



proclaim !

NOW THAT YOU ARE MUSLIM



Prepared for proclaim!
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All praise is due to Allah, Lord of the Worlds, the Most Gracious the Most Merciful. Peace and salutations on the final prophet of Allah, Mohammed, the best of examples for us.

Congratulations! Welcome to the brotherhood of Islam. You have been chosen by Allah and now the gates of Heaven have been opened to you. What you do from now on determines where you would like to be in the hereafter. The Prophet (peace be unto him) has informed us that when we accept Islam, “ALL OUR PREVIOUS SINS HAVE BEEN FORGIVEN” (sahih Muslim). This means that we have been granted a second chance to make all things right.

We must strive to attain the highest levels of paradise so that we may be in the company of Allah the Almighty and the prophets (peace be upon them all). Attaining Allah's pleasure and securing Paradise is the reason we have been working so hard in this world. We must not allow shaytaan to overpower us. He is weak and we have the power to remove him from our. Shaytaan has been our SWORN enemy ever since the creation of man and now that we want to worship Allah he will try even harder to turn us away. We must at all times keep strong and make dua that Allah keeps us on the straight path, ameen.

Sins are what removes us from heaven and casts us into hell. There are major and minor sins and we must be aware of what they are. Each person is responsible for his own actions and when he sins he must be quick to repent. We do not want to die whilst our sins shadow us. When we harm another human being or creature, we commit sin. Repentance would include asking that person for forgiveness and also repenting to Allah for our crime. Sins would include disobeying Allah, joining partners to Him and belief in false gods, consuming haram foods, being dishonest, fornication, murder, theft, homosexuality, gambling, not praying on time, witchcraft, dealing in interest, giving false testimony, not paying zakah (charity) when it is due, not fasting in Ramadhan, disobeying ones parents, oppressing others, committing suicide and giving or receiving a bribe. We must be conscious of our actions and avoid sin at all costs.

Some of our faults are more difficult to abandon but we must make a concerted effort to put it behind us as we have embarked on a new journey now. You will note that it is sins which destroy a person, his family and the society. By removing any of these sins from your life you will live a more satisfied and peaceful life. Ameen.

When you accept Islam then all your previous sins are automatically forgiven and not only is the old book of bad deeds permanently destroyed but it is replaced by a new fresh clean book.

and also to turn to Allah for forgiveness.

You have just embraced the religion of Islam which comprises the most perfect way of life given to us by the most Perfect, Allah the most Gracious, most Merciful as emulated by the final prophet (peace be upon him). Islam comprises our everyday work ethics, our family and political affairs, our business relationships and in short, is a complete and perfect way of life.

This book is a basic guideline about some of the key issues a new muslim must be aware of. Even though you have just accepted Islam and will still learn many things, try to adhere to these basic rules to ensure that there is no regrets about any mistakes. Allah is the most Merciful and every human being makes mistakes. It is only because of His Mercy and Forgiveness that we are Muslims today and must remain grateful to Him always for allowing us to worship Him in the way that He wants us to.

Sometimes these advices may seem overwhelming, but they are meant to assist and simplify. Try to learn a little every day and implement it. Start with the easy and basic requirements before you embark on the more tedious tasks. Be positive and be aware that Allah has chosen you from many and will guide you to the truth as long as you persevere.

1. FOOD

HALAAL: Food and drink that is permissible to consume.

HARAAM: Food and drink that is impermissible to eat.



Our purity must be both inward and outward and we need to maintain a high level of cleanliness as we pray 5 times a day and are required to be clean and pure when praying. We must therefore be conscious of what we consume.

As a Muslim it is important that you consider the meat that you eat should be purchased only from halaal suppliers. Many of the supermarkets do sell halal meat and look out for the Halal logo on products. If you are unsure ask a Muslim to help you or better still purchase meat from Muslim butchers.

Be very careful about the food that you already have in your fridge. Is there any product that may contain pork or any meat that has not been slaughtered in accordance with Islamic requirements? Any food item containing non-halal meat or alcohol must be disposed of.

Permissible and common to eat are chickens, sheep and goats and cattle. All must be slaughtered by saying Bismillah Allah u Akbar at the time of slaughter.

All alcohol is forbidden, even in small quantities. Thus, any dish or dessert containing even a small amount of alcohol is contaminated and impure. Adding any alcohol to food makes the food haram also. Any types of drugs and intoxicants are also haram.

