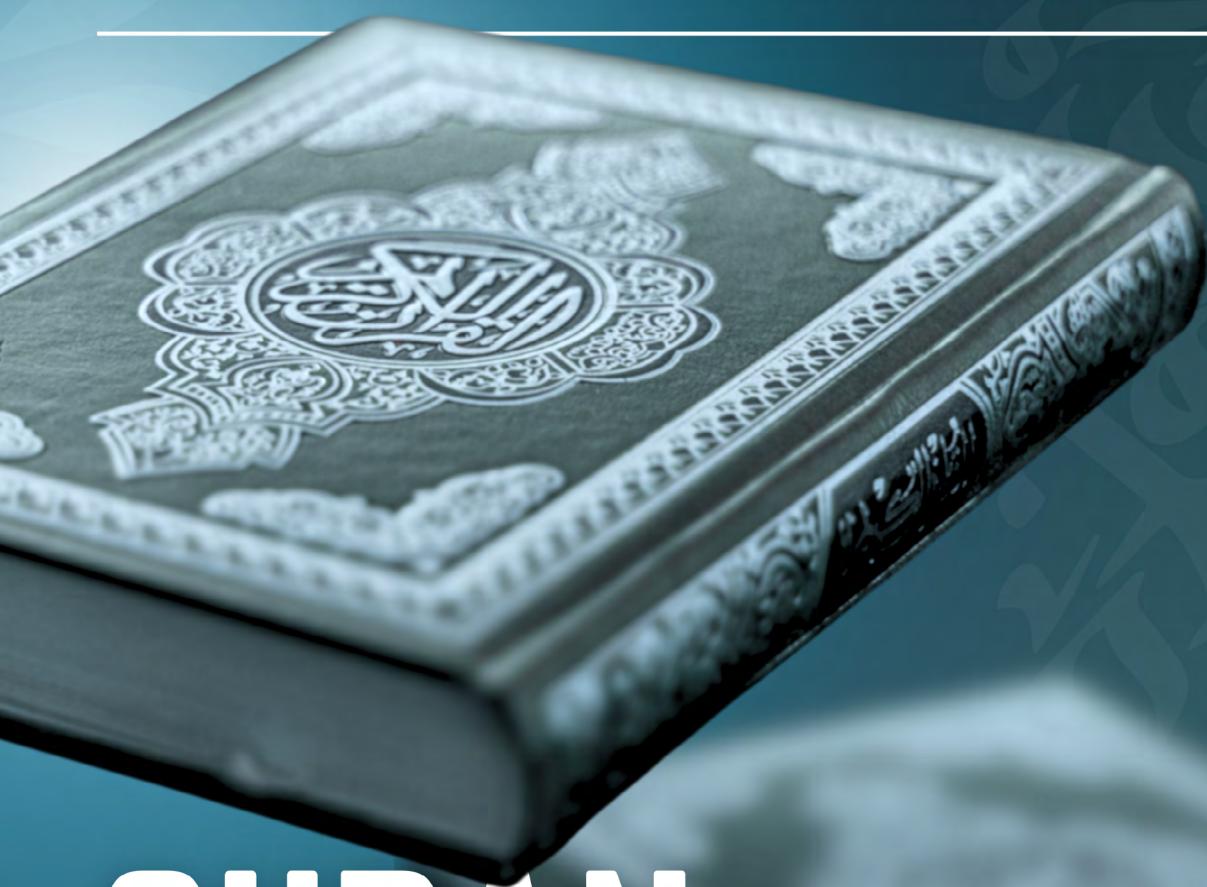


AN NIDA



QURAN

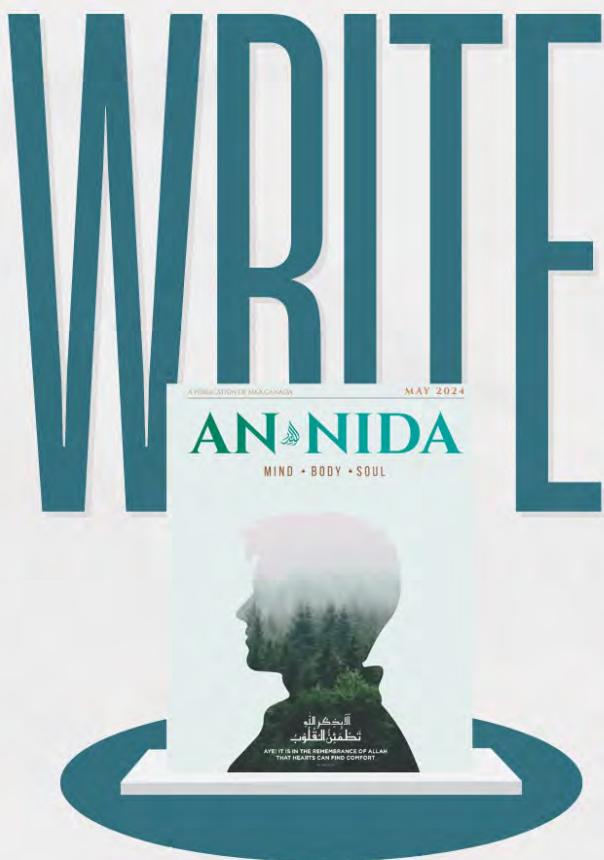
Scientific Miracles of Quran

Alzheimers Disease, a sign from God

Also, Effect of Honey on Human Health

The Infinite vs. The Finite: Why God Needs No Creator

Are you where you want to be? New year new me



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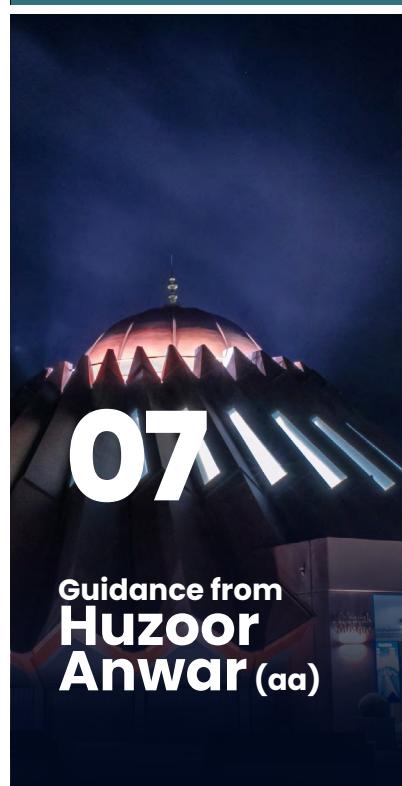
Holy Quran



Hadith



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HOLY QURAN

أَفَلَمْ يَتَدَبَّرُونَ الْقُرْآنَ ۖ وَلَوْ كَانَ مِنْ عِنْدِ
غَيْرِ اللَّهِ لَوَجَدُوا فِيهِ اخْتِلَافًا كَثِيرًا
⑧٣

“Will they not, then, ponder upon the Qur'an? Had it been from anyone other than Allah, they would surely have found therein many contradictions.”

An-Nisa' : 83

HADITH

اقْرَءُوا الْقُرْآنَ فَإِنَّهُ يَأْتِي يَوْمَ الْقِيَامَةِ
شَفِيعًا لِأَصْحَابِهِ

**“Recite the Qur'an, for on
the Day of Resurrection it will
come as an intercessor for
those who recite It.”**

Sahih Muslim 804a

EXCERPT

PROMISED MESSIAH

الْمَسِيحُ الْمُسْتَمِحُ

“Be alert all the time and do not take a single step contrary to Divine teaching and the guidance of the Qur'an. I tell you truly that anyone who evades the least one of the **700** commandments of the Qur'an, shuts upon himself the door of salvation. The ways of true and perfect salvation have been opened by the Qur'an and all the rest is its reflection. Therefore, study the Qur'an with care and hold it very dear with a love that you have not for anything else.”

