

Al-Dai al-Ajal Syedna Taher Saifuddin<sup>RA</sup> linked various Aayaat Kareemah to the *shaanaat* of Du'aat Mutlaqeen<sup>RA</sup>. Al-Dai al-Ajal Syedna Mufaddal Saifuddin<sup>TUS</sup> stated that this year's Asharah Mubarakah *mawaa'iz* would be based on those aayaat which al-Dai al-Ajal Syedna Taher Saifuddin<sup>RA</sup> linked to his *mansoos*, al-Dai al-Ajal Syedna Mohammed Burhanuddin<sup>RA</sup>.

Today's waaz was centered around the Makkiyyah aayat mubaarakah:

وَرَفَعْنَا لَكَ ذِكْرَكَ

[And we raised high your remembrance]

In the year 1353H, while delivering a sermon in Karachi, al-Dai al-Ajal Syenda Taher Saifuddin<sup>RA</sup> linked this aayat to the *shaanaat* of his *mansoos*, Syedna Mohammed Burhanuddin<sup>RA</sup>.

*Zikrullah* – the zikr of Allah – is Moula himself. Mumineen, day in and day out, remember al-Dai al-Ajal Syedna Mohammed Burhanuddin<sup>RA</sup>; in doing so, they remain firmly on al-Siraat al- Mustaqeem. Syedna Mohammed Burhanuddin<sup>RA</sup> was and is unforgettable; Mumineen will never forget him. The one who forgets Moula, forgets *zikrullah* and is unfortunate and hapless.

Every entity, be it minerals, plants or animals, possesses a remembrance. For example, water upon which Moula has recited an aayat and bestowed with *shifaa* remembers this. The water then forever carries this *barakat* and benefits the one who drinks it with *ikhlaas* in their heart. Similarly, *khaak shifa* is privileged soil, which carries the eternal *barakat* of Imam Husain<sup>AS</sup>. Any luggage bearing *khaak shifaa* is safeguarded; it remembers its owner and finds its way back to him.

“Indeed, the ability to forget is in some ways as important as the ability to remember.” Holding a grudge against someone can be detrimental to yourself, and pricks at you like a thorn. Remember that which Moula requires you to remember and forget that which Moula instructs you to forget.

Imam Jafar al-Sadiq<sup>AS</sup> prescribed three remedies to counter forgetfulness:

- 1- The tilaawat of al-Quran
- 2- Siwaak (brushing one's teeth)
- 3- Siyaam (fasting/Roza)

Likewise, keeping your mind and body healthy is essential to strengthen your memory. Physical fitness, a healthy diet and stress reduction are three prescriptions for a healthy mind.