All fish dishes that does not contain alcohol is acceptable for consumption.

Before we eat we must wash our hands and then invoke Allah's name and say: In the name of Allah or Bismillah. After we eat we thank Allah and say Alhamdulillah.

We wash our hands before eating, sit and eat and eat with our right hand. We wash our hands when we are finished eating. If it is easy then you must use your hands to eat rather than a fork.

2. CLEANLINESS

Muslims must remain clean and pure at all times. This is not only in what we consume but also our external and physical self. We must make sure all clothes that we wear are clean and free from any impurities like urine or faeces from both human and animals.

Our external cleanliness is a reflection that we intend cleansing ourselves internally. We wear our clean clothes when we go to masjid and pray. On a jumua (Friday) and Eid we wear our best clothes to the masjid. Best is not new. It is the nicest clothes that we own.

Our clothing must also cover our private parts properly. For men, his clothing must cover the area between the navel and the knees. For females, her whole body except for her face, hands and feet must covered.

When we use the toilet we need to use water also. We should sit when using relieving oneself. If for any reason urine does spill on our clothes or body, we should wash it off immediately at least 3 times. Using water when washing

ourselves makes sure that all urine is drained out and that we do not spill any urine on our clothes. Use your left hand only for cleaning your private parts. Washing your hands after using the toilet is equally important.

Avoid contact with dogs or with anybody or anything that has any impurity.

We should at all times maintain our cleanliness to ensure that our prayers are valid. Once we become used to being clean and pure we will find that any other option does not appeal to us.

3. WUDHU (ABLUTION)

Before you pray your salah it is obligatory to ensure that you are in a state of purity. This includes performing ablution or washing yourself externally first. A person must try to keep himself in wudhu as it readies him also for other worship like reading quran or praying salah for a dead person.

If you are in need of an obligatory bath then wudhu alone will be insufficient and you take a bath instead.

Wudhu should preferably be done at home without wasting water. It is from the Sunnah of the prophet (peace be unto him) that he would take this wudhu at home. We should endeavour to do this to try to achieve maximum benefit of the salah.

It is not necessary to make fresh wudhu for every prayer. If a person is sure that he still has his wudhu he may continue to his prayer without making a new wudhu.

It is important that the wudhu is done correctly as an incorrect wudhu can lead to a nullification of prayer.

METHOD

a. Say Bismillah

b. Wash your hands up to the wrist three times;

c. Rinse his mouth and nose three times;

d. Wash his full face three times;



e. The right arm three times and then the left until the elbow;



- f. Pass your hands once over your head and around and in your ear;



- g. Wash your feet three times up to the ankles, right and then the left not neglecting to wash between the toes.

- h. Say Alhamdulillah.

A person's wudhu will break when:

- He passes wind;
- Falls into a deep sleep;
- Uses the toilet;
- Vomits a mouthful;
- To faint;
- Getting drunk or taking alcohol or drugs.

4. BATHING (GHUSL)

A person must always be free from any impurities and must take a ritual bath when necessary. Ritual bathing is required to be done after sexual intercourse or contact with all major impurity. If in doubt it is preferable to take the bath.

Ghusl is also required after menstruation or childbirth. Ghusl is also performed on the deceased body before it is shrouded and buried.

It is important that the ghusl is done correctly as this determines whether we have actually relieved ourselves from impurity.

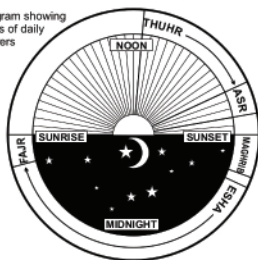
METHOD

- | | |
|----------------------------|--|
| a. Say Bismillah | d. Make wudhu; |
| b. To wash his hands; | e. Wash his full body completely starting with right head and shoulders then left; |
| c. Wash the private parts; | f. To say Alhamdulillah. |

5. PRAYER (SALAH)

Prayer is required 5 times a day. There is no excuse for missing a prayer and this is an important aspect of Islam that can't be ignored. (Good apps are available to assist with prayers timings in your area). Men must try to pray their salah in the masjid.

Diagram showing times of daily prayers



Fajr prayer is just before the sun rises from when the first light appears but no sun is visible to the eye and it ends at sunrise. Fajr is 2 rakahs (2 units).

