled with the love and closeness of Allah. He should have love for Allah and he should learn to sacrifice everything for Him, then he should act upon on this procedure. The procedure is;
Recite “Surah Al-Noor” after Eisha prayer on every Friday night till frequent 11 Fridays. Recite Darood Sahrif 11, 11 times before starting the procedure and after completing the procedure respectively. After this recite Allah’s name “Ya Nooru” [يَا نُورُ] 3000 times. With the blessing of this procedure Allah will fulfill his heart with His Noor and closeness.

A special procedure for frequent meetings with the Holy Prophet (صلى الله عليه وسلم) in dream:

In June 2006 when Uqari’s publication was started on that day Hazrat Hakim Sahb (D.B) were very happy. On that day Hazrat Hakim Sahb (D.B) told in a congregation that the person who wants to meet the Holy Prophet (صلى الله عليه وسلم) in dream again and again and if he is facing some worldly problems and wants that the Holy Prophet (صلى الله عليه وسلم) should tell him the solutions of his problems in dream himself then he should recite [مُحَمَّدٌ رَسُولُ اللَّهِ، أَحْمَدُ رَسُولُ اللَّهِ] 35 times after every obligatory prayer. Make this procedure as his routine. If a sinful person will recite this then firstly his sins will be forgiven then he will be able to see the Holy Prophet (صلى الله عليه وسلم) in dream. If he makes it his routine for whole life then he will have frequent meetings.

To make every impossible work possible:

For every impossible work whether it is worldly or related to religion, the person should keep fasts on every Monday, Thursday and Friday till 40 days. And during these days while having fast he should perform 100 cycles of virtual prayer in the pair of two cycles each. He should recite “Surah Al-Kaafiroon” after “Surah Al-Fatiha” in first cycle and should recite “Surah Al-Akhlās” after “Surah Al-Fatiha” in second cycle. After salam i.e. after completing two cycles he should recite this Dua’a 3 times along with Darood Sahrif 1 time in the beginning and at the end
لَلّهُمَّ إِنِّي أَسْأَلُكَ وَأَتَوَجَّهُ إِلَيْكَ بِبَدِيَّتِنَا مُحَمَّدٍ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ نَبِيِّ الرَّحْمَةِ يَا مُحَمَّدُ إِنِّي أَتَوَجَّهُ بِكَ إِلَى رَبِّكَ أَنْ تُقْضَى حَاجَتِي
after this he should pray to Allah Insha’Allah impossible will turn into possible.

A guaranteed commendation for getting offspring:

The people who don't have offspring and are bored of getting treatments and their lap is not getting filled, Insha'Allah by the blessing of this commendation Allah will grant them with offspring from His treasures even after thirty years of marriage. The permission for doing this procedure is for everyone. It is the combination of three commendations; the condition for this procedure is that the husband and wife should do this continuously for 9 months, if there comes any gap that should be adjusted later.

- 1) After performing Eisha prayer recite "Surah Al-Fatiha" 121 times along with "Darood-e-Ibrahimi" 11, 11 times in the beginning and at the end of procedure, when you reach on this verse of Surah Al-Fatiha [صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ] then recite this sentence"
بِمِثْلِ إِبْرَاهِيمَ وَيَعْقُوبَ وَزَكَرِيَّا عَلَيْهِمُ السَّلَامُ 3 times then complete Surah Al-Fatiha. Do this procedure daily till 9 months.
- 2) يَا بَارِئُ يَا بَرِيءُ يَا بَرِيءُ يَا بَارِئُ recite this till 9 months after every obligatory prayer by keeping hand on belly. This procedure should only be performed by woman.
- 3) Every time keep on reciting "Surah Al-Kosar" till nine months. Recite this in numbers of lacs. Both the husband and wife should do this procedure. The special permission of this procedure is for everyone.

AN ENCYCLOPEDIA FOR DOMESTIC PROBLEMS

Virtues equal to the virtues of Shab-e-Qadar:

From the whole year the first 10 nights of Zil Hajjah are more favorite to Allah for worship, no doubt the fast of one day of these days is equal to the fasts of one year (in virtues) and worship (Qayyam) of one night of these nights equal to the worship (Qayyam) of "Shab-e-Qadar" therefore in these days recite abundantly Tasbeeh (Subhan Allah), Tehlil (La ilaha illallah) and Takbeer (Allah u Akbar). (Anees al Waezeen)

He surely will enter in paradise:

Hazrat Anas Bin Maalik (رضى الله عنه) narrates that the Holy Prophet (صلى الله عليه وسلم) said that the person who wakes up for worship of Allah in five nights of the year he definitely will enter in paradise. Those five nights are;

- 1) The night of "Eid-ul-Fitar"
- 2) The night of "Aashura"
- 3) The night of "Youme-e-Tarvia"
- 4) The night of "Arafaa"
- 5) The night of "Muzdalfa"

The Joints Pain:

There is situated a village Chak 41G, 4 km in North west of Adda Thekri wala which is on Faisalabad road, Jhang. There one of my friends Retired Headmaster of High School, Rana Muhammad Akram was suffering from joints pain and movement had become difficult for him. Before few months when I met him he was moving normally. There wasn't a sign of joints pain, I asked him the reason and got a prescription which I am presenting to the readers. Take 1 kg bones of male buffalo which have bone marrow (pulpy bones). Cook them in 3 kg water, add ginger, black pepper, garlic and salt as per your desire. When the water remains 1 kg then take it off from stove and use this till two days in the morning and evening. Continue this process till one month. While using this medicine take olive oil and oil of clove and mix them and have proper massage by this mixture of oil. Mr. Rana used this prescription for two weeks and the joints pain eliminated completely. (Reference: The Monthly Ubqari, volume # 6)

Pluck pearls from the previous files of Ubqari:

For domestic quarrels, shortness of livelihood, for getting rid of worries and for knowing the mysteries saved in hearts from centuries and for medical information, the magazines of previous years are available in attractive and binding files so you can get benefits completely. These magazines will be proved as spiritual, physical and psychological doctor for your generations.

(Price per file Rs. 500/= apart from courier charges)

For job retrieval: If someone is suspended from the job and cannot be retrieved in any case, he should recite يَا إِلَهِي 3,125 times daily for forty one days after Fajr or Isha prayer.

Kid's page:

Dear kids! Let's read how Billu went to school

The children who don't study have to suffer misfortune at every step, let's see how? In a forest, the children of all the animals used to go to school except for the small brown bear Billu. His mother tried hard but he did not go to school. He used to say, "I do not need to go to school and study, I will collect sweet honey from the forest and enjoy eating it". One day Billu thought of going to uncle rabbit for listening to interesting tales from him. When he reached at uncle rabbit's home, there was a note pasted on the door. Billu could not read so he knocked at the door loudly and returned having got no response. While he was half way back, he met uncle rabbit, when he came to know that Billu was coming back from his door, he got extremely angry and asked Billu, "Didn't you read the note on the door? It said that I will be back soon so please wait for me". Billu was very embarrassed, he apologized and went home. Even then he did not think of going to school. He did not realize that getting education is so essential, it helps a person at every step. The next day he took a bowl of honey and went towards uncle owl's home. When he reached there, he found a chair with a note pasted on it. Billu said, "Now I know well about these notes, definitely it says that I will be back soon, so please wait for me". But friends! The note said, "This chair has been painted recently so please don't touch it". Obviously Billu misunderstood and sat on the chair. The next moment he jumped because his new yellow trouser was stained green!!! Upon his crying, uncle owl came out; he moved his eyes and said, "You should have known that the paint is wet because I pasted a note on it". Billu went home sadly but kids! The desire of acquiring knowledge did not yet awake in his heart. The third day when he returned home after forest outing, he saw a note in the letter box. He thought that the box might be painted newly and there is a note about it. But kids! It was an invitation for Billu, sent from his friends for attending a big event. Billu didn't even touch the note thinking that it might not spoil his dress. The fourth day Billu saw that the four mice brothers, rabbit's younger brothers and chuck chuck squirrels were going towards the lake with a lot of eatables. Billu also followed them, after going far enough this caravan stopped near the blue lake. Billu came to know that they all went there for picnic. Knowing this he started crying loudly, all his friends were attentive to him and asked that why was he crying? Billu told that he was crying because they didn't invite him for the picnic. They all said, "Billu we sent you invitation like all other friends but you did not respond so it's not our fault". Meanwhile, Billu's mother reached holding a big cake. She said, "Billu, yesterday you did not take your invitation card from the letter box but I read it that's why I have made this cake for you". Now Billu realized that one makes mistakes at every step due to being uneducated and has to suffer a lot. That very moment he decided of going to school. The next day he was going to the school happily along with his friends.

[Selection: Sanwal Chughtai, Ranjhu Chughtai, Amman Zebu Chughtai and Bhooral Chughtai, Ahmed Pur Sherqia]

Less sky more stars

Long time ago, people used to talk with each other through riddles but it was more common among the kings. They used to talk to their slaves in the form of riddles. The princesses sent their messages to the princes in riddles so that the secrets remain secret. Today I'll tell you a story in which there is talk in riddles. Once a princess asked her maid to take food to the prince and also give this message to him, "Skies are less and stars are more". When the maid gave food to the prince, she also gave princess's message. Listening to this the prince started eating and when he finished, he said to the maid, "Tell the princess that there was more sky and less stars". When the maid told this to the princess, she asked, "Did he really say this"? The maid said, "Yes". Hearing this, the princess looked at her maid in anger and said, "It means you stole food". At first the maid refused to admit but when she saw that the princess was in anger, she accepted that she ate half of the food on her way. The princess said, "I came to know this from prince's reply. When he said that there was more sky and less stars, it meant that there was more gravy and less meat. Whereas when I sent the food, I said that there was less sky and more stars. It meant that the gravy was less than meat". After that, the princess gave severe warning to the maid. The maid repented for stealing in future. How brilliant the past people were that the third person could not understand anything. And kids remember that thieving is a big sin. [Inayat Azeem, Kehror Pakah]

Made the prescription, ate it and got rid of spectacles: Respected Hakim Sahib, As Salam Alaikum! I had to wear spectacles. Someone told this prescription to my father and he made it for me. I took only one tea spoon with milk in the morning and evening for forty days and got rid of spectacles.

Ingredients: Take sugar candy, fennel, almonds and dry coriander 100grams each. Also take white cumin seeds 50grams and black pepper 25grams. Grind all these things well, mix them and preserve in a jar. Using it for forty days removes spectacles. It's a very useful prescription. [Iamal Arshad, Bhalwal]

Wealth is a disease of deen: a philosfar is a doctor of deen, when doctor himself fall into disease, he cannot cure others.

Two Priceless Treasures Had Freed Jinnat:

I don't know why it is happening to me? Why they are friend with me? They tell me strange stories, I don't understand. My sister says bring him to mental hospital.

Respected Hakeem Sahib, Assalamo Alikum! I have very old connection with jinnat, two jinnat named Bilal khan and Abdullah used to visits me. I made them Muslims to them; I made other 84 jinnat Muslim. Many jinnat meanwhile came and gone they tell us that we are servants of your grand mother and father, they have their family, send here by them. Now they are thankful to Allah سبحانه تعالى and yours that they get freed due to 2 priceless treasures. They talk to us and bring us gifts for children. Hakeem Sahib I don't know why it happens to me, why they are friend with me. My sister says bring him to mental hospital, may be he is a psychic patient. (A. Kha. K)

Jinnat had closed me in eyes:

Respected Hakeem Sahib, Assalamo Alikum! May Allah keep on going your mission and let us to ease in here and here after. I want to tell my real story which is related to jinnat to all other readers. So that's why I am sending this letter written by any other person.

I was student of class 8 when headache started it was intense, I tried medicines but no positive response. Meanwhile my sister who lived in sukkahbshe contacted me. My father told her my condition so upon her saying he sent me here. Their lived a fake woman nearby my sister's home, who said that her contacts is with jinnat. So I used to blow on him by them. My sister sends me with her, she took me and after roaming around she brought me back and said I blowed onto him by jinnat. I had more severe pain after this, when I awaken at shabe baratafter night, my eye sight was totally gone. At that time I was 14, that woman took me to a garden then I felt that woman took me to inside the tree which washome like there lived many jinnat. They regularly say Salam to me and took measurement with threads then they used to instruct not to be taken anywhere. When I requested them they said we closed your eyes if you are continuing requesting then we will close your breathing. From that day and till now my world is dark. I have showed to many doctors and aamil people but never succeed. I request you all not to have contact with these fake people otherwise have contact with these fake people otherwise you will suffer a lot. (Ain)

20 enemies of Devil:

(Muhammad Babar Ali Sakheer, Multan)

Prophet (صلی اللہ علیہ وسلم) had asked to Iblees how many people from mu Ummah are your enemies? He said 20 people are they

1. First amongst them are you, you are my first enemy.
2. The scholar who believes on his deeds.
3. The one who follows Quranic teachings and believes in Quran
4. A caller who calls for 5 times a day to Allah
5. A one who loves poors.
6. Soft hearted person
7. The one who prostrate in front of truth
8. The one youthful who prays Allah in youth
9. Halaal eating
10. The two people who loves for Allah
11. The one who offers Salah in congregation
12. A person who prays at night when all others are sleeping
13. A man who keep his nafs away from forbidden things
14. A man who believes in brotherhood for others
15. A man who is always in wuzu
16. A man who spends his wealth in Allah's way
17. A well mannered person
18. A man who looks after widows
19. A man who is always ready for death
20. A man who verifies the responsibility that his creates has laid down onto him.

There will be no diseases of hairs during winters:

Use olive oil, almond oil, castor oil, neem oil take them in fixed quantity mix them well keep it in a bottle. Then massage gently in roots of hairs InshaAllah dandruff will be gone, hair falling will also be gone. Neem oil finishes fungus which is responsible for itching.

Note: these all oils must be pure (Mrs Abdul Ghaffar Islamabad)

Do not cut bread with knife: The Allah has declared it to be reverend, you should also respect it accordingly. And wake up early in the morning so that you can achieve the blessings of the skies.

Falsely Swore Upon Quran And Generations Were Ruined

A brother's children are being born as handicapped. Other than that, none of the other siblings have any children. There are hunger and famine in the house. They are spending life worse than the animals. Their mother also passed away last year due to an accident.

Respected Hakeem sahib, Assalam-o-alaikum! I am presented an unavoidable incident of my life for the readers. Almost 20 years ago, Eid-ul-adha was impending. And all of us were going to our village on Eid, so that we could celebrate Eid along with the rest. At that time we used to live on rent. And my brother in law, used to live with us. My husband said that after packing we should all go with his younger brother. I have an important piece of work so I shall come late, he said.