(Essence of Islam - vol. 1, p. 400)





GUIDANCE FROM
HUZOOR ANWAR

MAY ALLAH BE HIS HELPER

“In the very first chapter of the Holy Quran, Allah the Almighty has proclaimed that He is the **‘Lord of All the Worlds’**, Who provides for and sustains all mankind. This means that God is the Provider and Sustainer of all people, irrespective of their faith or beliefs. Due to the grace and benevolence of God Almighty, even those who deny His existence or have no religion are reaping the blessings and fruits of this world.”

A Message for Our Time, p. 62

SCIENTIFIC MIRACLES OF QURAN



The Holy Quran, sent from our Creator to guide mankind to the right path, is without doubt. When we dive into the text of this Holy Book, the words "there is no doubt in it" become more and more evident.

As we explore the numerous miracles of this text of divine origin, we grow increasingly submissive to its authority. The Holy Quran as a whole is a great miracle, and in it, there are many more miracles that unveil the infinite wisdom of The Holy Quran. The Holy Quran is not just a book of laws for a civilized society, but is also a book that touches upon the natural laws that our Creator has put in place.

Dementia/Alzheimer's disease

Dementia is a general term for a group of symptoms that indicate a decline in memory, thinking, and reasoning abilities. Alzheimer's disease is a brain condition that slowly damages your memory, thinking, learning, and organizing skills. It's the most common cause of dementia. The Quran mentions this and also mentions the fact that this doesn't affect everyone.

وَاللَّهُ خَلَقَكُمْ ثُمَّ يَتَوَفَّكُمْ لَا وَمِنْكُمْ مَنْ يُرِكُّ الْأَرْضَ إِذَا أَرَدَكُمُ الْعُمُرُ لَكُمْ لَا
يَعْلَمُ بَعْدَ عِلْمِ اللَّهِ شَيْئًا إِنَّ اللَّهَ عَلَيْهِمْ قَوْيٌ^④

And Allah creates you, then He causes you to die; and there are some among you who are driven to the worst part of life, with the result that they know nothing after having had knowledge. Surely, Allah is All-Knowing, Powerful. (16:71)

The part of the verse, "There are some among you who are driven to the worst part of life, with the result that they know nothing after knowing," shines light on the fact that, as the natural law of Allah dictates, some of us will be brought to a time where we don't



remember much. This is a sign of not only the existence of God but the truth of Islam.

Honey

The Quran also shines wisdom on various aspects of the human experience. More amazingly, the Quran, without any modern scientific technology, describes the antibacterial and healing effects of honey.

Bernardus Adrianus van Ketel is the scientist credited with penning the antibacterial and healing properties of honey in 1892, twelve hundred years after the revelation of the Holy Quran. In the

paper “**A Comprehensive Review of the Effect of Honey on Human Health**,” Marta Palma-Morales, Jesús R. Huertas, and Celia Rodríguez-Pérez state that honey possesses antioxidant, anti-inflammatory, and antimicrobial properties, mainly due to its content of phenolic compounds. The review details various health benefits, including the reduction of cough, acceleration of wound healing, and improved glucose tolerance. The authors highlight that the benefits of cardiovascular risk factor improvements are observed in both healthy people and diabetic subjects, with effects being dose-dependent. Additionally, they note improvements in mucositis and a decrease in weight loss in patients with leukemia and head and neck cancer.

