

## Newsletter

Volume 2 Issue 7

July 2016

### Imam's Corner

At some point in the early history of Islam, the focus of Islamic practice shifted from the inner to the outer, from the spiritual to the formal.

Yet with the advent of the Information Age and the universal access to knowledge now available to all, thankfully this is changing. Not only are non-Muslims becoming better acquainted with the truth and reality of Islam, embracing the Path in increasing numbers despite the proliferation of overwhelmingly negative media coverage, Muslims themselves are beginning to rediscover the deeper dimensions of their spiritual heritage and again recognizing Islam as a uniquely powerful path to spiritual enlightenment and human excellence.

And the subject of meditation in Islam is now one of paramount importance, for through Islamic Meditation, which can also be referred to as *dhikr*, or divine remembrance, a spiritual seeker can ultimately transcend the self, the ego-mind, the *nafs*, and so awaken to the grand and imminent presence of God. In other words, meditation, particularly within the Islamic context, is withdrawing attention and focus from the outer external world, from *dunya*, and from the ego-mind to the essence and divine spirit otherwise veiled by the superficial world of forms and appearances.

By mastering meditation in Islam and the art of *dhikr*, a Muslim can attain sublime levels of inner peace and naturally attract divine grace, *barakah* and bounty.  
[www.islamicrenaissance.com](http://www.islamicrenaissance.com)

**Community Night of Power (Lailul Qadr)** Observance will be Friday, **July 1<sup>st</sup>**.

**Eidul Fitr Festivities:** To be held at **Rohr Park Bonita**, California on Thursday, on **July 7** from 1:00pm to 7:00pm.

**Eidul Fitr Breakfast:** Will be **either July 4<sup>th</sup>** at Mimi's Restaurant in Mission Valley (5180 Mission Center Road, San Diego, CA) **or July 5<sup>th</sup>** at IHOP in National City (1430 Plaza Blvd), **or July 6<sup>th</sup>** 9:30-1:00pm at IHOP San Diego, 5851 University Ave. Any questions please contact Sister Salaamah @ 619-656-5332

### بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Surah ar-Rad (Holy Qur'an 13:27-29)

وَيَقُولُ الَّذِينَ كَفَرُوا لَوْلَا نُزِّلَ عَلَيْهِ آيَةٌ مِّن رَّبِّهِ قُلْ إِنَّ اللَّهَ يُضِلُّ مَن يَشَاءُ وَيَهْدِي إِلَيْهِ مَن يُنَابِ

Allah guideth unto Himself all who turn unto Him, they who believe and whose hearts seek rest in the remembrance of God. Verily, in the remembrance of God do hearts find rest! For those who believe and do good, joy is for them and bliss their journey's end." —

### Weekly Calendar

- Jumua Prayer** – Fridays at 1:00 PM
  - Taleem Service** – Sundays at 1:00 PM
  - Intermediate Qur'anic Arabic Class** – Mondays & Tuesdays at 6:30 – 7:00 pm
  - Islamic Studies Conference Call** – Sundays at 8:30 AM dial-in info (605) 562-3140 Access Code 684012#
  - Taqwa Feed the Homeless** – Last Sunday of each month at 10:00 AM join the believers in feeding the homeless.
  - Muslim Women of Masjidul Taqwa** – 1<sup>st</sup> and 3<sup>rd</sup> Sundays at 11:30 AM
  - "The Reading"** – Thursdays at 7:00
  - Sunday: Dhikr Circle and Sharing** Ibrahim Fardan and guests for a special Zikr Circle and Sharing Sunday, from 5:00pm to 6:00pm
- \*\*\*\*\*

### Ramadan Mubarak!

**Eid ul Fitr Celebration Donation**  
**\$30 Family \$20 Single**

Please pay before Eid. This is the money for the feast. Thank you!