Anyway, all of us went to the village together. When at night my husband came. In order to fetch the luggage he opened the main door and went inside the house. And he saw that everything inside had changed. A thief had stolen everything. The locks of the chests were broken. There were piles of clothes on the floor. The thieves had taken cash and jewelery. They did not touch anything else. Our neighbours had stolen the things. Hazrat hakeem sahib! An extremely pious personality used to live near our house. He used to live in the mosque always. He was an extremely pious person. Everyone used to call him Qazi sahib. The people of our colony said to us to not approach the police and to leave the decision with the Qazi sahib. So when qazi sahib came to know about the issue, he said that the decision shall be made after maghrib prayers. When the maghrib prayers were offered, so all the people were sitting on their spots. And Qazi sahib asked someone to bring the Quran. The decision shall be made on Quran. Because our neighbour used to say that we have not stolen anything. The Quran was brought. My father in law, husband, and brother-in-law, all were nearby. Qazi sahib said, Say, what do you think? His father placed the hand on the Quran and said that we have not stolen. So my father-in-law said, that alright, if he has renounced from theft by putting hand over the Quran, so I have left the decision to Allah, and came back home. A week had passed for this, what while coming back from duty, an accident happened. And the person who had sworn upon the Quran died a pitiable death. All the people of the colony used to say that he received the punishment for falsely swearing upon Quran. His friends had stolen. After his death, their domestic affairs started getting worse. His mother had gotten married for 8 years. And she does not have children. A brother's children are being born as handicapped. Other than that, none of the other siblings have any children. There are hunger and famine in the house. They are spending life worse than the animals. Their mother also passed away last year due to an accident. They are living worse than animals. Their mother also passed away last year due to a motorbike accident. Respected hakeem sahib! I have only one request with the readers that never bring Quran in between in such matters, because if someone swore falsely due to ignorance, then he shall suffer from the

consequences. And along with that, their generations also suffer. Allah almighty returned everything to us that had been stolen; rather He gave us better things. But their generations were ruined. I always pray for their forgiveness (Y, Attock)

30 Grams Gold Was Lost in the Shop and Was Found in a Water Melon: Respected hazrat hakeem sahib, Assalam-o-alaikum! An incident is presented, which is absolutely a true incident that when a person earns a halal sustenance and pays zakaat from his money, then he/she is not harmed. This is an incident of 1946 that my grandfather used to work as a jeweller. He had melted a piece of gold weighing 30 grams and was forging it, that the strike of the hammer, that was applied in an unbalanced way on the piece of gold, and the gold flew off and entered a water melon lying in the vegetable shop of my neighbour. And the water melon was cut. My grandfather, who was extremely pious, honest, hardworking and industrious, kept on finding the gold for a very long time. He searched each and everything in his own shop. At last he gave up and closed the shop and started coming back at home in the evening. It was his routine that he used to bring some fruit for his family in the evening. When he went to the fruit shop, all the fruit had been sold. Only that water melon was lying and nobody was interested in buying that, because of the fact that it had a cut in that. And that cut was due to that piece of gold that weighed 30 grams. The shopkeeper said that Mehr sahib, this is a piece of watermelon that is lying. This is perfectly fine. It has a small cut in it. It is very sweet. Today you should listen to me and take this.

My grandfather took that watermelon and told my grandmother to keep it in an airy place. Everyone shall eat it in the morning. In the morning, after the prayers grandfather asked the grandmother to cut the watermelon and bring it. When grandmother cut the watermelon that piece of gold that weighed 30 grams came out of it. Grandmother became quite astonished and told the whole story to the grandfather. Then grandfather also told the whole story of the previous day that how this gold entered the watermelon, and how he gave up while finding it for the whole day. This gold was theirs and not of anyone else.

A Tested Familial Prescription for Children's Pneumonia: Respected hakeem sahib, Assalam-o-alaikum! I wrote a letter for the solution of my problems. You told me a wazifa of surah Fateha that had to be recited for 90 days. I recited that for 3 months, with the same procedure how you told me. The benefit I had due to that was that my son is now paying complete attention to religious and modern education. Now I am presenting my familial prescription to the readers that we do in our home for many years. Kids are in every home. Those small children who catch cold and they have phlegm, or those whose ribs collapse, who have difficulty in breathing, so you should take 2 leaves of paan, and mustard (sarson) oil. Apply a small amount of mustard oil on the leaves of paan and heat them slightly on fire. Then place them on both of the ribs and apply a cloth of malmal on it. The child shall feel better by the morning. And his phlegm shall release with the bowl. This has to be done continuously for three nights. And if the child is suffering from pneumonia, that will also ameliorate. (Ghulam Nabi Somro, Sakkhur)

The Deed for Staying Respectable Forever: If a person shall recite the name يَا مُتَعَالِي for 120 days daily 3125 time, he will remain respectable forever. And he will become dignified among the ones he meets.

Write A Prayer On A Piece Of Paper And To Flow It In Water, Then Every Legitimate Need Shall Be Fulfilled:

A deed was published in Ubqari. To offer two rakat nafal prayers and to present their reward to the soul of Sheikh Jamal-ud-din Younis (رحمته الله عليه), and to write a prayer on a piece of paper and to flow it in water, then within one week every legitimate need shall be fulfilled.

Respected Hazrat Hakeem sahib, Assalam-o-alaikum! May Allah almighty keep you, and all of your companions who are busy in helping the vexed humanity, healthy, and happy always. May Allah have mercy on you and all the Muslims, rather the whole humanity. I am a reader of Ubqari. I want to tell about a few things that I read in Ubqari, and a few benefits about the deed of afahasibtum and azaan that you told us in one of your sermons. The deed of afahasibtum and azaan (the last four verses of surah Mominoon and azaan to be recited 7 times each many times during a day). I passed one of my exams due to this. I had no hopes about that. I had failed three times in that exam. By the blessings of this deed and with the help of Allah almighty I succeeded in this exam. Due to the blessings of this deed we are prospering in our business day by day. We started a business in Dubai search of halal, we are progressing in it day by day. We are also doing Sadqa for this. Please pray for us, so that Allah almighty may keep on rewarding us in our business like this. A deed was published in the January, 2013 issue of Ubqari. To offer two rakat nafal prayers and to present their reward to the soul of Sheikh Jamal-ud-din Younis (رحمته الله عليه), and to write a prayer on a piece of paper and to flow it in water, then within one week every legitimate need shall be fulfilled. My father developed a severe stomach ailment 2 months ago. He could not sleep for whole nights. He used to have severe pain in the stomach. Even a drop of water could not go inside the stomach. If he would eat something, the pain would get severe. We showed him too many doctors, but his situation got worse day by day. Then I recited two nafals and sent the rewards to the soul of Sheikh Jamal uddin (رحمته الله عليه) and wrote the prayer on a piece of paper and threw it in flowing water. Please believe me that only within three days my father got better. After that for whatever need I performed this deed, every legitimate need of mine was fulfilled. I was a patient of allergy. I used to have severe pain in March and April. I used to sneeze all the time. Flue and breathing problems would happen normally. In order to get rid of these problems, I started performing spiritual shower (before going to the washroom recite durood sharif and in the washroom recite the prayer of the washroom in heart). Due to the spiritual shower and by reciting last six surahs in every prayer, now I am completely healthy. (Usman Ali, Hassan Abdaal)

Admission for Examinations Happened Due to Deeds

Respected hakeem sahib, Assalalm-o-Alaikum! It is an incident of 2009 that I had to appear for exams. Because of the fact I had prepared for exams at home, and there were only a few days left in the exams, I asked my father to send my admission form. So my father got angry. That you have prepared at home according to your own will. The university takes exams according to its own schedule, and not of the people who prepare at home. So when I asked my father again so father said, I have talked to them. During this time I recited the verse [فَقُطِعَ دَائِرُ الْقَوْمِ الَّذِينَ ظَلَمُوا وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ - سورة انعام 45] 31 times after isha prayers. It had only been three days that I had performed this wazifa that my father brought the admission form for me, and I appeared for exams with the blessings of this prayer and I succeeded. Other than that I had tonsils in my throat, I started sipping three sips of water of water after ablution, due to which it has been a long time now that I have never had pain in my throat. Glands are much less than now. I have a firm hope that by the grace of Allah that by the blessings of this deed, they shall also finish.

The Allergy of Feet Vanished Due to Performing the Deed for Once: Respected Hakeem sahib! For almost 6-7 years I used to have allergy in my feet due to water, due to which I used to have severe itch. I started performing spiritual shower for this. I had only done spiritual shower once that my allergy vanished. Now I perform spiritual shower for the pains of the body, to refresh my soul and in order to remove the effects of sins (Sh, Gh).

Manaaqib-e-Ahl-e-Bait Athaar

Selection: Kammi Ahmad Puri

It is quoted on the authority of hazrat habshi bin Janaada (رحمته الله عليه) that he says that, hazrat Muhammad (صلى الله عليه وسلم) said, "Ali (رحمته الله عليه) is from me and I am from Ali (رحمته الله عليه). And no one can fulfill responsibility on my behalf (in terms of pacts and agreements) except me and Ali." (Imaam Tirmidhi, Ibn-e-Maaja, Imaam Ahmad).

It is quoted on the authority of Hazrat Zar bin Hubaish (رحمته الله عليه) that hazrat Ali (رحمته الله عليه) said, "I swear upon Allah, who tore the seed (and created crops and plants with that) and who created animals, that Hazrat Muhammad (صلى الله عليه وسلم) has made an agreement with me that only a believer will love me and a hypocrite will be spiteful of me." (Imaam Nisaai, Imaam Muslim, Ibn-e-Habaan)

It is quoted on the authority of Hazrat Jaabir bin Abdullah (رحمته الله عليه). He says that I heard Hazrat Muhammad (صلى الله عليه وسلم) People have different kinships and bondings, whereas I (صلى الله عليه وسلم) and Ali (رحمته الله عليه) belong to the same bond. (Imam Tibraani)

A Spiritual Deed for Redemption from Head Ache

Respected Hakeem Sahib, Assalam-o-Alaikum! I have a few spiritual experiences that I have tested myself. I used to have a severe headache normally. So I placed hand on my head and I recited Ya-Mujeeb-o initially three times, then 5 times and then 7 times, then 9 times, and then 11 times, and made dum on my head and my headache vanished. Every time it has to be recited for an odd number of times and dum has to be made. Meaning that first recite 3 times and make dum on hands and rub on the head, then recite 5 times and and make dum on the head, it is effective.

Redemption from The Pain of Legs and Knees: I often used to have this problem in summers that I normally used to have pain in my legs and knees. So I recite [وَبِالْحَقِّ أَنْزَلْنَاهُ وَبِالْحَقِّ نَزَلَ] for an odd number of times for this and make dum and the pain vanish. By the grace of Allah Almighty, I recite this verse 3 or 7 times, and if the pain is severe then I recite this slowly and make dum. (A Daughter)

Summary of all wisdom: Being a well wisher is the summary of entire wisdom. Peace and safety are attained due to this and it develops love in the others' hearts.

Your Dreams And Their Bright Denotement

Service to religion: I saw that I have brought a dead person. I placed the dead man on something made of wood which was laid slightly above the ground. I sat alongside the dead man. The deceased was wrapped in a large cloth sheet which was not white but coloured. Then I saw that he is walking with curved back like our old father. My younger brother says that he will not get reformed. Then I woke up. (D.T, Peshawar)

Denotement: According to your dream, it is an indication that you may be given the noble task to serve religion which might become a source for your salvation.

Ground of the Parliament House: I saw that there is a huge place like a garden as if it is country's Parliament House. Now I am at this place and wandering in the garden. There is a large white building at the front. A dog is also there in the ground. Behind me a black and white bird is also roaming in the ground behind me. Then a male voice tells me that I will be blessed to see the Kaaba from inside. I get astonished to listen this and wonder that could this ever happen? Please tell me the denotement of this dream. (Maryam, Karachi)

Denotement: According to your dream, it is pointing that Insha Allah your desire will be fulfilled and very soon you will get some good news. **Wallah Aalam.**

Extreme impediments: I saw that I am in school. A woman is there who is aunty of my old friend from school and college. She recognizes me. I get amazed as to how she has recognized me when we had never met? Then the scene changes and I see that a woman is dancing and a person comes outside to see her. When that man sends his spirit inside and his spirit combines with the spirit of the woman, he recognizes that she is the daughter of his daughter. That woman comes out in a white Saree to receive the person. After meeting of the spirits, the woman immediately grows younger. Her hair gets black. Then an old woman and that man starts climbing stairs to meet the mother of the daughter which is actually a snake and is in the room. (Ruby, Chakwal)

Denotement: According to your dream, it is pointing that you are facing extreme impediments in accomplishing some of your tasks. Due to this family problems are increasing. However, donate appropriate Sadqa as per your status and after every prayer recite (Text in Arabic) 21 times and then pray to Almighty. **Wallah Aalam.**

Avoid Shirk (Polytheism) and Bidat (Heresy): I saw that I am worried for my marriage proposal and for this reason I am engaged in worship. Some Pandits are busy worshipping there. Then from the backside of my school, which is desolate, I go the first floor of a small building. A pandit is also there in that room. He is playing music from some long instrument like a trumpet. Flames of fire start emerging from the holes of the musical instrument but no music or sound comes out of it. I just become bright. Then I get up and from the window see a big Hindu woman. Later when I am coming back from the same desolated place, I see two more women in the same style. It was the exact time of Maghrib. (Q.C)

Denotement: According to your dream, you have been warned to save yourself from Shirk and Bidaat since the teachings of Saints and Aulia e Karam رَحْمَتُ اللَّهِ عَلَيْهِ was pure education for oneness of Almighty. Benefits of these pious gentlemen can only be attained by practicing on their teachings. **Wallah Aalam.**

Preparation for examinations: I frequently dream that I am sitting in an examination room, but I am not remembering anything. At times I see that I have to go somewhere but could not find my shoes or I am unable to get ready. I am very worried and surrounded by difficulties. Just yesterday I had a dream that it appears that I have to give 3-4 papers but I am not giving the exam. I am afraid that a lot of time has passed. I will have lot of difficulty to collect the notes, remembering them and giving the exams. Then I think that after studying for so many years, till the time I will not give these final year papers, I will not get the degree. Whereas in reality it has been many years since I have completed my education and attained the degree. Anyways, I go to the college. There I tell a girl that promise me that you will give me all of your notes after the exams as I have to prepare as well. After talking to that girl I sit in the car. After reaching home I remember that three months vacation will commence from tomorrow and I do not have the number of that girl. Then I thinks that it does not matter, now as I have made up my mind I have to be courageous. The notes which are already with me, I will prepare them in these three months and memorize them. After vacations, I will also take notes from her, see them with concentration and then give the exams. Insha Allah I will pass. (Afshan, Lahore)

Denotement: According to your dream, it is indicating that to get rid of the current worrisome circumstances you are facing, you have to act with courage. Insha Allah the worries will be over soon. You should offer the five prayers and after each prayer recite Ayat e Karimah 21 times and pray to Almighty. Donate Sadqa often. **Wallah Aalam.**

Abu Muslim Kholani رَحْمَتُ اللَّهِ عَلَيْهِ and his enemy maid

The maid of Abu Muslim Kholani رَحْمَتُ اللَّهِ عَلَيْهِ had enmity with him. She often used to add poison in his food. Abu Muslim رَحْمَتُ اللَّهِ عَلَيْهِ took this food but it would never have any effect on him. Considerable time passed like this. Then the maid herself asked Abu Muslim رَحْمَتُ اللَّهِ عَلَيْهِ that ‘For quite some time I am giving you food after adding poison. It does not affect you.’ Abu Muslim رَحْمَتُ اللَّهِ عَلَيْهِ said that the poison does not have any effect because whenever I eat or drink anything, I recite بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . He then freed the maid and did not take any revenge. (Muhammad Babur Ali Sukhera, Multan)

Tip for remaining safe from 30 ailments: People, who taste a bit of salt before meals, remain safe from 30 types of ailments.