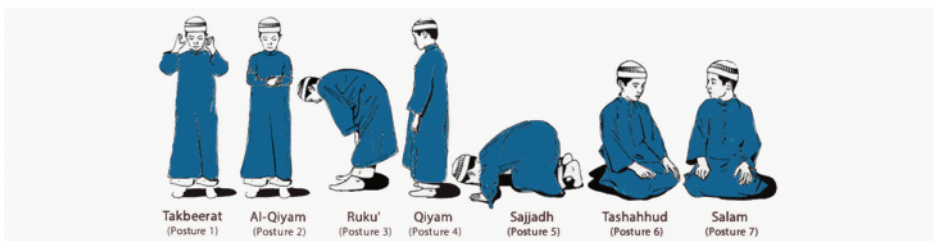
Zohar prayer begins just after noon and until the mid afternoon. Zohar is 4 rakahs.

Asr starts immediately after Zohar until sunset. Asr is 4 rakahs.

Maghrib begins at sunset and ends when all light disappears from the sky. Maghrib is 3 rakahs.

Esha begins immediately after maghrib prayer until the early hours of the morning. Esha is 4 rakahs.

If you don't know what to do read in salah then read anything of the remembrance of Allah that you know.



**SAY ALLAHU AKBAR AND LIFT YOUR HANDS
AS SHOWN THEN SAY ALHAMDU LILLAH
RABBIL ALIMEEN
ARRAHMAN NIRA HEEM
MALIKI YAWM MIDEEN
IYYAKA NA BUDU WA IYYAKA NASTA EEN
IHDI NASIRATAL MUSTIQEEM
SIRAATAL LADHEENA ANAMTA ALAIHIM
GHAIRIL MAGHDUBI ALAIHIM
WA LADALEEN
AMEEN**

SAY **ALLAHU AKBAR**

THEN BOW DOWN (RUKU) TILL YOUR BACK IS FLAT
AND THEN READ **SUBHANALLAH**

THEN STAND UP AGAIN WITH HANDS TO THE SIDE
AND SAY **ALLAH U AKBAR** AND **SUBHANALLAH** AND
ALLAH U AKBAR AND GO DOWN TO PROSTRATION



IN PROSTRATION (SAJDHAH) , WE SAY
SUBHANALLAH THREE TIMES AND SIT UP FOR
A SHORT WHILE AND THEN REPEAT THE
PROSTRATION AND THEN STAND UP. THIS
COMPLETES 1 RAKAH OF SALAH. AFTER THE
SECOND RAKAH YOU SIT DOWN.

PLEASE NOTE THIS DEMONSTRATION IS FOR AN ABSOLUTE BEGINNER TO
START PRAYING, ONCE YOU START LEARNING VARIOUS PORTIONS FROM THE
QURAN AND DUAS YOU MUST START INCLUDING IT INTO YOUR PRAYER. THE
VARIOUS OTHER PARTS OF THE SALAH ARE NOT INCLUDED AS YET AND MUST
BE LEARNT AS QUICKLY AS ONE CAN.

FOR BEGINNERS TRY TO FREQUENT THE MASJID AS OFTEN AS ONE CAN AND
ASK OTHERS AND ALSO YOUR MADRASSAH TEACHERS FOR HELP.

6. FASTING (SAWM)

Every Muslim who has the physical health is required to fast for the full Islamic
month of Ramadhan. Fasting begins before the first light of Fajr until the sun
has set at Maghrib time. There is no excuse except ill health or travelling that
may excuse any person from taking part in the fast.

During this time, a person may not consume any food or beverage at all and
also must refrain from committing any sins. A fasting person may get hungry
and may even lose his patience and his temper but this is not befitting for a
muslim. He must learn to exercise due patience with everyone. Allah does not
need the fast of a person who transgresses.

Ramadhan is a month for extra worship and prayer. During this month a person
should read more of the quran than he usually does and also must spend more
in charity and also take out for time for worship and prayer, both in the day and
at night.

Even more effort is exerted in the last ten nights of Ramadhan because therein
lies the most blessed night of the year.

7. INTERACTION WITH OTHERS

If you need to get married Islamically, then please consult your local imam to assist you with your nikah (marriage). Speak to your family members about your new choice of religion and explain to them that a few things will be different and strange at first. You must endeavour to learn and explain to them as best as you can what they ask you about. For this you must ask the right people to help you as you go along. It may be that through your effort and explanation that Islam may reach your family members also.