**Zakat-al-Fitr**  
**\$10 per Family member**

Article submissions, announcements, opinions, thoughts or news: email to [publicity@masjidultaqwasandiego.org](mailto:publicity@masjidultaqwasandiego.org) or call Hajar Young 404-438-1991

## German New Medicine (GNM)

**Hakim Alaji**

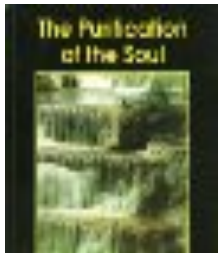
There is a new medical model coming out of Germany which says diseases like cancer are not just the result of diet, genetics, and environmental toxins. GNM practitioners are taught disease is the result of unexpected trauma which registers on the psyche, a particular part of the brain, and in an associated organ or part of the body. The body then starts an automatic specific response (disease) associated with the trauma. To cure the disease the patient must resolve the trauma. When the trauma is resolved, the body starts an automatic healing process.

At first glance, you would think that this concept is new. If you carefully examine what traditional practitioners, shamans or witchdoctors, do for their patients, you can see many similarities. The patient comes to the shaman with a complaint. The shaman prays for guidance, asks about the problem and the family or group the patient is associated with. Based on what he learns, the shaman cleans the patient's spirit, works with his mind, and recommends things for the body. The shaman gives advice on which prayers or compensating acts to do, what to eat and which herbs to take, and how to approach members of the patient's family or group.

For GNM and traditional (holistic practitioners and shamans) doctors, there is similarity. Treat the spirit. Treat the mind. Treat the body. Let nature take its course.

**For those of us who have chronic (long standing) diseases, it may be time to find the trauma which started the process, pray for forgiveness and correction, eat natural foods, and fix your relationships.**

## Book of the Month



**Purification of the Soul by Ahmad Farid**

A good read that discusses: Sincerity, the nature of intention, the types of heart, the four poisons of the heart, seeking Allah's forgiveness, supplication, praying at night, love of Allah, hope in Allah, fear of Allah and much more.

Those who wish to start a health group at Masjidul Taqwa, contact Bro. Ali Hassan

**Astaghfirullah (Al-'Athim)  
I ask Allah (The Almighty) for forgiveness.**

**Pray for the Deceased**

## Inner certainty

"...I realized energy is not physical. It comes from the spirit. The spirit once fertilized produces power. That power makes us greater than ordinary human beings. You don't need melanin in your pineal gland. If you want power, it comes from a real awareness of the real power that lies in the universe...That kind of spiritual power is as real as physics. Just as you can have atoms which are the physical block of the universe, there is the inner atomicity of the spirit. Without that spiritual force a thing has no shape. It's just atoms. A star is not as great as a man, because a star is just a mad wild blast, an explosion of energy...[Egyptians] had a different kind of thinking. Today, you have this lose of inner power, this lose of inner certainty..." Dr. Ivan Van Sertima

## Feed the Homeless

**Last Sunday of each month**

Join Masjidul Taqwa as they fulfill Allah's command to feed the hungry.

**Quran 76:8-9**

"And they are those who give food in spite of their own needs, to the needy, and orphan, and the captive (saying in their hearts), "We only feed you for the sake of Allah, and we desire nothing in return from you, not even a word of thanks".

\*\*\*\*\*

[www.masjidultaqwasandiego.org](http://www.masjidultaqwasandiego.org)

Masjidul Taqwa is a non-profit 501(c)3 religious organization. Your donations and charity are tax deductible. To volunteer time please contact the masjid at (619)239-6738.



## Advertisements

Buy **Muslim Journal** at Masjidul Taqwa every Friday after Jummah. See Brother Bakir or call (619) 277-9056

**Natural Healing** . Certified Massage Therapist, Stress Management Consultant. Hajar Young  
404 438-1991.[www.hajarnaturalhealing.com](http://www.hajarnaturalhealing.com)

**Qurans on Sale:** Arabic-English Qurans are on sale in the Treasurer's office. Purchase one for your family or a friend.

## Announcements

**Sick and Shut In  
Please make Dua and Pray for  
Marion Rasheed  
Naim Muhammad  
Doug Ahmed  
Mahasin Maliki  
Shahidah Madyun**