LIFE BECAME EASY UPON COMMENCEMENT OF BURQA (VEIL) AS PER SHARIAH (N, Jahnaian)

“I gave B.Ed papers. Even in the Boys College, I used to go there putting on a Burqa with cap. All of my class fellows and staff used to laugh at me. I was discouraged. I felt like not to wear it as all the people used to laugh and even my younger brother made fun. Then I made a firm decision that once I have started wearing it, I will never taken it off and will wear it for lifetime.”

Respected Hakeem Sahib, Assalamo Alaikum! Since childhood I was fond of Burqa with headgear. One of my class fellows brought a Burqa of her deceased mother and gave it to me saying that it was lying as spare at home and as you have a liking for it, you may keep it. When you will wear it, it will also bless my mother. Please do not enquire Hakim Sahib as to how much opposition I had to face. Teachers at the stitching centre and all the class fellows opposed that I should not wear the Burqa with cap. I had great liking for it. My elder brother also encouraged me and I did not care for anyone. My mother, younger brother and elder sisters kept advising me. I did not stop. Now Masha Allah it is second or third year that I am wearing the Burqa with cap.

I gave B.Ed papers. Even in the Boys College, I used to go there putting on a Burqa with cap. All of my class fellows and staff used to laugh at me. I was discouraged. I felt like not to wear it as all the people used to laugh and even my younger brother made fun. Then I made a firm decision that once I have started wearing it, I will never taken it off and will wear it for lifetime.

Once in 2013 NTS test was held for which I had to go to Khanewal. The roll number slip was received. I could not buy the NTS book and could not prepare for the test. The day exam was scheduled, my younger brother told me not to wear the Burqa with cap. There are Military and police check posts in Khanewal. They will arrest you immediately and say that you are a terrorist. You have come here to carry out a bomb blast. If you have to go with me, take it off or I will not take you there. I told the elder brother who scolded him. Anyways, I prayed to Allah and both of us brother and sister embarked the bus. Then I continued vomiting in the bus throughout the journey so much that I forgot whatever I had memorized. Every student there had the NTS book which I did not have. I gave the test after praying to Allah. I suffered with vomiting and dizziness on the return passage as well and felt terribly sick. Throughout the journey I kept praying to Allah that O Almighty, I have endured all of the sufferings for the sake of your Holy Prophet ﷺ and your perseverance. Please bless me success. Do not let this journey go waste.

I was not aware of the pattern and the paper was also very difficult. Barring a few questions, all other were in English. I had no previous experience of NTS test. When the result arrived, with the blessing of Allah I passed with 56 marks. After a few days there was news that the NTS test

was fake and fraud and now the actual NTS test will be held and it will be recognized. The previous result card went waste. I submitted the admission again and this time I also bought the NTS book with the grace of Almighty. I prepared well. On the day of the exam, I went ther with my elder sister and nephew. My elder sister was very stubborn and with her talks she overwhelmed me. My mother also joined her. My elder brother was not at home so I had to obey them. This time I did not wear the Burqa with cap. I vomited like before and also felt sick. I went there putting on a cloth shawl. I did this NTS test much better as compared to the previous one. When the result arrived, I failed miserably due which the money and journey was wasted. NTS did not benefit and in addition I also suffered hardship. Hazrat Hakim Sahib! I believe that it was the blessing of the Burqa with cap that I passed without the preparation from the book. Despite that I prepared well this time, I failed for not wearing the Burqa with cap although I did much better in this test than before. This is my experience regarding Burqa with cap.

I had to apply for admission in second year of MA Islamiat. I came to know that admissions have already been submitted and the fee is now triple instead of single or double. When my younger brother went to the bank to submit the fee, he was told by the bank officer to bring triple the amount of fee now. Otherwise the form will not be accepted. The date passed. My younger brother told that instructions were displayed at the bank in English language. I was very disturbed as to what will happen now. Ultimately my elder brother told us to go to the bank and bring complete information, and then we will see that what could be done. Hence to be on safe side I took the form and fee money, and stopped at one or two places for attestation and Photostat. While getting Photostat I was sitting on the bench and was wearing the shuttle cock veil, I was worried as it was extreme hot weather and sweating, suddenly there came tears in eyes and I started talking to Allah in my heart that O Allah! I am wearing the veil for your will, please resolve by problem and give me its reward. Than we reached the bank, I asked my younger brother that I will go with form and fee, may be people regard me for being a woman. Hakeem Sahab, believe me that he took forms and fee and put the stamps on it and signed than he took the form to a senior official and they talked for some time. I become worried that what will happen now. Than he brought back the forms and gave me the receipt saying that take it daughter and did not say any thing else to me while the previous day, he asked my brother that the date was over and we cannot pay fee on our behalf. But it was the same man and he did not do any discussion this time. Hakeem Sahab! My heart says that it is the blessing of the veil.

UBQARI PROVIDED ENCOURAGEMENT

“From the day since I started reading this great faith enhancing magazine, vivid widows of my heart and mind have opened.”

Ubqari elucidated the purpose of life: Respected Hakeem Sahib, Assalam o Alaikum! I was suffering from various problems. Coincidentally a relative introduced me with Ubqari. Believe me

that from the day since I started reading this great faith enhancing magazine, vivid widows of my heart and mind have opened. My faith and belief has become so strong that I always feel the presence of Allah with me. I, who had weakened the strength of patience and tolerance, now always act with patience, tolerance and courage. In addition now my personality has become much influencing than before. May Almighty bless Hazrat Hakim Sahib دامت برکاتہم with great rewards who has provide great help to millions of humans like us to recognize their real objective . May Almighty bless Hazrat Hakim Tariq Mehmood Majzoobi دامت برکاتہم and his matchless magazine with progress and success. Ameen. (R.F, Islamabad)

What did I find from Ubqari: Respected Hakeem Sahib, Assalam o Alaikum! I am a reader of Ubqari since beginning. I am submitting my experiences. I wish that they will benefit many other people. From the edition of November 2008, using powder of fenugreek seeds and black cardamom for Blood pressure proved very effective. Take both of these ingredients in equal weights and grind them. Take one teaspoon each in the morning and afternoon. From February 2009 issue, taking powder of four seeds of cardamom proved effective for immediate relief from kidney pain. In one of the issues, a formula for backache was published. Take 250 grams of Gum Arabic and 60 grams of tragacanth gum. Make tablets of these with the help of water. Taking two tablets each in the morning and afternoon with milk has amazing healing properties. In May 2009 issue, there was an Amal of procedure for Ablution to cater for Nazr e Badd (Bad eye). Take water from the Ablution or bath from the person who has caused bad eye and spill it over the person effected by bad eye. This will eliminate the bad eye. I have practiced all of these and had been successful

(Muhammad Akram, Multan)

Amal for safety from disasters: If a person recites the name of Allah ﷻ 7 times and Dumm (blow) it over a child and surrender him in Allah safety, Almighty will keep the child safe till he attains adulthood age.

LADIES ENQUIRE?

Umme Auraq

This page is dedicated to ladies' every day family and personal issues. Ladies may submit their routine observations and experiences. Furthermore write clearly and only on one side of the page, no matter even if it is out of order.

Nausea and indigestion: I frequently have complaints of nausea and vomit. At times I suffer from loose motions. Please tell such an easy tip through which this problem is taken care of. In summers normally, all the family members get sick. (Hina, Gujjar Khan)

Reply: Take one onion. Wash it and put it in fruit vinegar. Add to it some chopped chilies, a little ginger, and some mint leaves sprinkled with salt. Use this with meals. If vinegar is not available, keep onion, green chilies and mint leaves sprinkled with lemon juice. God forbid if you feel nausea, vomit or indigestion, use this formula.

Take equal quantities of juice of onion, mint, ginger and lemon, put it in a glass bottle and preserve in refrigerator. Also keep available sodium bicarbonate separately. When required, add a spoonful of the mixed juice in a cup of water, also add a pinch of soda in it and drink immediately. This is a good remedy. Sucking tamarind or plum also eliminates the complaint of nausea. Similarly, chewing fennel, mint and black cardamom in equal quantities also cure nausea. Taking tea made fennel, mint and cardamom also treats indigestion. These tips are in practice not from today but from many years. Give them a try.

I am very obese: My age is 22 years and I am very obese. From top to bottom it is a floppy mass of meat. I took medicines. Instead of reduction in obesity, acne and pimples developed on my face. Now their marks look ugly. We are poor people and cannot afford expensive treatments. Please tell me some simple remedy. Even my fiancé taunts me now. (S, Multan)

Reply: Lady, you have committed a lot of carelessness in your food. Probably for the same reason obesity has increased. Now you completely avoid sugar, rice and fats. After getting up in the morning and offering prayers, eat two big ripe tomatoes. Do not sprinkle salt over them. Just slice them and eat them slowly. Only this will be the breakfast for you. Then you can eat something at 10-11 AM. In your meals, take cooked/raw vegetables, curd and salad. Instead of syrups, you can drink water added with lemon. Within two months and one week your weight will reduce.

There are very less carbohydrates in tomatoes. It is an easy way to reduce weight. It fulfils nourishment needs and weight can be reduced in nine weeks. The only restriction is that you should completely avoid taking sugar, fats and rice. As for the acne and pimples are concerned, take a tomato, cut it and make a paste of it. Apply this paste over the face. Let it be there for about half an hour. Then wash your face and apply rose water afterwards. You will have a fresh

feeling and furthermore in a few weeks acne, pimples and marks will disappear from the skin. See how simple this treatment is! Please inform me after practicing it.

Use of vinegar: What is the difference between pure and synthetic vinegar? Furthermore for what purpose white vinegar is used? I have read that to check vitamin tablets, put a tablet in vinegar for half an hour. If it dissolves it is of good quality, otherwise it is not useful. Please write as to how much vinegar can we use. (Ayesha Shahbaz, Lahore)

Reply: Pure vinegar has numerous benefits. In summers if chopped onion, green chilies and ginger are put in it, it adds to the flavor of the food and keeps the digestive system fit. White vinegar manufactured by reputed pharmaceutical companies is commonly available. As far as the thing about tablet is concerned, I have never tried it. You can try it. Vinegar is added to pickles and chutneys. Excess of everything is bad.

Ball point ink stain on a silk sheet: My children have put a ball point stain on my silk shawl. I have washed it a lot but the stain did not remove. Please tell me how this stain can be removed. (Saima Bilal, Okara)

Reply: Buy Methylated spirit from the bazaar. Soak a cotton ball with the spirit, place it over the shawls and rub it over the stain. The stain will be removed. Soak the cotton 2-3 times and scrub.

He wants to marry me? I am 48 years old. I am a widow and have no children. There a gentleman in our family who is 62 years old. Masha Allah he is very fit. He walks 3-4 kilometers every day in the morning and afternoon. He has granddaughters and grandsons. His wife expired 10 years ago. He has distributed his inheritance. He has a house to live with all facilities and he is not deprived of anything. Only he is a victim of loneliness. When he proposed me for marriage everyone made fun of him that the old man has gone insane. He has the lust for marriage at this age. However if he marries me, a homeless and helpless woman like me will get shelter. You gives advice to all, please tell me if there is any legal, religious or moral restriction in second marriage? (A disturbed woman)

Reply: Few years ago I read a true story. A paralysis patient used to live alone in a big house. A widow maid and her 10 year old son used to look after him. The boy was fond of getting education. While still on bed the old man started teaching him Qaida (elementary book for beginners). When he realized that the child is intelligent, he arranged a teacher for him. Seeing the service of the main, one day the old man said to her: 'At this age you serve me and even get me cleaned after natural needs, if you don't mind do Nikah with me.' The woman was fed up with her family. She thought for a few days and then said yes. The maulvi from the mosque carried out their Nikah. The old man gave his house as Mahar to the woman. He lived for a few years and then expired. The boy received higher education and attained a good appointment. This is how a man while he was dying inhabited a home.

If you two want to marry and become a support of each other in old age, it is a very good thing. Do marry each other. Loneliness is a bad thing. You will avoid from it as well.

Golden Quotes

(Rabia, Lahore)

- Calamity of beauty is arrogance.
- Allah likes a kind person amongst his beings
- You should first give to one to whom you are financially responsible
- The Holy Prophet ﷺ said that take care while narrating my Hadith limited to your knowledge
- As per its rewards, Ayat al Kursi is a quarter of the Holy Quran
- Ameen is the second level in Jannat (Heaven)
- O People! Fear your lord. No doubt that the earthquake of the Qayamat (Doomsday) is a very bad thing. (Saying of Almighty)
- A Momin (true believer) does not say or thinks bad.

Don't be afraid of the length of the right path: Don't be enticed of shortness of the unknown and complex ways and don't be afraid of the length of the right path.

Khichdi: A unique and incomparable treasure of iron

(Faizan Hussain)

It made this surprising discovery that khichdi contains a reasonable amount of iron and it absorbs quickly in our blood. In this respect, using khichdi can be very beneficial for the people suffering from deficiency of iron in the blood

Khichdi is a common and famous dish in our country. A part from being delicious it is also easily digestible and full of nutrition. But many people consider it only patient's diet. Thinking this about khichdi is not right. It is true that in illness the foods those are light, nutritious and according to the weather are suggested. In this regard, physicians generally suggest khichdi but using it only as patients' diet is not wise. Because there are many health benefits hidden in this simple diet. According to a research of National Health Survey of Pakistan, iron deficiency in the body can be fulfilled with the use of khichdi. It was a unique research led across the Pakistan, it made this surprising discovery that khichdi contains a reasonable amount of iron and it absorbs quickly in our blood. In this respect, using khichdi can be very beneficial for the people suffering from deficiency of iron in the blood. Iron deficiency in the blood is becoming a common problem all over the world. According to a report of United Nations and World Health Organization, in Southeast Asia, about fifty to seventy percent of pregnant women and children are suffering from this disease. However, during experiments a new alternate way of fulfilling the deficiency of iron through food was discovered which was not only inexpensive but free of all sorts of complications. You will surely understand that it is the use of khichdi as diet. A part from fulfilling iron deficiency it also proved to be very useful for the women who want to avoid all kinds of difficulties and complications during the process of motherhood. The above mentioned experiment and observation identified iron in khichdi and defined its usefulness for pregnant women. Now have a review in the light of scientific analyses that what is the role of iron in the blood. It will highlight the importance of this simple diet. It has been proven long ago by the scientists that of all the elements upon which the human life depends, iron is of the primary status. According to medical science the red cells in the blood are actually the form of iron. When these red cells decrease than the number of white cells in the body, the body becomes susceptible of the disease called anemia. Due to the deficiency of blood in the body various major organs of the body has to suffer disruptions in the circulation of blood. These organs become lethargic and slow. It affects their performance, causes low immunity and increases the risk of different diseases. To stay protected from the consequences of iron deficiency defined by the experts, it is essential to avoid deficiency of iron in the body. For this purpose it is suggested

to eat chicken or fish meat daily, goat or sheep meat thrice a week, liver frequently, peas and beans daily and also eat foods containing vitamin C, green leafy vegetables like spinach and fruits containing vitamin C. These foods fulfil the deficiency of iron in the body but if they are used frequently and if there is no arrangement of exercise than the fat and cholesterol level starts increasing in the body and there remains the danger of heart diseases. Eating liver is killer for heart patients. In this sense, for keeping away the deficiency of iron, the value of Khichri gets more boost as using it, there is no such harm. Besides this, there is no negative effect on pocket as Khichri is cheap and less expensive. It involves on rice and Moong or Masur pulse which is cooked in few minutes. Taking yogurt, Raita or chatni of Kerry or garlic with it, increases its delicious taste in less expenditure. According to scientific reviews, there is no oil or cholesterol in rice while it has low protein as compared to wheat but still due to the digestive nature, delicious taste and appetizing aroma, half of the world uses rice as basic food. Likewise, the Moong pulse is also known for its digestive nature and soft food. For making Khichri, different kind of Moong Pulse has been used and also onion, ginger and garlic can be added. Besides moong, the Khichri can also be made with Masoor pulse. It is said about Masoor that it brings constipation but when it is made with its peels than it is anti constipated as its peels are hot in nature and the pulse is dry and cold in nature. For getting less hot effects, Masoor pulse is cooked with Moong pulse but when it is talked about khichri than it is made with peels and used with yogurt which makes it beneficial, source of protein and iron and delicious.