The Quran explains:

وَأَوْحَى رَبُّكَ إِلَى النَّحْلِ أَنِ التَّخْذِي مِنِ الْجِبَالِ بُيُوتًا وَمِنِ السَّجَرِ
وَمِمَّا يَعْرِشُونَ ^{١٦}

ثُمَّ كُلِّي مِنْ كُلِّ الشَّمَرَاتِ فَاسْلَكِي سُبْلَ رَيْكِ دُلْلَا. يَخْرُجُ مِنْ
بُطُونِهَا شَرَابٌ مُّخْتَلِفٌ أَلَوَّنَهُ فِيهِ شَفَاءٌ لِّلنَّاسِ إِذَا فَيْدَكَ لَكِيَّ
لِّعَوْمِيَّةِ فَكُرُونَ ^{١٧}

And thy Lord has inspired the bee, saying, ‘Make thou houses in the hills and in the trees and in the trellises which they build. – Then eat of every kind of fruit, and follow the ways of thy Lord that have been made easy for thee.’ There comes forth from their bellies a drink of varying hues. Therein is the cure for men. Surely, in that is a Sign for a people who reflect.

(16:69-70)

What a miracle! “**Therein is the cure for men.**” Man discovered the medicinal properties of honey in 1892, while God unveiled this truth for the benefit of mankind over 1400 years ago!

The miracles of the Quran are discovered time and time again as we

explore and understand our universe. We are, and will continue to stand in awe at the explanation of them in the Holy Quran’s



divine text. The Quran is a light not just of spiritual enlightenment but of scientific enlightenment as well. It holds many secrets, and through prayer, patience, and persistence, one can discover them and show the world the truthfulness of Islam. The Quran is a treasure chest full of miracles, it is the ever-truthful and beautiful words of Allah. There is no doubt in it.

