



WHOLISTIC HEALTH NEWSLETTER

RAMADAN 1430

RAMADAN

Our Annual Opportunity for Purification

“Their remedies are the compound medicines they discovered through trial and error, which they are accustomed to using by habit... Such dependency grew through a common tendency to seek prevailing methods when one’s spiritual inclinations are deficient.”

(Natural Healing With the Medicine of the Prophet)

Built into the natural function of beings is the need and ability to discard or eliminate waste, that is toxic substances that are end products of chemical activity or filtered pollutants that have entered with otherwise beneficial substances. The human being, however, is one who pollutes the self by wrongful eating, violation of natural law and emotional excess. Our organs become stressed, our minds are clogged and the spirit becomes weary trying to direct the other two back to The Way. Then comes the time for the prescription; the Prescribed Fast. It is the annual, welcome blessing made obligatory by a Creator, Who knew from the beginning what the human creature would need and what some would willingly accept. For the Muslim community, this is Ramadan, a month long abstention from physical pleasures (food, drink and sexual satisfaction) during specified hours of the day during the ninth lunar month.

Should we not muster the discipline and dedication to cleanse and purify ourselves in the other eleven months, we are obligated to do it during this one. In this one month, by the continuity of consecutive days spent in obedient response, all aspects of our being are

strengthened. Spending long hours deprived of food and drink allows the body to purify itself. The stomach is able to take a likely much needed rest and regenerate, impurities have the opportunity to be expelled without interference, harmful bacteria die off,

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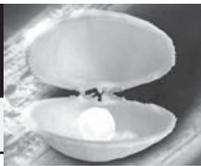
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PEARLS OF WISDOM

Jeanette Hablullah, N.D.



“Whoever is not merciful to others will not receive mercy.” (Bukharee)

Assalaamu alaikum wa rahmatullah.

Dear Readers,

“Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah’s rewards, then all his past sins will be forgiven.” (Saying of the Prophet Muhammad recorded by Bukharee)

Ramadan, the esteemed month (shahr un ‘azeem), is given a preferred status by the Controller of Time. From Hadith, sayings of the Prophet Muhammad (saw), we learn of the segments or divisions of the month and of the main characteristics of those segments. As lunar months are generally 29 or 30 days long, we are told of Ramadan being divided into thirds. The first part is dominated by Mercy, the second by Forgiveness and the last section brings freedom from the punishment of the Fire.

Moral intuition and universal balancing principles dictate that in order to receive or reap, one must be willing to give or sow. Regarding Mercy, the Prophet said, *“Whoever is not merciful to others will not receive mercy.” (Bukharee)*. Forgiveness is a matter of greater complexity. Yes, we must be willing to forgive in order to receive Forgiveness but most humans are not able to reach the level that enables forgiveness. So, there are other options given to us by Our Lord. We are allowed to exact retribution or compensation equivalent to the wrong done (Quran 43: 40) but we are also encouraged in many situation to pardon and overlook (Quran 2:109; 5:13, etc). Then we leave the matter in the hands of the One Who Created us all. *“And who can forgive sins except Allah?”* (Quran 3: 135).

Pardoning, overlooking faults and forgiveness relieve us of toxic emotions and heal lingering wounds. These are virtues that, when made active, create an environment supportive to healing of the body, mind and spirit.

“Because our thoughts and emotions play a role in the development of an illness and because positive thoughts can increase our capacity to heal, the healing arts have turned...”
(Caroline Myss)

So while we seek forgiveness from Allah for our selves, let’s also request Allah’s forgiveness for others and ask to be given the noble ability to forgive.

If we are aware, then we are living with the ultimate goal of saving our souls and, by example, helping others in that process. Ramadan, then, is by its very nature, a month of wholistic healing and restoration. Open the hearts to all that this month has to give. It is abundantly endowed with blessings, Divine knowledge, wisdom and opportunities that will not present themselves again until next year. May you emerge enriched.



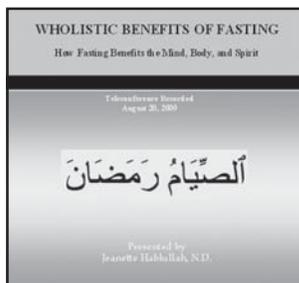
TPW - NEWS



Topics on Wholistic Health Teleconference:
3rd Thursday of month @ 8pm EST,
Call Number: 1-518-825-1400, Access Code: *See Website*;

No conference call in September.

For more information call 443-939-8591 or go to:
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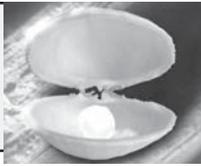


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“The soul begins to take its proper place of authority for, as the physical appetite is controlled, the patient, though persistent hunger of the soul is expressed.”



“...one should harmonize with universal energy and eat energy producing foods in the morning.”

Opportunity for Purification Cont'd from Page 1

as there is little toxic waste on which they can feed and disease begins to reverse as energy not used for digestion and processing of food can be sent to assist healing processes. In addition, bodily functions begin to normalize. As the blood is lighter, circulation improves, blood pressure begins to balance and energy is restored.