Spiritual condition

Respected Hakim Sahib, AsSalam Alaikum! You asked me to write you about the practices and adkar that I do. Following is the routine of my regular practices:

Especial practice of Surah Fateha:

Surah Fateha one time and Surah Ikhlas three times with Durud Sharif before and after, up till now, I have performed it for forty times. I try hard to offer Tahajud prayer and at this time I recite supplications from “Selected Ahadith”. All the time I am with ablution, I lose it as I sleep but I perform ablution as soon as I awake. At night before sleeping, I keep Allah’s name in my heart. Means in my imagination, I open the lid of my heart and keep Allah’s name in it. I regularly perform the practice of bed tea in the morning. For every disease and trouble, I try to perform the practice of three sips of ablution water and spiritual bath and all my problems resolve. I read Shajra Tayaba and also recite Surah Fateha one time, Surah Ikhlas three times and Kalima Tayaba daily and offer it to all the saints, the ummah and all the prophets. I recite Kalima Tayaba one time and entrust it with Allah asking Him that, “O Allah! I am entrusting Thee with this Kalima, please return it to me at the time of my death so that I can recite it while dying.” Alhamdulillah my life is at peace even my small desires are fulfilled soon. My kids rarely fight with each other. Earlier I was quick tempered but due to the blessing of above

mentioned practices now I seldom get annoyed. Whenever I'm in a trouble, I recite the above mentioned practices and my problem solves quickly. Last winter there was shortage of gas, I started reciting Surah Kauser, the gas heater and geezer kept working. With Allah's Grace, all my needs are fulfilled. May Allah bless you with life, health and protection. May Allah destine you and your generations with all the wellbeing in this world and after, Ameen. May Allah sustain mine and my generations' relationship with you so that we can also be counted like stones in the sack of wheat. (A Daughter)

Intensive Fever, Unconsciousness and Prayers

During the last days of his life, our beloved messenger (Peace and blessings of Allah be upon him) would wet his fingers with water and then wipe them on his blessed face to reduce the severity of fever. Meanwhile whenever he would hear the call for prayer, he would offer his prayers while lying on the bed.

Similarly once Hadhrat Fariduddin Masood Ganj Shakar (May Allah's Mercy be upon him) was having periods of faintness due to ailment and physical weakness but every time when he attained his senses, he would ask his followers if he had offered the prayer or not. The followers would confirm that he had offered the prayers. Upon this he would say, 'I am not sure if it was accepted or not and then he started offering it again. Then during the prayer he would again become fainted but whenever he would get his senses, he would ask again the same question and would start his prayers again. Similarly he would attempt to offer each prayer several times. (Ahmed Mahboob)

Fruits produced with the soil of Adam: In thirst drink water in sips not hurriedly and give dates to a pregnant lady as first food after delivery. Allah created dates and pomegranate with the mud of Adam عليه السلام .

Significant and experienced writings

Readers! Do not be miser in telling, if you experienced and any spiritual or a physical tip and you saw its benefits or if you have heard any wonderful incident then pages of ubqari are available for you. Do not consider even a trivial experience as valueless it can be a remedy of someone's problem. This is sadqa e jaria for you. Write even if dispersed write on one side of page. We will edit and make it proper.

My journey and the benefits of Ubqari

Respected Hakeem sahib Asslam o alikum! I need to travel due to business activities and I just came back yesterday from a business tour and in this duration ubqari was with me every time. And its company was very beneficial for me and other travellers. And there were the patients of joint pain, heart patients and high blood pressures, I have given them your prescription of "tasty sauce and forty benefits" and I asked the heart patient to take one spoon of honey in warm water. And with the paste of cinnamon and honey on bread to eat in morning and he is eating and he got benefited. During our journey to abroad at one place police stopped us and they checked our identity card, and travelling documents then we come to know that two of companions did have identity cards and other documents.

They said that you cannot go until you show your identity, I said to my friends to recite

لَا تُدْرِكُهُ الْأَبْطَرُ وَ يُدْرِكُ الْأَبْطَرُ وَهُوَ الْطَيْفُ الْحَبِيرُ (الانعام 103)

They were taking us to their officers one by one; we faced a lot of tension. Then Allah put into the heart of officer and he started to console us politely, and then send us to a local police station. They checked us and let us go, surely, this benefit of this verse. This verse benefited a lot, those benefits I will tell them later.

Once when I was travelling I was asked to come back to office by a call. After reaching the station I came to know that there is no seat or berth available in the train. I started reciting the amal of Subhan Khan (surah 1 time Fatiha and surah 3 times Ikhlas and Drood pak before and after) and went into the train. And I sat on the floor after spreading the piece of cloth. After some time TT came and he said you did not get any seat. he arranged a seat for me the journey was quiet long and there was coming a Procession from a near city who have reserved many berths one man said to me, uncle you exchange your seat with this berth, and give your seat to us, in thus way I spent whole night while sleeping and went to office in Morning in a fresh condition. Allah solved all these problems with the Barkah of Ammal. (Rayaz Ahmed, Makrawal, Mianwali)

Unwanted hair of face vanished

Respected Hakeem sahib Asslam o alikum! I have been reading monthly Ubqari from last some years and I do attend the live speech every Thursday on internet. Alhamdulillah your dars made

me to recite Aamaal and gave an aim to my life now my tongue remains in reciting some zikar i.e. dua before and after eating. , and the recitation of surah Quraish after eating, dua of entering the home and going out of the home. I try to recite every time this verse **أَوْ لَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَى** was suffering from Lakoria and for this I am reciting **الْمَلِكُ الْقُدُّوسُ السَّلَامُ** 100 times in evening and morning. There was hair on my face for this problem I try to recite 100 time

يَا اللَّهُ يَا خَالِقُ يَا مُصَوِّرُ يَا جَوَائِلُ

After every namaz. These hairs on face are vanishing with the barakah of this wazifa. Alhamdulillah now started offering the Tahajad. For the pain of half head or flue, I told many people to use lukewarm turmeric oil and salt, after mixing them. All are benefited by this, Alhamdulillah. (One daughter)

Equality justice and our society

Allah سبحانه تعالى says "O man why have you gone astray from your Great Lord, Who created you and then make you even and put justice (proportion) on you. (الا انفتار 7)

Justice keeps the society alive and only pious people can perform justice, by speaking the truth consistency comes in people and man stays at the middle path. Where as telling a lie creates distortion in man and he goes astray. Lust have derailed man from the right path

And a society one cannot be saved from lustful people. Social injustice has gone in to the roots of our society and nobody is safe from this evil. The help of oppressed is the compensation of his pains. And the help of cruel is that stop him from cruelty. Allah says that when you say something, be careful about justice, even if you are saying about your relatives. The pen of just should not be under the influence of relations, favouritism, and expediency.

Holy prophet ﷺ said " I am ordered form Allah to say true words either in happiness or anger" poor is the one who could not provide justice when he is appointed on the place of doing so and he is influenced by a thought. Allah ordered that if you have any complaint against anybody even then this should not urge you to be unjust to him. Always be just because justice is nearest to piety. Allah loves the justice provider and on the Day of Judgment there will be shadow of Allah on just ruler and his ranks will be higher than all.

Unavailability paces the way of turmoil, pace of society is fixed with justice, it needs a long and consistent guidance to influence your emotion by wisdom in human emotions the emotion to get benefit is very important.

Attaining spirituality: the one who is unable to find the way to Allah, he should recite the بِاتَّقَابِ with the deep absorption of Allah.

This is the guiding spirit of human action. Human being is afraid of human being today. There are no fewer veils, lust of the powerful and the fear of powerful. If there man is the ruler on earth so how it is possible that one should not afraid of his lustful hands and how one should not expect from his actions. Want of a lot of wealth has detracted man from the lighted way of justice. Lust is the base of cruelty. It seems that justice is vanished from our lives.

Allah says, “Do justice it’s more near to piety” (Maida, 8) man is superior according to his shape, wisdom and knowledge to all other living beings. But in present age man has forgotten his place .His is lost in the brightness of world and unaware of his destination. Living on wrong path and the impracticality and characterless life has brought devastating destruction for man. For the benefit of humanity it is necessary to prefer justice from meanness and self indulgence. Fear of Allah, Love of Holy Prophet ﷺ and strength of character are desperately needed. The biggest insult of man is that he is not given the justice is the society of man, he crave for justice and wander from door to door .Allah does not takes the responsibility of security from this type of society any more. Slaves of Allah are those who keep the just way firmly. Allah Says, verily those who are afraid of Allah will be at the place of peace (Alduhan, 51)

Imam Gazali (رحمته الله عليه) writes that fear is the whip that make you run towards the destination of acceptance. One should have the relation of hope and fear with Allah at the one and the same time, basic relation is of hope but there should be the check of fear. The time span of fear of should be longer than the pauses of happiness. Allah says, “Be Pious to Allah and say the right thing so that Allah perfect your deeds and forgive your sins”. (shikh Muhammad Ishaq Kamalvi, Islamabad)

Ascites and its remedy

Itasqa , ascites or water in abdominal cavity , in a famous quack’s book its symptoms and treatment is written in this way, when patient gets water in his belly , the belly starts to become large and health gets down , the quantity of urine gets less, skin and tongue gets dry , eyes becomes dull and pulse gets weak. It becomes hard to walk. The name of this condition is Ascetics in English. This water stuck in belly for few diseases otherwise it gets spread in whole body. Great quacks have suggested female camel’s milk with the water of rain. And this treatment is also suggested for kidney diseases. Face gets swallowed because of kidney problems, later legs and body swell. Swelling starts from feet in Heart disease. Beside this heartbeat problems and spreading of heart and other problems also start appearing. This treatment is also effective for these all problems The people who cannot get female camel’s milk they should add honey in boiled water and give it to patients, rain water is most beneficial . Add honey in this and give it to patients three or four time in a day. When heart stops working and heartbeat gets weak, that it cannot pump the blood, then female camel’s milk mixed with rain water is most effective.

Benefits of yogurt in my point of view:

From milk yogurt is produced and gets sold out in tons every day. It's so healthy food and treatment for many diseases.

There always remains the germs in the big Large-Intestine of humans these germs only react on sweet particles and starch food which creates sourness, the existence of these germs others germs cannot flourish but sometimes such germs come in to being that reacts on food which creates the harmful liquid which cause loose motions acidity and deficiency of hunger burning of Liver (kaleja) and heaviness, pale and lifeless face. One does not want to perform any task. Give yogurt in such condition to eat, it is very helpful in common weakness of body and blood deficiency. Yogurt is food as well as a medicine for child's loose motion marz e Sal weak mescals deficiency of blood and diseases or arteries. Yogurt is very beneficial in the dangerous fever and the diseases of arteries. But the condition is that it must be made from pure milk. It must be sweet and fresh.

End of piles in one day

Respected Hakeem sahib! Asslam o alikum! May Ubqari flourish by leaps and bounds, my father in law, who was a great Indian Hakeem, I tried his prescription once and I recovered in one day, nobody believes but I make Allah Witness, only He knows and the one who suffers. Following is the prescription; one KG milk of Cow or Goat, half kg leaves of Hashish, boils the leaves in milk for 15 minutes on slow flame. Then spread it on the plastic sheet and sit on it until its warmness becomes bearable. Keep sitting for 10 to 15 minutes. Some recover in one day as I recovered and some in two days but not more than three days. And do not use it more than 3 days. Watch the amazing results of this medication, like you never suffered the piles. Remember me in duas. (K.S. Chakwal)

Old typhoid ended in three days

Ghawonti one quarter, carom (ajwain) desi one quarter, phitkari white one quarter, Noshadar tekri one quarter, jell of aloe vera one quarter.

Method: make the powder of all things except Ghawonti and mix the gel of aloe vera in it. And take the mud pot and pour the half of the medicine in it and put the Ghawonti in the middle of it, and pour the rest of the medicine on it, And performe Gul Hikmat on it. And give the heat of 10 kg coil to it and let it to be cold and take the Ghawonti out nad grind it to make the power, serve the humanity.

Diet: make patient to eat only porridge of wheat and not any other food or drink. At least for 8 days.

Medicine: 3 masha in morning with yogurt with tea in afternoon and evening. It ends the oldest typhoid in 3 days but use at least for 8 days. (Allah slave, unknown place)

Common sense is best thing: Indeed the common sense is the best thing and all matters depend on it but there are few things that after looking at them all day, we cannot understand their reason and effects.

Experience Aegle marmelos (Herb) for getting good health

(Mah Jabeen, Lahore)

For boosting good health, the tea of Aegle marmelos is used. If you want to keep your stomach healthy and improve digestion, than you can also use the tea of Aegle marmelos. Dry Aegle marmelos is easily available on any Pinsaar store.