Your family is watching your every action, we suggest that you show them the beauty of Islam by continuing to be kind to them even when they may hurt or insult you. Your parents will still continue to remain your parents and you still have an obligation of love and mercy on them even if they do not approve of your Islamic choice. Use this opportunity to treat everyone with love and respect and send them the message that Islam teaches you to love and respect your family at all times. Don't forget the mercy that showed to you as a child can never be repaid by a child no matter what he does for them. Your example will make them realise the beauty of Islam and God-willing they may too consider adopting your faith in time, ameen.

Stay away from other religious functions or services. It may be hard to avoid this but in the interest of your own protection and learning process. There may be elements in their religion which would take you out of the fold of Islam and hence rather be avoided.

Be an example for Non-Muslim family and friends who will want to also understand what it is that you are doing so that they may learn the truth about Islam. Many people don't understand how beautiful Islam is and how much passion we practice it with. So with our practical demonstration about Islam it helps promote a side to this deen that many will admire.

Be truthful and honest to all, that way people will know that Islam is the better religion. Endeavour to emulate prophet Mohammed (peace be unto him) in all ways. He was the best of examples and our leader. Allah spoke to him and he in turn explained this religion to us. Learn as much as we can about this great man (peace be unto him) and in turn our lives will become richer with Islam.

IMPORTANT POINTS TO NOTE

Do not worship any other God. Don't call on any God besides Allah or invoke any dead person. Be aware that you have given up your previous beliefs and don't want to go back to that belief again. If you are unsure of any aspect of God or Islam call someone who knows and ask.

Do not worship any dead person or idol. Do not ask dead people for anything. Do not have conversations with dead people. Understand the rulings of the graveyards before you visit them.

Part of your previous beliefs involved attributing the qualities of Allah to his creation and that you are Muslim you should be very wary about bringing any of those false beliefs into Islam as this will ruin your efforts.

Start attending Islamic classes wherever it takes place. Don't become disheartened if you struggle, Allah is aware of your effort. It takes many months of constant effort to memorise some of the surahs and duas, but this is all part of your worship and you will get rewarded for your effort also.

Spend as much time as you can in the masjid and some masjid have made provision for ladies classes and prayer facilities also. Identify which masjids are closest to home and work and introduce yourself to the imam and ask for his cell number for any questions.

Spend time with the local muslims and ask them to teach you something each time you meet. This way you will keep you learning at all times. Avoid bad company and people who will influence you to commit sin. It is important that you choose your friends carefully as they will determine your path in many ways from here. Stay away from the friends that took you away from Allah.

Some of the actions may be physically difficult at first but with a bit of practice, you will become used to it. Some of the actions in salah require physical competence and if it is difficult feel free to use a chair to pray.

Do not use the services of any magician, black magic or fortune teller. By visiting these people we are losing our iman (faith) and it is haram. It prevents you from attaining any goodness in this world and the next.

Remember, the Hereafter starts when you shut your eyes. The first step of the Hereafter is when you experience the pangs of death and suddenly all the scales are removed from your eyes. The truth of this world will finally be revealed to you and muslims had the opportunity to use this very existence to worship Allah and plant the seeds of the Hereafter.

Our life in the Hereafter is permanent. What we plant in this world is reaped in the Hereafter. We cannot come back into this world after death to remedy any of our faults. Once we cross over after death, the afterlife is then determined as a result of our actions.

وَلِكُلِّ وِجْهَةً هُوَ مُوَلِّيُّهَا فَاسْتَبِقُوا الْخَيْرَاتِ أَيْنَ مَا تَكُونُوا يَأْتِ
بِكُمُ اللَّهُ جَمِيعًا إِنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

148. Every people have a direction towards which they turn. So strive together, as if in a race (O community of believers), towards all that is good. Wherever you may be, God will bring you all together.117 Surely God has full power over everything.

As Muslims, we should do what is easy for us to do in this deen of Islam. Let us make sure we pray 5 times a day every day. Then do from the voluntary acts what we find easy and love doing, like feeding the poor, reading quran, fasting, praying at nights. This way we wont feel to much fatigue and will learn islam through this particular channel.

Oh Allah, Lord of Lords, King of Kings, let us be steadfast in this world, steadfast upon your deen of Islam. Let us worship You Alone and let us die with your name on our lips. Let us live every day remembering You as You ought to be worshipped. Keep us rightly guided till we die and be raised with the prophets in Jannah. Ameen.