The fast enables. When one achieves control over two common indulgences, two regular habits, and our lives are composites of habitual behavior, then one gains ability. We learn we can successfully change what is adverse to what is beneficial and closer to piety. In fact, in being willing to defer the satisfaction of our hunger and thirst, we have exercised and given power to a great virtue – patience. All this is happening in synchronized movement as we are being spiritually re-focused or reoriented to the reality of our existence. The soul begins to take its proper place of authority for, as the physical appetite is controlled, the patient, though persistent hunger of the soul is expressed.

If we follow the guidance and increase our prayers, spiritual reading, acts of kindness and glorify our Lord with praise and gratitude, then proper direction is restored. The soul is sheltered in conscious piety – taqwa, and all is well once again. Join us in gratitude for the simple, natural, wholistic, Divine medicine of fasting and for the opportunity to grow closer to what we long to have, which is Allah's Love. And Allah has said (in translation), ***“...Allah loves those who turn in repentance and Allah loves those who purify themselves.”*** (translation of Quran Surah 2: 222)

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If so, please submit to:

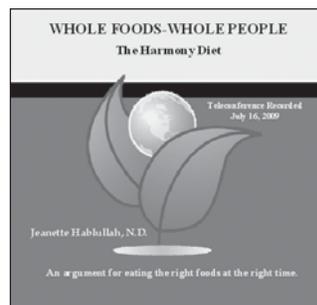
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Power Packed Foods for Suhoor

by Jeanette Hablullah, N.D.

In accordance with what we have been teaching (Universal Harmony Diet), one should harmonize with universal energy and eat energy producing foods in the morning. Those with high, easily available energy include the tree foods and grains. Since in Ramadan we will not be eating during the days, we also need to try to get in some protein foods and to include a sufficient amount of liquid to last us through the long (15 – 16 hours) of the Fast. Here are some recommended items for Suhoor - the early morning meal.

- ◆ Dates with milk / yogurt and nuts (not peanuts)
- ◆ Peaches, plums, or blueberries with whole grain cereal or waffles
- ◆ Grapes or cherries with whole grain bread and cheese
- ◆ Cranberries and raisins with granola, yogurt / milk
- ◆ Oranges and Toast with egg (boiled or omelet)
- ◆ Walnuts with salmon or tuna on whole grain bread
- ◆ Grapefruit with sunflower seeds, avocado, tomato and cheese on whole grain bread



Whole Foods-Whole People

An argument for eating the right foods at the right time.

\$7.00

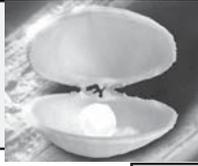
July 16, 2009

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Inspirational Quote



"The human being, however, is one who pollutes the self by wrongful eating, violation of natural law and emotional excess."

Inside This Issue

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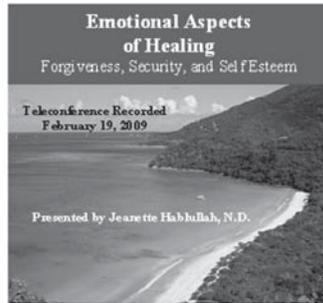
"...there is no cure that brings about an immutable, complete and permanent recovery better than the Quran, for in his Divine wisdom, knowledge and light are the best diet and the best cure for every disease."

(Medicine of the Prophet)

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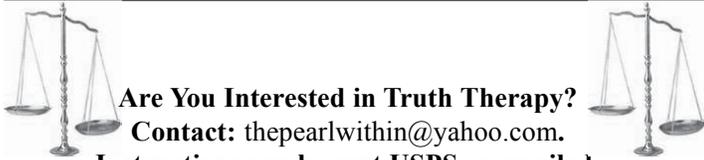
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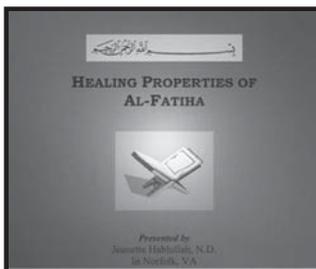
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HEALING PROPERTIES OF AL-FATIHA

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This session was recorded in Norfolk, VA on March 19, 2006. The presentation given by Jeanette Hablullah, N.D. examines the healing properties contained in Surah-tul-Fatiha and a brief introduction to healing in other parts of the Quran. It also contains a recording of the question and answer session from that day.

Du'ah (Supplications) from Quran For Forgiveness

1. The first of such prayers was taught to Prophet Adam and his wife Hawwaa (Eve) by Allah after they had sinned in the Garden

"Our Lord, we have wronged our souls and, if You don't forgive us and have mercy on us, we will surely be of those who have lost everything."
(translation of Quran 7: 23)

2. Duah of Prophet Musaa (as)

"(Allah) You are our Protector, so forgive us and have mercy on us. And You are the best of those who forgive." (translation of Quran 7:105)

3. Duah of those endowed with understanding (Ooloo al baab)

"Our Lord, forgive us our sins, remove from us our faults and take our souls (at death) with those who are righteous" (translation of Quran 3: 193)

4. Duah of the newer Muslims and those who were later in making the Hijrah.

"Our Lord, forgive us and our brothers and sisters who preceded us in the faith and do not leave in our hearts any bad feeling towards those who believe. Our Lord, surely You are Most Kind, Merciful. (translation of Quran 59:10)