Aegle marmelos is popular in most parts of the sub continent. Though its wood is solid but it is affected by the worms and insects easily. Peeling its fresh wood takes out intense fragrance. Its fruit is in big size and the pulp of well ripen Aegle marmelos is reddish, fragrant and sweet. Physicians use it in medicines and also its Murabba is good. In specialty, it is like Garma as its outer shell is very hard while its pulp is very soft and delicious in taste. The peels of its inner seeds are dried which is called dry Aegle marmelos. It has good effects on stomach and liver. Those suffering from intestinal issues, should use Aegle marmelos as it cleans the intestines and revive their natural stretch. In condition of motions, the pulp of Aegle Marmelos is beneficial for its soft and good effects. Eating the ripen pulp is beneficial to worm in throat. Those who have complain of loose motions, get relief if they use syrup of Aegle Marmelos 30 grams or take powder of it one grams daily. The syrup of its leaves gives relief to cough, flu, influenza and worm. A special Joshanda is made from the peel of the tree of Aegle Marmelos which gives relief to fever and fast heart beats. By using the leaves of Aegle marmelos, a yellowish oil is extracted which is used in medicines. The ripen pulp of Aegle Marmelos gives strength to stomach and liver.

For Jaundice:

In disease of Jaundice, using the power of Aegle Marmelos one grams with black pepper and taking with water for few days, gives relief to the patient.

For Motions:

If the kids and adults are suffering from motions, than use this prescription. This fruit is solid, that is why give it to kids 2 to 4 ratti by mixing it in Katha of 1 to 2 ratti with water. It gives relief to motions and also improves the irregularity of intestines. Whether it is motions of kids or Jaundice, Aegle marmelos is tested remedy. The dose can be doubled for the adults.

For Fever:

Those having fever due to cold or summer season, can get benefit from this prescription. Use juice of Aegle marmelos combining them with equal weight to honey or water. It gives relief from fever and brings relaxation in condition.

Syrup of Aegle Marmelos:

The method for making its syrup (Sharbat) is very easy and you can prepare it at home. For making this, take 100 grams of Aegle marmelos, put it in one liters of water and cook it when it remains 2.5 grams in quantity than stain it with a malmal (Soft) fabric and add 60 grams of sugar and cook it again. When the thick liquid is prepared, the Sharbat Aegle Marmelos is ready.

For stoppage of Urine:

For stoppage of urine or pauses during urine and feel the urge for urination even after passing it, this prescription is very effective. Take pulp of fresh Aegle marmelos fruit, put it in a pot and mash it when it become thin and smooth than put milk in it and again mix. After it, stain it and preserve. On the time of need, give it to the patient in quantity of 12 to 36 grams three times in a day.

Aegle Marmelos Tea:

For boosting good health, the tea of Aegle marmelos is used. If you want to keep your stomach healthy and improve digestion, than you can also use the tea of Aegle marmelos. Dry Aegle marmelos is easily available on any Pinsaar store.

First of all, take 4 to 6 pieces of dries Aegle Marmelos and take 4 to 6 table spoons of brown sugar. Boil 400 liters of water in a sauce pan and after few minutes, put the pieces of dried Aegle Marmelos in it and cook for 15 minutes. Than add brown sugar in it. If you want to take it as a cold drink than refrigerate it and add crushed ice in it.

For Getting rid of Anger for no reason: Respected Hakeem Sahab

Assalamoalaikum! I used to get angry for no reason and for getting rid of it, someone asked me to recite this ayat (آل عمران 134) وَالْكٰظِمِيْنَ الْغَيْظِ وَالْعَافِيْنَ عَنِ النَّاسِ

For 21 days in morning and evening and blow on water and drink, I did this amal and my anger for no reason went away, (S, Lorah)

Eradication of germs from date: take dates in breakfast so that the germs from your body get eradicate. Figs are the cure for Kolanj disease. The fruit should be eaten by teeth instead of making pieces from the knife.

High status of martyred soldier of Pak Army

Body turned into pieces was fine at the time of Burial: (Ajiza Bushra Zahra)

So the remaining body parts of his body were gathered and with complete army honor, the parts of his body were put in a coffin and reached to his residence. Now his mother and sisters were crying and begging to us to show his face to them.

Respected Hakeem Sahab Assalamoalaikum! Allah Almighty gives success of Deen and the world to you and your whole team, Ameen! Respected Readers! Indeed those fighting for Allah and dying for him are always alive. Ajiza is here for narrating such a story. One of my friends' brothers has been martyred at the battlefield of Siachen. The passion of being martyred was more in that person of Allah. And Allah almighty gives reward to such lovers and likewise he got it too. Before his martyrdom, he narrates a story that once we were in a camp on snow filled peak of Siachen in dark night as we saw a beautiful light far on the mountain like a 100 watts of bulb was lighting up there. At first we did not pay much attention but when talking about this among soldiers we discussed that who would be living there in the deserted place and we don't know about it? The night was spent in the suspense and the next day our officer with three to four soldiers went for looking about the matter at that place. After travelling for some time, we reached there and saw a strange scene of nature that at that place on side of a stone there was the corpse of a martyred soldier and there was only one wound on his body and that was of bullet and besides this the body seemed normal. His face was peaceful and full of light and his dress was also fine and there was a watch on his wrist with stopped time and also date was written there. When the year of his martyrdom was checked than it was revealed that it was about 50 years ago. We lifted the corpse with respect and honor and searched for his family and when we reached them we came to know that the 2 sons of that soldier, who were young at the time of his martyrdom, are now grand fathers. Subhan Allah! Allah Almighty saved the corpse of his young protector of the boundaries of the country for years from sun light, heat, cold, and rain and also kept it in light at nights to keep away the animals. Subhan Allah! My cousin also narrated my same such story who is also in Pak army. He narrates that one of his friend who got martyrdom was in such a condition that his corpse was not able to carry as his body was only into pieces. That martyred was the only brother of his sisters. So the remaining body parts of his body were gathered and with complete army honor, the parts of his body were put in a coffin and reached to his residence. Now his mother and sisters were crying and begging to us to show his face to them

at his last time. On their request we were worried and we saw towards our officer that how we will show such condition of their loved one to them as this will be more painful to them. When our officer saw their pain, he asked us to show them the face and we were helpless and we unveiled the face side from the coffin but when we did so, we saw the Allah Pak's reward that face of Martyr of Pak Army was actually not a part of his face, there were few muscles. ALLAH saved his for the happiness of his sisters and mother. When I removed coffin I got stunned and kept looking it for a while. Then after his sisters and mother every other person saw that great person. Subhan ALLAH

Amazing stories of Allah Almighty's Help to Pak Army

Readers! If you are an army man or if you have gone through any incident of experiencing the help of Allah Almighty with alive or dead bodies of martyrs or their body was protected or any other amazing story of the wars of Pak Army or Kargil war relating to Allah's help with them. Or you have read or heard such incidents. As if the army is protected than your boundaries are protected... so do write such narrations of experiences whether they are concerned to your or someone else. This series is being started every month.

Gathering of Kashaf Al Mahjoob

Every month, Hazrat Hakeem Sahab teaches the popular book of known scholar Kashaf Al Mahjoob based on oneness of Allah and value of Prophecy and also practices meditation. Huge numbers of readers participate in this. Summary of around 2 hours of class is mentioned below.

Pir Ali Hajveri (رحمته الله عليه) in his book Kashaf Al Mahjoob is talking on intention in this part. He says: why I started this book? Sheikh (رحمته الله عليه) is coming towards Kashaf Al Mahjoob Book. First he reviewed his intention and then he talked about writing this. The will of a person if focuses on his intention before starting a practical work as if there remains any dearth in that practical than the person will be disabled on it. This is the reason; Prophet Muhammad (صلى الله عليه وسلم) said that intention of a faithful in started of a work is better than the work done without intention.

There is true argument on intention. As the man with one intention gets transferred from one thing to other, from one directive to another. Even his seen condition has nothing to do with it. So, the example is here, if anyone can consider and understand it. If anyone remains hungry without the intention of fasting than he will not get the reward of a fast but when he will have the

intention of fasting than he will be considered among the near ones of Allah Almighty. (Those who are considered as near to Allah, he will be considered among them than. Or else he will be hungry only) and there will be no effect on his overall look. It is like that if a passenger stays in a city for some time and till then he has no intention of staying there, he will not be considered among the residents and when he will have the intention of staying, than he will be considered as a resident. Which shows that one has no intention till there will be nothing.

He was doing work and for how much time but did not get anything. It shows that I had no intention. Then there is not only intention, it is said that make an intention before the work, during work there should be the intention that why I am doing this and then after the work make an intention. As the enemy (Devil) robbes the first thing is your intention. (Continuing)

Based on the treasures and pearls of the Alive and continuing book on Tasawwuf and Maarfat, Kashaf Al Mahjoob, do read the address of Hazrat Hakeem Sahab in collections of Kashaf Al Mahjoob.

Treatment of all sorts of hardship: Whether the trouble is of wealth, health, kids or of any other type, one should do sincere repentance from the depth of the heart before Allah SWT and should recite بِأَعْتَقُ daily after Asar prayer 1010 times. Should continue this act for 2 years.

Serial of Biography
Episode No. 72

BORN FRIEND OF JINNAT

Allama Lahuti Pur Asarari

True biography of such a person who since birth till today is under the guidance of saint Jinnat. His days and nights are spent with Jinnat. On insistence of readers, strange and interesting revelations are being published in episodes but to understand this mysterious world, lot of patience and courage is required.

The groom of heaven was being taken to heaven:

Similarly the flames kept on coming and they were throwing them away. I was amazed at this act, what is this act and what is its real reason? In a little while the flame stopped. Angels removed his old clothes, made him wear new clothes and decorated the new clothes in such a manner that he seemed to be dressed up like the groom of heaven, being taken in the heaven. I asked this person that what was this fire, some sins of mine, some shortcomings, I asked why did these angels come? Said! Angels came because of my act of ablution and they supported me because I would stay with ablution and because of staying with ablution, saved me from every trouble, problem, evil and every pain. I was really amazed at this act and Tabeyee رحمه الله عليه further said that a person who always stays with ablution, Allah سبحانه تعالى gives him persistence on Silah Rehmi (being kind towards relatives) and due to Silah Rehmi prayers are accepted and with Silah Rehmi there is Barkat in the age, and respect and honour is increased.

People staying under the umbrella of the mercy of Allah سبحانه تعالى:

Tabeyee رحمه الله عليه further said that person doing ablution always stays under the umbrella of Allah's (سبحانه تعالى) mercy, mercy is attentive towards him and rain of blessings are always showered upon him every second and with every breath, Allah's (سبحانه تعالى) special help stays close to him. Further, told about a person always staying with ablution that how ablution attracts the help of Allah سبحانه تعالى and how the help of Allah's (سبحانه تعالى) stays attentive towards him in such a way that no common comprehension can understand it, and then narrated an instance of his wife, that once, I was coming with the caravan of Hajj, on our way robbers and thieves surrounded us, they wanted to take away our money and horses etc, they attacked us and I put everyone behind me and came forward myself and took all their attacks on my shield and kept on killing them, 11 of them were killed on the spot and many of the injured ran away when the attack ended. Our scattered caravan assembled again and they were all very grateful of me and were thankful and surprised. What was this act that you had so much power, energy, trust and

confidence in you, I made them attentive and just said one thing that the secret of my power, energy, trust and confidence is that I have always continued doing these 7 acts and whenever I acted upon these 7 things, I have never been defeated, have never given up hope, have never been insulted or dishonoured and I have always got respect and honour, I have always been successful and my success was such that people trusted me with closed eyes and they did not know it, they thought perhaps, he has such diet that his power and energy is tremendous. He eats such things or does such battle exercises due to which he is successful but they did not know that the basis of my success is actually these 7 things which I adopted whole of my life and never left them during my life time. I was hearing all this in amazement, he was not a Jin, was a human being and there was element of surprise as well as confidence in his conversation and his trust and confidence and amazement was letting me ask for more, and I inquired, that did you read these blessings in Ubqari, he said yes! I said please narrate your whole instance which happened to you, tell about that too. He said I was young that my father suddenly died, we were 5 brothers and sisters, small house and from the beginning I saw my mother doing labour and mother always spent the days & nights of life with patience, faith and courage, my mother was young, and I can still recall that one of our neighbours use to send a lot of things to eat and drink to our house but my mother would not take them and at times I would quarrel with my mother that why do you not take them? But my mother use to keep quite.

For the protection of the honor of late husband: When I grew up and became conscious, I got to know that his intentions were bad towards my mother. Widow mother, for her honour and respect sacrificed the delicious foods. I remember the time when on the occasion of Eid, she would return best clothes and gifts with tears in her eyes and now I realize that she had learnt to take care of her needs but she would have tears in her eyes looking at the desires of her kids, on one side were quality food and best clothes and on the other side was the protection of the honour of her late husband and was to take care of the promises with him, but, I felt that my mother would recite something all day, I did not know what it was but now when I have read the blessings of Surah Quresh in Ubqari, it reminded me of its recitation by my mother and its benefits and blessings, it all came back to me, it was in my heart, now I was over 46 years old and my old mother was still alive but now she was not leading a miserable life but was leading a prosperous life. Amongst the five brothers & sisters, I was the one who gave the maximum support and respect to the mother. I was in Metric (grade 10) when, once our English teacher told us during the class to do some recitation all day, as I was grown up so I asked my mother that when I had hardly learnt to speak, you would recite something, what did you recite?

Getting wazifa from the baba from mountains of Kashmir: Mother said son! Once our father took us for outing to Kashmir, I was very young, at that time and we stayed in a house and there was a pious person in that house to whom everybody in the house use to address as Dada Jee (Grandfather), he told me that kid I can see from the lines on your forehead that you will have a difficult life with problems and troubles, therefore, if you have to lead best life then always recite

Surah Quresh with بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ and every stage of life will become easy and problems will be solved and you will get such Barkat, and blessings in your life, which you will not have even thought about. Thus, keep on doing your work also and also keep on reciting Surah Quresh in every condition, I knew Surah Quresh a little bit but not all of it but there was such an impact in the advice of Baba Jee that I memorized Surah Quresh and started reading it from the same day, I had recited it for few months only that son your father suddenly developed kidney problem and after staying sick, he died after a short period of time and left us back crying, I again recalled the advice of the pious person who had selected this recitation for me by looking at the lines of my forehead.

Sweetness of friendship: Sweetness of friendship is always poisoned by the memory of some anger of only one time; old age is spent happily provided that health and true friend is available.

Surah Quresh protects my honour: Son! I use to recite this day & night and I still do. Son! This Surah Quresh protected my honour, provided me means from nowhere, when you 5 brothers & sisters use to fall ill and I would not have money for medicines, I would recite Surah Quresh and you guys would become well, at times there would be meal for one time and I would be worried for the next one but while reciting Surah Quresh I use to be confident that my job will be done and will definitely be done. I never recited this Surah with mistrust, always with trust and confidence. At times, I would recite it in less quantity and my father would come in my dream and would tell me not to reduce the quantity and would tell me to read more as today your recitation was less. One time it so happened that my father came in my dream and said that where recitation of Surah Quresh in hundreds & thousands of time have solved your household problems, problems of my grave and life after death have also been solved, and I have been forgiven. Son! Since that day until today I just recite Surah Quresh. Where expenses of your education were paid for? I use to do labour all day and my labour was not as much as provider (Allah سبحانه تعالى) uses to give me. I raised ground level of my house also as it was lower than the ground level and rain water would come in, your clothes, your books, food, wedding of 2 sisters.