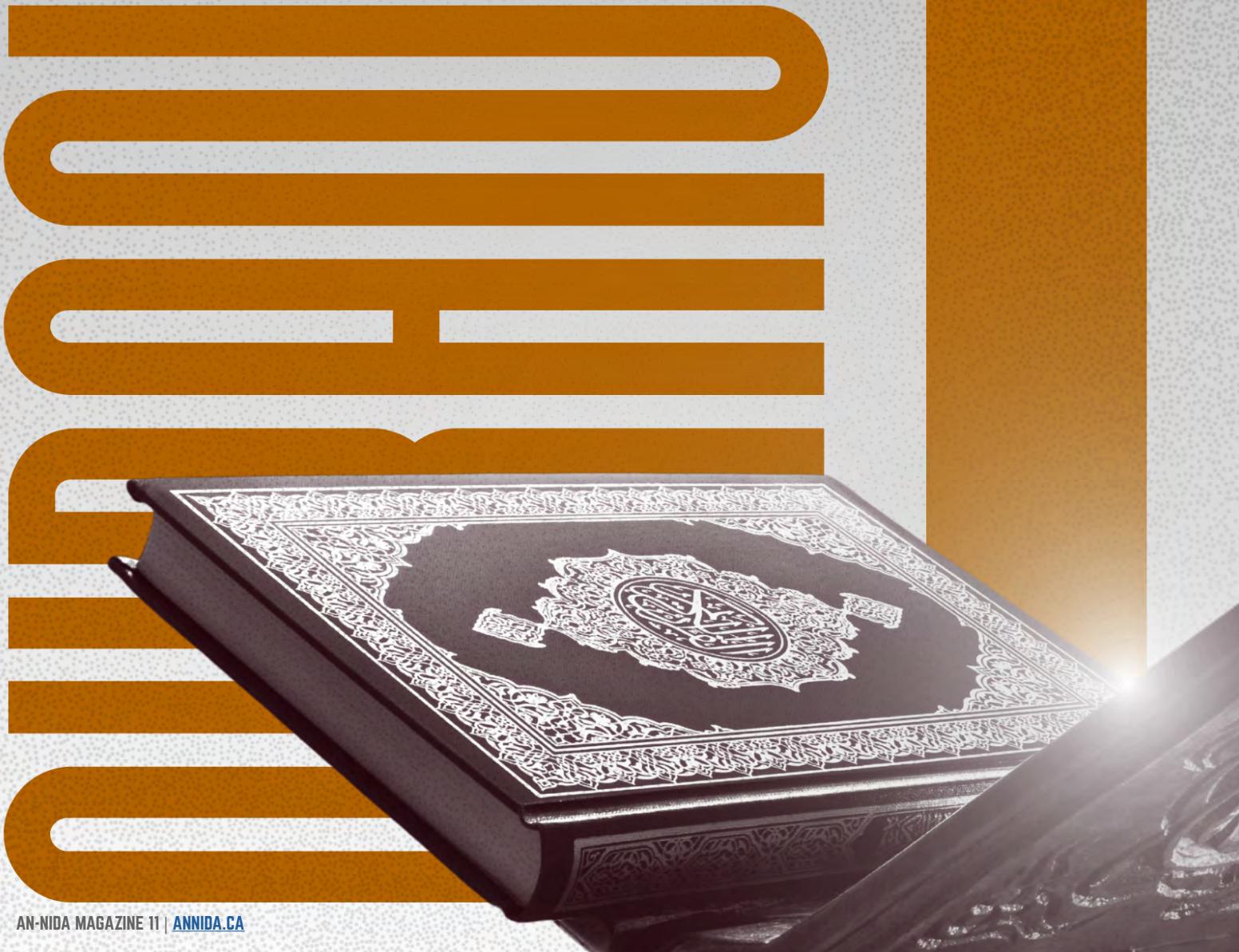


**By Sherjeel Muzaffar
6th Year Jamia Student**

PROMISED MESSIAH^{AS} STATES:

"When I reflect upon the Holy Word of God, I find that in its teachings it seeks to reform the natural conditions of man and to raise him step by step to higher spiritual levels. In the first place God desires to teach man the elementary rules of behavior and culture and thus to change him from the wild condition of animals, and then to bestow upon him from the elementary moral conditions which can be described as culture or civilisation. Then He trains him and raises him from the elementary moral conditions to a high moral stage."

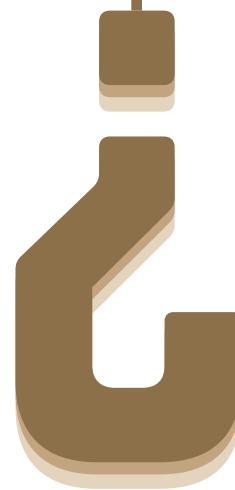
Ruhani Khaza'in, Vol 10, p. 324





WHO CREATED GOD?

By Ibn Ahmad



The Infinite vs. The Finite: Why God Needs No Creator

If everything in the universe and beyond was created by a God, then who created God? After all, everything, living or non-living, has a beginning and an end. But what about God? Furthermore, does God get bored? What's His purpose? What did God do before He created us? These are questions that we as muslims are often asked by atheists, and they have a surprisingly simple answer.

We as muslims ofcourse know that nobody created God as He Himself states:

لَمْ يَرْدَدْ وَلَمْ يُوْلَدْ
“He begets not, nor is He begotten;”
(112:4)

But how can we explain this concept to someone who doesn't believe in God? It's simple: Only finite entities require creation because they are limited. God, an infinite being, does not require creation because there is no

way to define His limitations. In other words, there is no fathomable reason for God to be created. Take a plastic bottle for example; someone made it, it serves a purpose, and it has a

limited. God however is infinite in every way, therefore we are bound by the knowledge He bestows on us to understand Him. Imagine this: you can draw a picture of a water bottle, but can you draw God? And if you did, then it wouldn't be god, because a picture is limited.

