

■ In 1365H(Sidhpur), Al-Dai al-Ajal Syedna Taher Saifuddin^{RA}, linked the following Aayat Shareefah to the *shaan* of his mansoos, al-Dai al-Ajal Syedna Mohammed Burhanuddin^{RA} :

وَالنَّاشِطَاتِ نَشْطًا

[And (by) the energetic souls]

{Surat al-Naazi'aat. Aayat 2}

Al-Dai al-Ajal Syedna Mufaddal
Saifuddin^{TUS} based today's waaz
mubaarak on this Aayat
Shareefah, emphasising on the
aspects of Horses (خيل/Khail)
and Energy/Vigour
(نشاط/Nashaat)

- Rasulullah^{SAW} stated that
the best of all horses is a

certain breed of the colour
black. It is strong, and is
obedient to its owner. Du'aat
Mutlaqeen^{RA} are the horses
(خيـل/Khail) of Imam al-
Zamaan^{AS}, always mindful of
Him. Al-Dai al-Ajal Syedna
Abdeali Saifuddin^{RA} expressed
that his reins are in the hands
of Imam^{AS}. Likewise, al-Dai al-
Ajal Syedna Taher Saifuddin^{RA}

stated that his reins are in the control of Imam^{AS} and “it is with the taa’eed and power (قُوَّة/Quwwat) of Imam^{AS} that I perform every deed.” His^{RA} mansoos, al-Dai al-Ajal Syedna Mohammed^{RA} indicated that those horses, whose reins are in the hands of the Imam^{AS} will never falter.

■ Before the Industrial Revolution, one's labour was their exercise. With the increase of automation, the demand for manual labor has decreased, and people lead a more sedentary lifestyle.

Physical fitness is critical for a person's wellbeing. Exercise, nutrition, and rest keep one's blood pressure stable, weight in

control, and cholesterol levels in check. Exercise strengthens the body and mind, supplying it with much needed energy and vigour. According to the American Institute of Cancer Research, a consistent fitness regimen can prevent cancer.

With regards to physical fitness, in the light of Awliyaa Allah^{AS}, s instructions Syedna

Mufaddal Saifuddin^{TUS}

encouraged mumineen to
partake in these three sports:
archery, swimming, and
horseback riding.

- Breakfast is the most
important meal of the day; it is
essential for lasting energy

throughout the day. Regularly skipping breakfast can cause lack of concentration, metabolism, cardiac, and weight problems. Moreover, the early hours of the morning are amongst the most productive; developing a habit of waking up early and having breakfast keeps one energetic all day.

■ After Ameerul Mumineen Maulana Ali^{AS} destroyed the idols that were on the roof of Baitullah, He^{AS} leapt to the ground, and smiled. Upon seeing His^{AS} beaming face, Rasulullah^{SAW} also smiled, and exclaimed, "أضحك الله سنك!" ("May Allah^{TA} always keep you smiling!") Syedna Mohammed

Burhanuddin^{RA}, s smiling face is proof of the enduring *barakat* of this *duaa mubaarak*. With one **تَبَسُّم** (tabassum/smile) and one *nazar*, He revived and transformed mumineen!

■ Ameerul Mumineen^{AS} explained life, saying that a

child is born crying, while the people around him are laughing and rejoicing. If one then wishes to be smiling at the time of their death, it is imperative that they work for it throughout their life. If you want to live a happy life, you must prepare for one – how? Your face should always bear happiness and your heart

should always grieve Imam
Husain^{AS} and remember His
hardships. Syedna Mohammed
Burhanuddin^{RA} has taught us
how to grieve Imam Husain^{AS}.
It is with this *gham* that we
begin our year, which ensures a
year filled with happiness and
energy and a life full of joy and
vitality; this *barakat* will ensure
that at the time of our death,

we will be fortunate to do the *deedaar* of Khamsat At'haar^{SA}, grasp onto Maula's hand, and enter Jannat with an eternal smile on our faces.

- By uttering the words, "هل الدين الا الحب؟" ("Is Deen(faith) anything but

mohabbat?”) Imam Sadiq^{AS}
elucidated that the path to
energy and vigour is *mohabbat*.
Ziyaad al-Aswad faced
numerous hardships and
difficulties but his energy never
waned. Likewise, you
(Mumineen) have gathered
here from many faraway places,
all the while full of energy,

how? Why? **Solely because of**
mohabbat.

■ Your *mohabbat* is such
that it does not feel like we are
sitting here in America. here in
this Masjid in Houston, it feels
as though we are sitting in
Ghurratul Masaajid in Mumbai

or as though we are sitting in
Surat.

- It is difficult to live in so many different places and amongst so many different people, and yet preserve your culture. But you (Mumineen) are able to do this and remain

united because, your
Aqeedah(faith) your attire, your
language and your food is the
same. You are headed in the
same direction. You have
responded with “Laabbaik!”
together, for the same cause.
You perform rozaa and
'ibaadat in Shehrullah
together, you celebrate Eid
together, your *bukaa* and

maatam is all together! This is
all because your *mohabbat* is
for One Moula! May Allah^{TA}
forever keep you united.