The biggest thing in the world is this surah Quresh: Son! I did it with Surah Quresh. One of your brother in law use to bug your sister a lot and I fixed his temperament also with Surah Quresh, I see a universe in Surah Quresh and for me Surah Quresh is the biggest blessing in this world and I found Surah Quresh to be a better shade and of help than my husband, have found it to be a means for wealth, shield of protection, and fulfillment of my every desire, a companion of life. I got happiness with the mean of Surah Quresh, all my worries ended with Surah Quresh. I recall the day when you're younger brother came crying to me and said that Mummy, get me a ball, get me a ball, I did not have money and I told him alright, I will bring you one, Allah gave me some labour from nowhere and I brought a ball for your brother. He would kiss the ball and would tell me that you have given me such a good ball which no kid in the neighbourhood has. My tears would come out looking at his happiness and I would wish that he stays happy always but Son! Today he has left me, he---was of help to me but some time back I thought that it seems that I have become negligent of Surah Quresh because I have not recited Surah Quresh till today with his imagination and now since some time I have recited Surah Quresh with his imagination, Son! My life is Surah Quresh and I am sure that I will become a good mother? And Allah SWT will forgive me, Why? It is been more than 40-45 years that I am reciting Surah Quresh, I have seen my house in heaven with the blessings of Surah Quresh. I saw a dream, it was a lengthy dream in which I saw that my mother has come to take me and there is a huge garden in which I can see all the blessings & gifts of heaven and she is making me see them, she would tell me that this house is of that person and this house is of that person and finally she took me to her house and this house was a big heaven

and vast till the eyesight could see, I only ask one question that mother, is my house over here? She kept quiet and suddenly an angel came from behind and he said to the mother, do not make her hopeless as she has a house in heaven, she has recited Surah Quresh with sincerity, trust, attention and from the bottom of her heart. A very big house in heaven is waiting for her and the only wait is of her death that she comes here and her house is handed over to her. When this dream ended, there was Kalma in my mouth and tears were falling and I got to know for sure that this is a true dream and I saw this dream on the night of Friday. Son, you also recite Surah Quresh, I was listening to my mother in amazement and it was surprising that I had reached 10th grade and did not ask my mother about her recitation. Today, on asking of my English teacher I asked the recitation from my mother and it was not recitation, rather it was strange stories of 40-45 years of life of my mother. I was listening to these revelations with surprise. I don't know why suddenly this thought crossed my mind that mother you have the permission of Baba Jee, do I also have the permission? She said: Yes son you have permission, I read about the blessings of Surah Quresh in Ubqari and realized that I should also tell about them. With lot of difficulty I have met you. It is my desire to tell you about the blessings of Surah Quresh. What has Surah Quresh given me in my life and to my mother? The story of my mother is too long and lengthy, now you listen to my story:

What did I get from Surah Quresh? When I heard the blessings of Surah Quresh from my mother, I was amazed that now the secret has been revealed upon me that how the lips of my mother constantly moved, I have rarely seen my mother crying during her life. If did not see her laughing, did also not see her crying...! The basis for my mother not crying was the help and strength of Surah Quresh. Since I have started reading it, its benefits and blessings have started opening up on me, perhaps the prayers of my mother were with me, her love and affection was with me and so much benefits and blessings opened up on me that I got 2-3 tuitions, the burden of expenses on me became very light. I stopped taking from my mother. My expenses started getting paid from my own means and so the days & nights of my and my brothers & sisters started becoming better and better, I was happy, satisfied and there was feeling inside me that I wish! Every person of this world would develop friendship with Surah Quresh and with Surah Quresh

Deceive and fraud in Moti Mosque

Hazrat Allama Lahuti, introduced Moti mosque for worship and good deeds and not for deceiving and fraud. Men and women go there and portray themselves as the legitimate representatives of Hazrat Allama and Hazrat Hakeem Sahib and are deceiving people and are looting their money with both hands. Kindly! Do not fall in their trap. If you find any such person, immediately inform the institution rather spread this announcement in other people also so that no one is deceived.

Allama Sahib tells the solution of domestic problems

Write down your domestic problems on the coupon given on page No. 56 of the magazine and send this coupon with your letters. Answer will not be given of the letters without coupon. Reply will not be given through returnable envelope, rather will be given through magazine.

For much more mysterious instances and excellent wazaif and to read previous episodes, read the book "Born friend of Jinnat"

Health with fruits: Seasonal fruits have lots of benefits, eating seasonal fruit gives health to the body. The one who eats fruits does not suffer

Twenty years old room was opened and the disaster started!!!

I consulted an Aamil who advised to blow Surah Fateha [space for Arabic text]. I recited Surah Fateha [space for Arabic text] 21 times with Durud Sharif before and after, blew it on water after every prayer and gave my wife to drink. My wife started recovering.

Respected Hakim Sahib, As Salam Alaikum! I live in a rented house in which there is a room on the rear side that had been locked for last twenty years. One day the landlord came and opened it. We cleaned and furnished the room and started using it. After two to three days I, my wife and our son started feeling sick. We started fighting with each other and all the time we had feelings of anxiety and fretfulness. I used to feel alright as long as I was away from the house but felt sick on coming back to home. My wife and son were also suffering from the same condition. During this, someone gave me Ubqari magazine and told me about you. I took appointment on phone and visited you with my son. You asked me to perform some practices, recite Two Priceless Treasures in abundance and to attend the Dars. I started performing all the practices regularly which even worsened the condition. A friend asked me to recite Priceless Treasure no.1 after Tahajud prayer at it is the time of the acceptance of prayers he said it would increase my reward and reduce my worries. I started doing this and few days passed in peace. Then suddenly my son started feeling sick, his hands and feet became warm and had pain in his body, after some time he was alright. Next time when he started feeling sick, his mother also suffered the same condition. Every day there was a new problem. During holidays we went to our village, I and my son stayed quite well there but my wife's health was poor and there was no sign of recovery. I consulted an Aamil who advised me to blow Surah Fateha. I recited Surah Fateha 21 times with Durud Sharif before and after, blew it on water after every prayer and gave my wife to drink. My wife started recovering and she never went through that condition again. But my son started feeling sick, I kept blowing Priceless pearls no.1 and 2 on him. For almost one month I had been constantly reciting The Priceless Pearls number 1 and 2 in thousands of numbers and blowing on my son eventually he recovered. Alhamdulillah now we live with peace at home, we have got rid of all kinds of anxiety and trouble. We are healthy and prosperous; living in the same house we are free of all kinds of problems. Alhamdulillah my son is quite healthy and goes to school. There used to be a strange stinky smell in our house which is no more there since long. We keep listening to your Ders in our home that has changed my heart. Ma sha Allah my wife has become a practicing Muslim and my son also performs wazaif and practices. (G. S.)

Readers! If you got rid of spell and genies by reciting/performing any practice published in Ubqari magazine, or you got relieved from magic enchantment, write about that practice with its complete details and send to the office of monthly Ubqari. It will be beneficial for millions of people and will become an ongoing charity from you.

For the protection of life, honor and wealth

Respected Hakim Sahib, As Salam Alaikum! May you live long; I have been reading Ubqari for almost six months. I am going to get married in few months, please pray for me that I depart respectfully to my new home. I have a spiritual fortification due to which Allah always did and is still protecting my life, honor and wealth. My parents have died and I live with my relatives. For long I have been harassed by a person living in the same house. Many times he tried to use me for his ill intentions, I am helpless but Allah protected me. I recite Ayat-ul-Kursi and Durud Ibrahimi 1 time each and make spiritual fortification around myself. With Allah's blessing my life, honor and wealth are protected. (Anonymous)

Why delay in Nikah?

(Farhat, Lahore)

Nikah should not be delayed without any reasonable excuse. In the same way, the widows or divorced women's second marriage should be arranged as soon as possible

Due to the modern customary equipments, bad sightedness and waywardness have commonly prevailed. To get rid of the bad affects of these evils and to avoid illegitimate relations, Nikah should be encouraged and with convenience. The easier the Nikah is in a society, so will the society be protected from obscenity. Wherever it is difficult to marry, there will be plenty of licentiousness. Hazrat Muhammad (صلى الله عليه وسلم) said addressing especially the youngsters, "O young men! Those of you who afford should get married as it is the source of lowering your gaze and a protection of your chastity. And those who do not afford should keep fasts as this is the way to stop lasciviousness." (Bukhari Sharif)

That is why it is essential to start looking for suitable spouse for the male and female when they become adult and marry them as soon as possible. Else if the boy or girl indulges in any licentious activity, their parents will also have to bear the burden of their sins. According to a tradition the Prophet (صلى الله عليه وسلم) said, "When someone is blessed with a child, he should give him a good name, teach him values and marry him when he becomes adult. But upon becoming an adult if he does not marry and commits a sin, his parents will also be held accountable for this." (Mishakt Sharif)

So it proves that there should be no unnecessary delay in nikah as it gives space to immorality. In some families it has become a trend that boys and girls are not married until they become mature in age. Sometimes they even cross the age of thirty five or forty. This is an absolutely wrong trend and should be changed. Nikah should not be delayed without any reasonable excuse. In the same way, the widows or divorced women's second marriage should be arranged as soon as possible. Do not consider it reproachful at all because keeping such women without nikah is full of temptation.

*Treatment of grief and sorrow: There is a saying of a saint ; if someone is comprise of /suffering from grief and sorrow than daily recite “**يَا مُعْتَبِرُ**” three thousand times, 21 days. **INSHALLAH** his grief and sorrow will be ended and happiness will be in his dignity.*

Easy Procedures/ Recipes to get Fitness and Health (Dr.M.I. Kamil)

Regular exercise according to the program will create specific condition in the body. This frame of mind not only brings about glee/ Happiness in the person; working-out but also produce immunity against disease in the body.

Women's exercise program consists of three phases. If your health is normal and you are not suffering from any disease than do the following exercise from which you will get more health, Physical energy and efficiency. In addition to that body will be more flexible and improve the blood circulation and will be more active. All this is neither assumptions nor illusion but has been practically proved. Regular exercise according to the program will create specific condition in the body. This frame of mind not only brings about glee/ Happiness in the person; working-out but also produce immunity against disease in the body. People who exercise will better defend the mishaps of life. Special type of exercise is required for the Women in the condition of special days or has experienced the birth giving process that will be discussed later.

Persuade the body for workout/ Warm-up Exercise:

Before starting the actual exercise light exercise is necessary to warm-up the body and elastic the muscles. First of all put your hands equal to your hips now jump on your toes and keep your legs on an aureate distance and now move your hands up above your head and now bring your hands back to the previous/first position means equal to your hips , this occurs one time. Keep the distance in your both feet as it is equal to the distance between your shoulders. According to your power and tolerance do this exercise between 10 to 30 times in 10 to 30 seconds. If you are healthy or of old age then move your both hands up but don't jump. Initially it's better to start in less quantity and then slowly increase the amount. By this exercise you will be ready for the real exercise.

Exercise for belly:

lay down on the floor with the help of our back so that you both hands are join with limbs, hand palm will on floor and both foot will be joined together now join your both knees and bring your legs toward your chest in a way that your ankles will be parallel to your hips . Now straightened your both legs slowly towards the roof so that it makes the angle of 90 degree above the floor. Now slowly bend your knees and bring them towards your hips and now lay down your legs on floor as it is in the first position. Do these exercise two to four times and then you will easily

learn it. According to your age and power do/perform this exercise 4 to 16 times but gradually increase the quantity.

Exercise for body:

Stand up straight put your hands straight towards your body Keep the distance in your both feet as it is equal to the distance between your shoulders. Now move your right hand above your head, during this breath in (or chest should be filled) hips will be stationed and belly shall be pressed inwards. Bend towards right so the stretch can be felt in your back. Stay in this position for four seconds. Now move back your right hand equal to your hips. Now repeat this by moving your left hand above your head. According to your age and power do/perform this exercise 6 to 12 times but gradually increase the quantity.

Exercise for central body, hips, back and hips:

For this exercise easily lay down motionless on the floor and fold your both arms on the floor and put your chin on them, both feet should be straight and together, toes should be stable on the floor. Now keep lying and press you hips and squeeze the ornaments and stay in this position for 6 seconds and now release it and repeat this after 6 seconds. According to your age and power do/perform this exercise 4 to 14 times but gradually increase the quantity.

*Exercise for arm, Shoulders and Chest: Stand up straight and keep the distance in your both feet as it is equal to the distance between your shoulders, your head should be up, hips and tummy should be pressed inwards both arms should be expanded outwards the body and hand-palms should be upward. Now move your arms backward 12 times, initially make small circle than gradually increase the size. Now release the arms downward. Second exercise is that put your palm facing floor and move them 12 times like initial but from front make the circles towards back and gradually increase the size. Now leave your hands down and take some break. According to your age and power do/perform these exercise 1 to 3 times.

*Jogging or walk while standing: Stand in a smooth surface and take steps on floor with your feet exactly like you are walking, but don't move forward. This is the fifth and last exercise of our existing system which is also known as cardiovascular exercise; this is aerobics' exercise during which deep breathing in taken with concentration. According to your age and power do/perform this exercise for 1 to 2 minutes. After this last exercise slow down the movement of your hands, feet and body and finish this exercise program.

Tested prescription/formula for getting rid of Hepatitis:

Respected Hakim Sahab Aasalam-o-alikum, I have a tested prescription/ formula for getting rid of hepatitis, which is given below:

هو الشافى; viola odorata dried flowers (GUL-BANFSHA) 9 grams, Nymphaea alba/ Romanian White waterlily (GUL-NELOFER) 9 grams, Zizyphus jojoba/ Indianplum/Jojoba (ANAAB) 5 seeds, *Cordia myxa*/ Assyrian Plum LASORA 5 piece, Rosa DamAscena Mill/ Rose (GUL-SURAKH) 9 gram, *Berberis vulgaris*/European barberry (ZARSHIK) 9 grams, *Embelica officinalis* /Emblic Myrobalan (AMLA) 1tola, *Rheum emodi Wall / Rhubarb* (RAWAND-KHATAI) 9 grams, wormwood/ *Artemisia absinthium* 9 grams, *Illicium verum*/ star anise (BEEKH E BADIAN) cichorium intybus 9 gram, sugar 6 masha? Except sugar boil every ingredient in one liter of water than let it cool down add sugar and then boil again, put it off when one bottle is left. Pour it in the bottle when it's cool down. Dosage; mix half gram of this tonic with half quota of water and use it in morning on empty stomach and at evening (ASAR). Clear difference can be seen with in the usage of few days.(Rao Shamshad Ahmed, Shuja Ahmed)

*Ubqari brings easy home exercise for women.

Definition of wealth: if anyone is proud on his wealth then don't praise him unless you will see how he is using his money.

BY Hadhrat Maulana Muhammed Kaleem Siddiqi (Phullat)

[the reknowned scholar on whose blessed hand, almost half a million people have embraced Islam and his famous book in Urdu 'Naseem-e-Hidayat ke jhonkay' is a must read.]