This is why God states in The Holy Quran:

قُلْ لَوْ كَانَ الْبَحْرُ مَدَّاً لِّكِيلِمِتْ رَبِّي لَنَفِدَ
الْبَحْرُ قَبْلَ أَنْ تَنْفَدَ كِيلِمِتْ رَبِّي وَلَوْ جِئْنَا
بِمِثْلِهِ مَدَّاً

“Say, ‘If the ocean became ink for the words of my Lord, surely, the ocean would be exhausted before the words of my Lord came to an end, even though We brought the like thereof as further help.’”
(18:110)

beginning and an end. However, an infinite being doesn't need any explanation for its existence. Why? Because when we explain why something is created, we are expressing its limits. God is infinite and therefore has no limits. Someone can write every little detail about a water bottle because everything about it is

“Say, ‘If the ocean became ink for the words of my Lord, surely, the ocean would be exhausted before the words of my Lord came to an end, even though We brought the like thereof as further help.’”
(18:110)

Another proof lies in the infinite regress argument. Everything,

every being has a cause. That cause also has a cause, and ultimately at the end of this string of causes there must be an infinite being. Hazrat Masih Maud (as) beautifully explained:

"Humans are created from a droplet of sperm, and sperm is produced by consuming food, and food is grown from the soil, and how is soil produced? If someone were to say that soil has always existed since the beginning, this would be false, because only

such a thing may be described as existing independently by itself which does not depend on anything else in any circumstances."

(Early Writings, pg 73)

If God is the necessary existence that can sustain the existence of everything else, then He cannot be created.

To conclude, the question "Who created God?" only arises when we try to measure the Infinite

with the standards of the finite. Our minds are trained to see beginnings and endings, causes and effects, yet God exists beyond these limitations. He is the First without beginning and the Last without end. The moment we try to fit Him into the framework of created things, we stop speaking about God altogether and begin speaking about something limited, something definable, something that is no longer divine.

"He begets not, nor is He begotten,"

(112:4)

NEW YEAR NEW ME?



BY IBRAHIM AHMAD
4TH YEAR JAMIA STUDENT

LOOK AT YOURSELF, ARE YOU WHERE YOU WANT TO BE? ARE YOU SUCCEEDING IN YOUR AMBITIONS? OR SIMPLY GETTING BY?

WOULD YOUR YOUNGER SELF BE CONTENT WITH YOUR CURRENT STATE?

If the answer is **no**, then ask yourself why? What am I doing wrong? You have the answer, but I doubt you like it. Usually the answer isn't something we want to hear, because it compels us to change something. The realization compels us to put in effort and hold ourselves accountable. Who likes doing that? I'd much rather consider myself perfect and live happily ever after.

بِكُلِّ إِنْسَانٍ عَلَىٰ نَفْسِهِ بَصِيرَةٌ ۝
وَلَوْ أَلْقَى مَعَذِيرَةً ۝

"Nay, man is a witness against himself, even though he puts forward his excuses."

(Qur'an 75:15-16)

But one doesn't grow or improve in any field by remaining idle. If you want change, whether it be in yourself or in your environment, you'll have to do something to make it happen. It's not just going to happen overnight. As muslims, as khuddam, we must strive day and night towards self-improvement. Whether we like it or not.

The new year is starting soon. Your friends and acquaintances are planning parties and how they're going to celebrate. You're contemplating whether or not you wanna go, one party couldn't possibly hurt, right? After all, what better way to start the new year? But ask yourself, what will that do? What will that achieve? You wanted change. Ask yourself,

if your future self, maybe ten years from now, had the same daily routine that you do now, would you be happy? Would you be satisfied with the progress you have made? Progress doesn't begin tomorrow, it begins today. The Best of all planners Himself states:

وَلَا تَقُولَنَّ إِلَّا نَحْنُ فَاعْلَمُ بِذِكْرِ عَدَدِهِ ۝
"And say not of anything, 'I am going to do it tomorrow,'"

(Qur'an 18:24)

Decide on what you want, on what you want to improve on. Is it your relationship with God that you want to improve on? Do you want to follow the teachings of the Quran? Do you want to follow the footsteps of the Holy Prophet Muhammad (sa), the perfect man.

