

Health and Spiritual Well Being.

**A Message From
Shaykh Saqib Iqbal.**

Amidst the Coronavirus Outbreak

What is the Coronavirus?

The current novel coronavirus (COVID-19) outbreak, which began in December 2019, presents a significant challenge for the entire world. Coronaviruses are a family of viruses common across the world in animals and humans. Certain types cause illnesses in people. For example, some coronaviruses cause the common cold; others cause diseases which are much more severe such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS), both of which often lead to pneumonia.

COVID-19 is the illness seen in people infected with a new strain of coronavirus not previously seen in humans. Based on current evidence, the main symptoms of COVID-19 are a cough, a high temperature and, in severe cases, shortness of breath.

As it is a new virus, the lack of immunity in the population (and the absence as yet of an effective vaccine) means that COVID-19 has the potential to spread extensively. As Muslims we should place our trust in Allah Almighty and supplicate to him for protection for ourselves and all of humanity to overcome this virus. In following the teachings of Islam and the Prophet ﷺ we should support our neighbours, the vulnerable and elderly and provide whatever support we can to the local community and officials that are trying to tackle this virus.

What does Islam say?

Allah Almighty informs us in the Qur'an that this world is a test. We will be tested with our wealth, our relations, our children, our desires, our egos and much more to see if we are worthy of entering into the place of eternal peace and rest, heaven. Allah Almighty says in the Qu'ran (Surah al-Mulk 67:2), "It is He who created death and life to test which of you are best in deed, for he is the Almighty, the Forgiving."

As Muslims we should not fear or lose hope but rather we should put our trust in Allah Almighty and be patient in the face of adversity. The Prophet ﷺ said "If Allah loves a people, then He afflicts them with trials. Whoever is patient has the reward of patience, and whoever is impatient has the fault of impatience." The fact that we are being tested with this virus should remind us of Allah Almighty and we should remind ourselves that we are being forgiven for our sins each moment that we remain patient in hardship. The Prophet ﷺ said, "no fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that." We should also be thankful to Allah Almighty because if we are experiencing hardship on earth as a punishment, then Allah Almighty will decrease our punishment in the hereafter.

Islam teaches us to educate ourselves so that we can save our communities from harm. So, what are the symptoms and how can we protect against COVID-19...?

5 symptoms of COVID-19 include :

Fever



Cough



Shortness of breath



Sore Throat



Headache



Watch for symptoms of COVID-19: fever, cough, shortness of breath, sore throat and headache.

(Infographic by Sanford Health)

How to protect Yourself ?



Wash your hands or perform Wudu



Cough or sneeze into a tissue



Avoid touching eyes, nose or mouth



Avoid close contact with people who are sick



Stay home if you are ill.



Clean surfaces and objects

If you have shortness of breath or a fever or cough, or if you had recent contact with someone who had shortness of breath or a fever or cough, please tell health care professional's as soon as possible.

Contact the provider before you arrive at the provider's office or emergency room, and tell them about your symptoms.

Self Isolation.

You'll need to stay at home if you have symptoms of coronavirus (COVID-19) or live with someone who does.

Staying at home means you should:

- Not go to work, school, public areas or the masjid
- Not use public transport or taxis
- Not have visitors, such as friends and family, in your home
- Not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home
- You can use your garden, if you have one. You can also leave the house to exercise but stay at least 2 metres away from other people.

You, Your Family and Allah Almighty.

If you are self isolating, there are many ways to utilise your time to get maximum benefit. Spend time with your family and loved ones at home, give them time and attention that you could not give them whilst you were at work, school, university etc. Think of this time as a huge blessing from Allah Almighty and do not waste time on social media and television, instead talk to your mother, father, grandparents, spouse, children and get to know them better.

Use this time to get to know yourself. I have outlined a very simple method of how to do this. Firstly write down your goals, secondly make note of what you need to do to achieve them, thirdly make a plan of how you will achieve them and with what resources and lastly make a firm intention to try your best in achieving your goals.

Use this time to get to know those around you. In the weekly Ihya gatherings of Kanz ul Huda we discussed the 4 human temperaments, sanguine, choleric, phlegmatic and melancholic. Understanding these 4 temperaments and where you fit in will help you on your journey to self realisation and will also empower you with the skills of emotional intelligence when interacting with other people. Use this time you have to work on harnessing this skill and try to implement it on those around you at home. Try to understand the temperaments of your family members so that when you leave this lockdown, you leave as a stronger minded and better version of yourself.

Use this time to work on your spiritual health. You and your family can do this by embarking on the self purification or Tazkiya course of Kanz ul Huda. Imam Ghazali (Alayhirahma) states that the heart has seven gates from where Satan enters to corrupt and disease it, namely: (1) Tongue; (2) Eyes; (3) Ears; (4) Hands; (5) Private Parts; (6) Stomach; and, (7) Feet. It is through these organs of the body that one can sin. To avoid this we close each gate to the heart for a period of 40 days each. The full method of this is available in the Book of Spiritual Development or you can ask any member of Kanz ul Huda.

Use this time to get closer to Allah Almighty and the Prophet ﷺ in light of the practical teachings of Kanz ul Huda and the Tareeqa. Instead of binge watching movies and TV shows, spending hours gaming or on the internet, read the Qur'an, Seerah (Life Story of the Prophet ﷺ), Shamail (The beautiful details of the Prophet's ﷺ appearance, conduct and character) and improve your knowledge of Islam by studying from Kanz ul Fiqh or the Ihya Uloom Uddin of Imam al Ghazali (Alayhirahma).

Think of this time as a turbo boost for your spiritual connection with Allah Almighty, The Prophet ﷺ and the Tareeqa (spiritual path). You can get maximum benefit by reciting Salawat in abundance, reciting your Durood 313 times daily, envisioning Noor (divine illumination) coming from the Prophet ﷺ and purifying you of all spiritual and physical diseases, reciting your Awraad (special litanies) and concentrating on the methods of Muraqba (meditation) and Muhasaba (retrospection) that will thrust you forward in spirituality.

As an additional line of defence against the coronavirus recite Surah Al-Fatiha in abundance whilst also reciting the recent Awraad (special litanies) given at last weeks Ihya gathering in which the causes and reasons for the coronavirus were discussed alongside our personal and communal responsibilities, our responsibilities as a global ummah and what we can learn on the road to overcoming this virus.

Would you rather come out of this virus outbreak having watched hours of movies and having played tons of games and becoming further from Allah or do you want to leave this virus becoming closer to Allah Almighty? The choice is yours...

— Saqib Iqbal —

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