Story of one rich man of Haram

After prayer of Ishraq, I intended for the Tawwaf in the Kaaba as it was not much rush there. After that I had plan to meet one of the renowned and well recognized scholar. When I went to meet him, I came to know that he has left for madina. At that place, I saw one majzooob of dark complexion, sitting at the main gate. He was wearing dirty clothes. When I enquired about him it was revealed that he is very unique person who came to kingdom of Saudi Arabia from India without any passport. He travelled to kingdom of Saudi Arabia by foot in his youth and since then he is living in one room which was cramped that he could not expand his legs. Police caught him occasionally but leave him by considering him mad. He make people drink the water of zamzam and serve people in various ways. He load the bag of zamzam water on his shoulders and give to people, in return people give him some money as well. He has three pockets, people give him money for three reasons, some give him in return of water, some give him for his begger look, some give as gift for his pious perception. He place that money in three different pockets. He used to spend this money on deserving scholars and poor people. He used to give this money to people who come to KSA for pilgrims and Hajj and they distribute that money to poor people back home. When that person died last year, it was surfaced that he was helping almost one hundred homes. It was also know that with his zamzam water sale, he built many mosques. In 1977 a mosque was built with his money contribution whose expenditure was 11 lac rupees. Besides this other 40 mosques were also built on his contribution. After hearing this I really had great admiration for that rich person who did this all just for Allah's sake and does not spend on his own self. I recalled the saying of Hazrat Mohammad (صلی اللہ علیہ وسلم) as he said that live in this world as travellers live. It gives us the lesson of real benefit of this world and after life benefits.

The benefits of Ayats 114 of Sura Almaida

Respected Hakeem sahib, the 114 ayat of sura al maida his great benefits with respect to resources and wealth, whenever I felt needy I have read this ayat and my problem is solved. In Ramzan of 2013, we had no resources and we managed through debt. But we started reading this ayat meanwhile and in 2014 ramzan, all of our needs were fulfilled very smoothly. Apart from this, I also read tasbeeh of third kalma, darood shareef and astaghfar in morning and evening. I also read second part of kalma 20 thousand times daily, 114 ayat of sura maida 11 times, al malik ul qudoos

ul salamu 11 times daily. It has gave me so much comfort and please that if some give me billion of rupees I will not take.

Mountains of good deeds in Haram:

Hazrat Mohammad (صلى الله عليه وسلم) said that offering fast on day of tarwaya is equivalent to 12 years of prayers.

Hazrat ibn e Abbas رضى الله عنه has narrated that Hazrat Mohammad (صلى الله عليه وسلم) said that moltazim is the place where prayers is accepted and there is no one who has prayed and is not accepted.

Reward of 24 thousand years prayers: Hazrat Abu harrirah رضى الله عنه has narrated that Hazrat Mohammad (صلى الله عليه وسلم) said that fasting on day of tarwaya is equivalent to 12 years of prayers and who has fast on day of arfa has reward equal to 24 thousand years and one thousand hajj and one thousand martyrs equivalent reward.

Hazrat Abu harrirah رضى الله عنه has narrated that Hazrat Mohammad (صلى الله عليه وسلم) said that reading one hundred times daily this ayat on first ten days of zilhazz has reward equivalent to one lac twenty thousand good deeds and same number of bad deeds will be removed and same number of levels will be increased for that person. At that day of angel will say him about perform good deeds and say Allah has forgiven you. When he will perform Eid prayer his sins will be washed as much as his hairs on his body.

Ayat is: أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ إِيَّاهُ وَجَدْنَا وَإِجْدًا صَمَدًا وَتَرَاءَمَ يَتَّخِذُ صَاحِبَةً وَلَا وَلَدًا

Hazrat Anas رضى الله عنه has narrated that Hazrat Mohammad (صلى الله عليه وسلم) said that offering prayers in baitulmuqaddas masjid has rewards equal to 50 thousand prayers and same is in my mosque except masjid ul haram.

Hazrat Abu darda رضى الله عنه has narrated that Hazrat Mohammad (صلى الله عليه وسلم) said offering prayer in masjid alharam is equal to one hundred thousand prayers.

Those who are going for hajj make their moments precious and gives this gift to others also.

“Harmaen mae naikion kay pahar” having experienced practices, benefits, spiritual tips and many more..... Read in this book.

Rare incomparable beauty tip: Face will be fresh by drinking lemon water on empty stomach. And face will be beautiful by applying mixture of equal quantity of rose water and lemon

Wazeefa to the open doors for Mercy, Blessings and Comfort:

I have a complaint against the visitors of MOTI masjid, those women who come along with their children make such noise that it would be difficult to pray, usually children are screaming, weeping and running here and there in the courtyard.

*Wazeefa to open the doors for Mercy, Blessings and Comfort. Respected Hakim Sahab, Aasalam-o-Alikum. I am reading UBQARI for almost last two years. Usually all the topics of this magazine are awesome/ superb but the topic ‘Jinnat ka pedaishi dost’ ‘in-born friend of jinah’ is especially very great. All of the mentioned Wazaif are Infallible. I have started reading One Wazeefa “محمد رسول الله” ‘from the topic “in born friend of jinnah’ and with the blessing and mercy of ALLAH I have completed it 50 lakh times. Now the situation is, if I am sleeping then my heart is reading “محمد رسول الله” By the blessing of this Wazeefa ALLAH سبحانه تعالى has opened the door of Mercy and Blessing in our business. I am unable to understand that from which place and how livelihood is coming. If I think of buying anything than ALLAH سبحانه تعالى will make the way to take it. Still this Wazeefa is in my day and night routine. During all this a strange incident has happened to me, I was demanding Prayer after Namaz than suddenly it feels like drizzle of rain on my face. Such as something is falling on my face and my body has lightened. I began to pray than this sequence stop by itself. It feels like ALLAH’s blessing is dwindling on me. Still I am astonished on this blessing and thankful to Allah. This is the strange incident of my life. I have heard that ALLAH’s سبحانه تعالى blessings distil and ALLAH سبحانه تعالى has showered his blessing on me in reality. I am thankful to ALLAH سبحانه تعالى and all this blessing is due to this Wazeefa.

Apart from this, once I saw in my dream that I am sitting on a swing and there are snakes in the air as well as on the ground but they didn’t say anything to me and I am continuity reading “محمد رسول الله” then I hint with my finger and all the snakes died. In the end I would like to say that I am thankful to ALLAH and those people who are the source of conveying this Wazeefa to me and you are the one. May ALLAH سبحانه تعالى always keep you in his blessing in this world and hereafter and May ALLAH grant you place in the aspect of HAZRAT MUHAMMAD (صلى الله عليه وسلم) Ameen Sumameen (Afshan Kamran, Lahore)

Got visa by the act of Moti Masjid:

Respected Hakim Sahab, Aasalam-o-alikum, In ubqari I read about moti masjid and by reading intense desire was innate to go there and act. When I go in Moti masjid then I received many benefits, there whatever I requested from Allah was fulfilled by Allah Almighty.

ALHAMDULILLAH . My sister was not getting the visa for Haj she prayed Nawafal over there, Apart from that we prayed Nawafal for the good result of our girl in exams. On the very next day my sister received the visa. And the girl passed with good marks. Complain Against the visitors of Moti Mosque (Masjid) I have a complaint against the visitors of MOTI mosque, those women who come along their children make such noise that it would be difficult to pray, usually children are screaming, weeping and running here and there in the courtyard, seems like they have come there for the picnic. Mothers absolutely don't forbid their children from making noise instead they sit in the courtyard and are busy in their gossips and this cause hurdle in prayers, although it feel very comfortable in praying there. (M.M.F Faisalabad)

Easy tip for home comfort

Respected Hakin Sahab, Aasalam-o-alikum, I have been introduced to ubqari by a relative. It was very nice to read it that there is really a precious gift in this era for the disturbed individuals. The best thing about Ubqari is that all the mentioned wazaif are form Quran and they are away from polytheism.

Usually we like all the topics of ubqari but the most we like is 'in born friend of jinnah'. Mentioned Incident are were interesting and amazing. Our home surrounding was very disturbed, all the while there is dispute in the family everyday there is a quarrel of anyone in the family. There was weird type of restlessness and displeasure in the house and often we found different Taweez form different part of house. Then for the cure we all have started the wazifa of "يا قهار" told by Alama Lahoti Pursarai. Entire day, everyone in the house has started reading it and within few days of reading we feel peace at home there is a visible difference in daily disputes of house. Everyone was involved in irritability and there is a huge difference now . The food cooked in our house was not delicious but since when we have started reading it the food is becoming delicious, and there is increase in blessing of ALLAH. Before that whatever quantity is cooked in never left for dinner but now ALHAMDULLILAH there is blessing and delicious taste in food (G.Sh)

Fraud and cheat in Moti Mosque:Some men and women pretend there to be the representatives of Allama sahb and Hakeen Sahb and rob the masses. Please be aware of these people.

The secret of wonderful success in matric exams:

Respected Hakim Sahb, Aasalam-oalikum, my husband is vendor of fruits. ALHAMDULILLAH we live satisfied and hand-to-mouth life. Allah has saved us from every disability. My son was studying in a government school and was preparing for matric exams, all of his friends went together in a famous and good academy in the evening for preparation, my son has asked me and my husband many times that he want to join the academy but when we looked at our budget we

make him quiet and asked him to study at home. Do pray in the DARAS of Hazrat Hakim Sahab INSHALLAH you will score more than your friends. My son keeps attending Daras and keeps doing his hard work at home. During paper he keeps on attending Daras, he cries and pray to Allah. To somehow he managed at home to prepare himself and give exams without any guidance. He was bit disappointed after exams but when I get him remembered about the prayers which he wished for during Daras then he got some courage. ALHAMDULILAH when his result was announced than he himself, his teachers and his friends those who were studying form famous academies were astonished. My son has secured A+ and has secured highest among his school. Who so ever asked him that from where he has prepared for exams and he refer to Tasbih Khana. (Um-e-Abdul-Majid, Lahore)

For hurdles in journey: if someone wants not face any hurdle during his journey they should recite name “يَاهَادِي” 101 times before starting his journey, INSHA ALLAH his journey will be comfortable.

Readers brought unique and tested tips:

My tested medical and spiritual tips

Respected Hakeem Sahib As Slam O Alikum! Today I am presenting my medical and spiritual tips for readers, readers will definitely benefit from these.

For ease in every work:

After punctuality of offering Namaz five times recite Darood Sharif 7 times, Sura Fatiha 7 times, Ayatul Kursi 7 times, 7 times last four verses of Sura Hashar, four Qull 7 times, darood sharif 7 times, recite in morning and evening and sprinkle in all four corners of home. Best timings are before sunrise and after sunsets.

For curing baldness:

Apply at least one year old oil of mango pickle on desired place, within few days you will see progress.

For having a child: recite seven times following verse on 40 cloves, after taking bath of menses daily eat one clove, clove should be eaten at night and do not drink water after it.

أَوْ كَظُلُمَاتٍ فِي بَحْرِ تَلْجِيٍّ يَتَغَشَّاهُ مَوْجٌ مِّنْ فَوْقِهِ مَوْجٌ مِّنْ فَوْقِهِ سَحَابٌ ظُلُمَاتٌ بَعْضُهَا فَوْقَ بَعْضٍ إِذَا أَخْرَجَ يَدَهُ لَمْ يَكَدْ يَرِبْهَا وَمَنْ لَّمْ يَجْعَلِ اللَّهُ لَهُ نُورًا فَمَا لَهُ مِنْ نُّورٍ (النور 40)

For closed valves of heart:

هو الشافى: apple vinegar one cup, ordinary vinegar one cup, ginger juice one cup, garlic juice one cup, mix them in a bowl and put them on fire, after boiling twice remove it from fire, add honey to get rid of sourness, drink two sips.

If child is not leaving feeder:

If child is not leaving feeder, mesh margosa (نيم) tree leaves and apply them on nipple of feeder. INSHA ALLAH child will start drink milk in cup.

Tip for patients of Blood pressure:

هو الشافى: wash pumpkin extract its water add sugar/candied (مصرى) in it and drink 7 days before eating or drinking anything else.

For upset stomach:

هو الشافى: black pepper, white cumin, equal weight of salt, fine grind them, cut fresh watermelon and pour this spice on it and eat it.

To make dry cream useful:

If any of your cream got dry, add appropriate amount of rose water in it to make it useful.

Benefits of onion:

During spread of cholera peel and hang onion in home for the protection from motions and vomiting. Eating onions which are dipped in vinegar will increase digestion; it also helps in getting rid of old constipation and gas, mix seed of small cadmium in juice of onion, licking it again and again cures motions and vomiting.

To get rid of fatness:

In morning before eating and drinking anything else drink 5 glasses of water. At night after completing your work take four table spoon of lentils (مسور) pulse (دال) dip it in four glass of water and boil it until one glass water remains. Then leave it overnight in a glass and in morning drink it before drinking or eating anything else. Do it till forty days, make it fresh daily and throw away remaining pulse. Only married people can do this. (Khadija Amir, Gujranwala)

Spiritual act to vacate home from tenant:

Respected Hakeem Sahib Asslam O Alikum! I am reader of Ubqari since five years. I read a tip to vacate house from tenant in Ubqari March 2011 issue on page 25. Whoever used it got benefited from it. It is very powerful and tremendous act. Many have experienced it. Act is: anyone who wants to vacate house or shop from tenant should do following act. After Namaz Magrib stand facing Kiblah at start and ending 11 time Darood Sharif, 41 times Sura Fatiha, 41 times Sura Ikhals and 300 times Ayat e Karima then raise your hands for prayer hands should be above your head then pray humbly from ALLAH. Do it continually till 11 days INSHA ALLAH your wish will be done. **Caution:** warning! Do not use it for illegal or unfair wish, and it is not permitted to do more than 11 days, if your purpose is fulfilled before 11 days then stop it immediately, after your purpose is fulfilled do some charity among poor. (Hashim Khan Khatak Lavhi, Kohat)

Unique and successful treatment for increased or decreased spleen (تلى):

Respected Hakeem Sahib Asslam O Alikum! Once I just purchased Ubqari from book stall and I am buying it continuously, I wait for it every month. I have a unique and successful treatment of spleen. Patient of this disease faces continuous fever. Treatment is: if patient is male then spleen of male goat and if patient is female then spleen of female goat, 7 thorns of acacia tree and will have to recite Sura Yaseen. While reciting when you reach first MUBEEN blow on one thorn and prick and stick it in to spleen, similarly do it with all 7 thorns. After completing Sura blown on spleen. Then hang spleen above the bed of patient from roof so that patient remains under it, within few days INSHA ALLAH patient will be cured. It is my tested many of the patients have been cured from this. Readers! INSHAALLAH you will not be disappointed from this act.

(Syed Taswor Hussain Sherazi, Mansehra)

Cough, throat infection or fever everything will be cured:

Respected Hakeem Sahib Asslam O Alikum! I have few of my tested tips that I am presenting for readers:

Cure from cough: in one glass of water add one tea spoon turmeric, one piece ginger, few black pepper, cook it on fire until it remains equal to one cup then add honey in it and drink it before sleeping, within 3 days it will be cured.