This is a mere reminder of our responsibilities as Ahmadi Khuddam. Reflect upon what you lacked in the previous year, what did you not give your attention to when you knew you should have? What did you neglect? What promises did you make to yourself and then break? How many times did you say you were going to lock in, and then go back to slacking off when the motivation died down?

Our beloved Imam (aa) constantly reminds us:
"The majesty of a true believer is not only to express despair over such worldly activities

but also to conduct a self-audit and evaluate the year that has passed. What have we earned and lost through this year? Will the true believer evaluate the year through a worldly lens or will it be through religious and spiritual perspective? And if it has to be on the spiritual scale then need to look into the standard of it so that it can truly reveal what has been lost and what has been gained."

(Beloved Huzoor, Khutbah Juma'ah, Dec. 30, 2016)

Be real with yourself. Someone who sleeps at 1 or 2 am isn't going to wake up for Fajr every day. Someone who doom-scrolls on their phone whenever they have free time isn't going to excel in his respective field.

After you have reflected on the past year and spotted your weaknesses, you might be overwhelmed, and that's ok. Figure out what you want to fix first and just focus on that. Getting discouraged is going to take away from the motivation you have. And tackling everything at once is going to burn you out, and then you will start despising the things that are good for you. God, The All-Merciful, The All-Forgiving reassures his servants:

إِنَّكُمْ بُشِّرُوا بِمَا تُنْهَىٰنَّ عَنْهُ نَفْرُ عَنْكُمْ سَيِّئَاتُكُمْ وَنُذَّلِّكُمْ
مُذَلَّلًا گریماً (۴:۳۲)

"If you keep away from the more grievous of the things which are forbidden to you, We will remove from you your minor evils and admit you to a place of great honour."

(Qur'an 4:32)

The next step is making a realistic plan. Don't just visualize it, write it down, keep track of your progress, and be honest with yourself

about your progress. If you're ashamed or embarrassed by your results, use it as motivation to improve. Remember that feeling and work to never feel it again.

The last step is the hardest: sacrificing the things that get in your way. This includes people, your phone time, bad food, and whatever else you hold dear but know isn't good for you. Make the hard decision and see how far that will take you, or stay in the same place.

Getting support from those around you is a great way to keep consistent. Find those who truly care and ask them for help when you need it.

Partying and the life of this world is more appealing than it has ever been before. If God truly loved us, why did he forbid us from such a thrilling experience? Why can I not party on the weekend occasionally? We believe God to be the All-Loving, do we not? Then how could He prohibit something that was good for us? The truth is simple: the world is made to look beautiful to test us, for there is nothing praiseworthy or noble in leaving something that you aren't attracted to in the first place.

So put the phone down and work towards the future you, the better you. Don't let this coming new year, this fresh, clean sheet, be the same as the last. Pray that Allah makes you a capable servant of Khilafat and a good Muslim. Ameen.

**THERE IS NOTHING PRAISEWORTHY OR NOBLE IN
LEAVING SOMETHING THAT YOU AREN'T ATTRACTED
TO IN THE FIRST PLACE.**

من جد وجد
ومن زرع حصد

**WHOEVER STRIVES
SHALL FIND**

**WHOEVER SOWS
SHALL REAP**

ARABIC PROVERB



“ALL GOOD IS CONTAINED IN THE QURAN

“All good is contained in the Quran. This is the truth. Pity those who favour anything besides it. The fountainhead of all your prosperity and salvation lies in the Quran. There is no religious need of yours which is not fulfilled by it. On the Day of Judgement, the Quran will confirm or deny your faith. There is no other book beneath heaven besides the Quran, which can directly guide you. God has been most beneficent towards you in that He has bestowed upon you a book like the Quran.”

Hazrat Masih Maud^{as}
(Our Teaching, pg 21)

سُكُون



Verily, We Ourself
have sent down
this Exhortation,
and most surely
We will be its
Guardian.