Throat infection:

Boil cassia (املتاس) in water and gargle with this water in morning. INSHAALLAH you will feel difference very soon.

For fever:

For vomiting: make Kehwa of mint, fennel, big cadmium and drink again and again it will immediately stop vomiting.

Constipation and haemorrhoid:

Dip and leave few figs in water over night, in morning chew and eat them and drink water after it. It is very beneficial. (Rohi Farzana, Islamabad)

Insha'Allah all your desires fulfil: the person whose desires nit fulfil he should recite يَا كَرِيمُ 11000 times daily for 7 months all his desires will be fulfil. Insha'Allah.

Tumours of throat got cured immediately:

Respected Hakeem Sahib As Slam O Alikum! In April 2012 I went to Faisalabad Naturwala Chowk market, there on book stall I saw Ubqari, on its title it was written, recite Darood Khizra and get rid of every problem, after reading that I immediately bought that magazine. Came home and read it, I love Darood Khizra that's why I bought it. When I read it I came to know that I got a treasure in my hand, I had pain in my feet, it was very difficult to walk for me, I couldn't even wore shoe, I went to market with my son on bike with lot of difficulties, since that day I regularly buy Ubqari. I try tips from it which benefits me a lot.

For my feet pain I did following act:

Recite 11 times then blew on my hands and moved hands on my back, face, and feet and also blew on my feet. Sever pain which I had in my feet been cured after doing it for few days. Apart from this I had tumours in my throat, it was written magazine that write this on stone and blow, I didn't have stones so I used to recite and blew above mentioned words on my finger tips and massage my neck. Thanks to ALLAH after doing it for few days my throat tumours were completely cured. I also have two acts which I do during trouble and I get relief. During any trouble I recite { حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ } a lot. Second act is when debt increases so much and there is no way to get rid of it then after Fajar and Magrib prayer recite 11 time Darood Ibrahim and in one breath recite 7 time { وَإِذَا بَطَشْتُمْ بَطَشْتُمْ جَبَّارِينَ }. One more act when some poisonous insect bites, then hold that place and recite above mentioned Verse 7 time in one breath, then apply saliva or blow on place of bite. Will get relief from pain after doing it for 3-5 times, also there will be no swelling. (Sugran Bibi, Saianwala)

Grumpiest person will meet with love

Respected Hakeem Sahib As Slam O Alikum! we all are very thankful to you and your Ubqari magazine due to which mankind of God is getting rid of troubles and are coming close to ALLAH سبحانه تعالى . May ALLAH سبحانه تعالى give you long life. May this organization prosperous day and night with health and Imman. Aameen! In Ubqari magazine I read { يا احد يا ودود }. Whenever I tested it and recited it grumpiest person met me with love and affection.

A lot of power in Sunnah: doctors advised me for complete sealing of teeth but after listening your Dars I started using Miswak by thinking that there is a lot of power in sunnah. Believe me! Within three four days my teeth become clean and shiny and now I also tell this act to others.

Due to your dars my heart world has started changing slowly. I request you that please pray for us that may ALLAH سبحانه تعالى make us like as HE سبحانه تعالى wants to us. (Isha Sayed)

Tested tip for cracked heels:

Respected Hakeem Sahib As Slam O Alikum! Summer is almost gone and winter is about to come. In winter biggest problem which women working in home and people working in fields face that is of cracked heels. I have tested tip due to which in coming winter none of Ubqari reader will face problem of cracked heels. Take any soap lifebuoy or any other soap which you use for bath. Cut a small piece of soap and dip it in water, after 2 hours when it get soft then make it like cream as per need add glycerin and mix it thoroughly, when it became like cream then keep it in bottle with open end, apply it twice or thrice a day on heels. Apply it before sleeping, in morning clean it thoroughly. You will see difference within two days, no matter how cracked your heels are they will become soft and clean as of a child. You can also apply this cream on hands and complete feet, it will make them soft and will also fair its complexion. Do not apply on face. My uncle who lives in Sadiqabad, he is land lord, he has to work in fields during winter, in fields of sugarcane his heels used to crack a lot now he uses this cream and has no problem. It is very easy and cheap tips. Try it and remember me in your prayers. (Madiha Aram, Bahawalpur)

Sight of Rijal Ul Gaib:

This group of favorite people is always there as per their post in every era and this will go on till the Day of Judgment. Olia ALLAH know these people by the name of Rijal Ul Gaib because they work by hiding themselves from ordinary people. They pray and they are MUTJAB UD DAWA to ALLAH and they are always busy in praying from Ummah. As per Hazrat Imam Ghazali رحمت الله عليه that any person who will recite following dua after every Namaz ALLAH will give him position of ABDAAL.

اللَّهُمَّ اغْفِرْ لِأُمَّةٍ مُّحَمَّدٍ ﷺ اللَّهُمَّ ارْحَمْ أُمَّةً مُّحَمَّدٍ ﷺ اللَّهُمَّ انصُرْ أُمَّةً مُّحَمَّدٍ ﷺ ABDAAL are blessings for everyone and who so ever pray for people they come close to him and in result he also comes close to them. (Aloom e Olia ALLAH Man Ziakr Abdal, Rijal Ul Gaib, Professor Sayed Ahmed Saeed Hamdani) (Selection: Usman Baig)

The Travellers Departed For the Journey to the Hereafter

One of the sincere benefactors of Hazrat Hakeem Sahib is Haris Saeed who lives in Malir Cantt Karachi. Regretfully, his mother passed away a few days ago after spending a long blessed life. She was quite modest, noble, sincere and hospitable and had possessed a spiritual personality and Hazrat hakeem Sahib carried out his medical practice at her home as per her wish for some time as well. May Allah Almighty bless her with the special place in His Eternal Mercy in Jannatul Firdous.

Strengthened intellect: Don't get worried of flu. It keeps you safe from leprosy. Black cumin is a cure to every disease but death. Use carom excessively, it enhances intellect.

Colours and your personality

(Muhammad Ibrahim Shah)

If you move out of the city, cast a glance at the sky, peace will penetrate deep in your mind by watching the soothing colours of sky. Just spare some time and visit a valley ripe with springs. The water is cool and sweet which boosts digestion and metabolism.

World is colourful. Nature has skillfully coloured objects around us. Visiting country side invokes appreciation for the generosity and balance nature has exhibited colouring the green fields and spectacular scenery. Colours that we give to different objects can never have the proportion that used by mother nature. If you move out of the city, cast a glance at the sky, peace will penetrate deep in your mind by watching the soothing colours of sky. Just spare some time and visit a valley ripe with springs. The water is cool and sweet which boosts digestion and metabolism. Nature exhibits its colours more vibrantly in the lush green vallies of Kaghan, Sawat, Hunza, Chitral situated in the province Khyber Pakhtunkha. Colours of nature are captivating. Colours play a vital role in our life. Colours are at show in our own body. Eyes are black and spleen, green. Around us, every thing shows a great blend of colours.

Trying to replicate the nature's beauty, human beings colour everything around them. Colorful dress, colourful walls, colourful decoration piece all are efforts to beautify everything as nature has. Colours affect health and nervous system arousing certain emotions. Some people may like a certain colour the most. Some may prefer light colours to dark colours and some may dark colours to light colours. Colours tell one's feelings. Colours are used to signify danger, peace, frustration and happiness. Some colours bear hot while some other, cold characteristics.

Man has known since very beginning that colours affect health. Light colours impart mental peace while dark colours signify energy and motion. People suffering from mental weakness, depression and fear are advised to live in the rooms painted light pink. Green colour imparts a pleasing effect to eyes besides strengthening sight. You would have noticed that sadness, frustration get swept away by strolling in garden seeing the greenery.

Red colour signifies motion and energy. Watching this colour increases blood circulation. But excessive use of this colour leads to emotional strain.

Dark blue colour induces satisfaction and superiority. You must choose the colour of your clothes in accordance to your personality. In dark coloured outfits one's physique appears lighter whereas in light coloured outfits one looks sober. For example white coloured shoes will make your feet appear larger whereas black coloured, smaller. Keeping this factor in mind slim and small people must wear light coloured outfits. People having sturdy physique must wear dark

coloured clothes, however, such people also look good in light coloured clothes. Specially white colour makes all, irrespective of gender, look good and decent.

White colour: White colour is a symbol of love and peace. Moon, moonlight and milk are white. People liking white colour maintain virtuous emotions. They bear a forbearing disposition. People liking this colour are peace loving, sympathetic and compassionate.

Red colour: This colour symbolises struggle and vigour. It also signifies love and war. People liking this colour are ambitious, energetic and hard working. This colour incites emotions. People liking this colour dislike restraints and like freedom. They remain restless and always keep planning to do something. Excessive use of this colour induces anger and deprives one of composure.

Green colour: This colour signifies unity and sanctity. Nature has widely used this colour in grass, plants and trees. People liking this colour happen to be calm, generous and steadfast.

Blue colour: This colour signifies homogeneity. It has sedative effect. Blue coloured bulbs in bedrooms make people fall asleep quickly. This colour relaxes mind. People liking this colour happen to maintain deep thoughts. Composure is an essential element of their personality which also signifies the energy hidden within them. Such people are friendly towards their relatives. They talk interesting. They trust others and are trustworthy.

Yellow colour: Nature of this colour is controversial. Some people take it as signifying utter sorry and remorse. Whereas the other school of thought take this colour as full of vibrancy and an indicator of promising future. People liking this colour stay optimistic about future and keep struggling for their uplift. Such people have what it takes to bear hardships and continuous struggle.

Black colour: This colour signifies mysteries and secrets. People liking this colour have intriguing nature. They are aspirant of exploring myths and mysteries. Such people look very calm but in fact are the most interrogative. Such people have inclination towards religion. They remain busy exploring heavenly secrets. This colour is incredibly attractive. This colour dominates every other colour.

Colours around us leave a long lasting impression on psyche, thoughts and emotions. Colour of the table you work on, dress you wear, affect your thoughts and behaviour. Such things that usually go unnoticed affect health remarkably. One gets tired and feel exhausted in an environment rich with dark colours. Whereas one works and works for hours in an environment crafted with light colours for mind remains calm.

Nip the acne in the skin: Apply a mask of gram flour (basin) on your face. Wash it with lukewarm water upon drying. In few days your skin will become clear and acne will be cured forever.

Episode 16

To recover lost thing, person and wealth – From Editor's pen

Read every month Hazrat Hakeem Sahib's words replete with unique spiritual secrets

Found lost mobile phone by the virtue of wazifa

Respected Hazrat Hakeem Sahib, Asalam Alaikum! One of my friends lives in Garhi Shahu, Lahore. Last year when he had to reach airport to leave for Saudi Arabia to perform pilgrimage, his mobile phone got misplaced in home. He had saved all phone numbers of the people of Saudi Arabia whom he might take help from in case of need. He had gone outside to buy a pair of rubber shoes from a nearby shop but when he returned he could not find his mobile phone. Everybody searched for phone here and there, they even visited the shop they had bought the shoes from, but they did not find mobile phone.

I started reciting the wazifa you once told in your lecture for retrieving the lost or stolen things, يَا رَبِّ مُوسَىٰ يَا رَبِّ كَلِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ I was confident that phone will be found. Having lost hope all started talking about buying a new phone but I kept on reciting this wazifa. While all this was taking place, a woman knocked the door of the room. She handed over the phone to my friend saying that it was placed in her room with power switched off. My friend wondered how the phone got there when he had not gone to that room. All thanked Allah Almighty. I cannot put the feelings in black and white people had undergone when the phone was not being found and upon having found the phone.

Stolen twenty two thousand retrieved after a month

Respected Hazrat Hakeem Sahib, Asalam Alaikum! I have been reading the Ubqari magazine for two years. I came and also listened your lectures in Tasbeeh Khana. Your lectures have reformed my life. By the virtue of your lectures and spiritual tonics you always talk about in your lectures, I do not fear the hardships of life anymore. You once talked about

يَا رَبِّ مُوسَىٰ يَا رَبِّ كَلِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ in your lecture. Volumes can be written on its benefits. My twenty two thousand rupees was stolen from my home. I started reciting this wazifa countless day in and day out. My maid had stolen that money. After a month she returned me the sum saying that her little daughter had mistaken the amount as counterfeit and took away for playing. During all this period I kept on reciting this wazifa with utter faith. I would say others I am confident that by the virtue of this wazifa I will find my money back. And by the blessings of His Holy name, Allah made this happen to me.

Recovered the four-years-denied amount

Respected Hazrat Hakeem Sahib, Asalam Alaikum! My mother and I avidly read Ubqari magazine. Even in the last days of month my mother starts asking for the new issue. She asks me to go to the book stall to bring the new issue. We take full benefits of the spiritual tonics written in it. My mother tells the medical and spiritual tonics to the relatives and neighbours from which they benefit a lot. Especially the *wazifa* يَا رَبِّ مُوسَى يَا رَبِّ كَلِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ read from your spiritual column resolved our four years long pending issue, we had lost all hopes about.

A man in Lahore had to pay us eight lacs which he has been denying us for four years. My mother and I started reciting this *wazifa* to retrieve the money. We had recited it for three months when we received a phone call from that person. He asked me to visit him as he wanted to give us our money. I was astounded having listened to him. Moments later, when I restored myself, I told it to my mother. Tears popped up in her eyes out of utter thankfulness. Next day, I set off for Lahore to visit him. That person honoured me and returned my money back.

The kidnapped nephew recovered by the virtue of *wazifa*

Respected Hazrat Hakeem Sahib, Asalam Alaikum! May Allah Almighty bless you and your generations to come. Ubqari is a beacon of hope in these days. It illuminates millions of homes every month. The spiritual tonics and prayers it is replete with become a shoulder for many to rely upon. We tried the *wazifa* يَا رَبِّ مُوسَى يَا رَبِّ كَلِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ published in your spiritual column, "To recover lost thing, person and wealth" to get our abducted nephew back. We started reciting this countlessly day in and day out. Every member of our family would recite this. It was fourth month to us reciting this *wazifa* when they released our nephew. Thanks to Allah, he was safe and sound and returned home without having us to pay any ransom.

We regularly use *Rohani Phaki* and *Satar Shifayein*. These tonics keep blood pressure normal. These are quite useful tonics.

Let us use and diffuse tonics

Respected Hazrat Hakeem Sahib, Asalam Alaikum! I read a tonic in a book to remain all the time fresh and energetic. I regularly do this practice when going to bed and remain fresh and energetic for the next whole day. I do not feel lethargic and feel myself as light as feather. If one does a light massage of his body before going to bed and takes a bath in morning. Not only he will enjoy a peaceful sleep but also a day full of work and energy.

(Muhammad Murtaza Mehdi)

Tonics' town in Ubqari

Send your contributions for this section

Readers! Most of the times when expensive medication for complex diseases become futile, tiny tonics, usually ignored, come in and do the trick. Readers! Write in the tonics you have heard, read and tested. Ubqari has created a fresh new place for such tonics so that people could benefit from.

Note: Write in the tonics that do not employ medicine. And please avoid copying the tonics from books. Do write the time tested tonics that you carry in your chests.