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OUR REVOLUTION WAS THE EXPLOSION OF LIGHT

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Editorial

In The Name of God The Compassionate The Merciful

Dear Readers,

Certainly, the greatest blessing Allah has granted His servants is His having shown them the way to prosperity, true happiness in both world, and salvation through His Messengers, the last and most perfect of whom being, Prophet Muhammad(PBUH). As we know, Islam presents peace, love, sympathy, affection, piety, chastity, knowledge, awareness and every other virtue human beings need for their well-being and eternal happiness.

Accordingly, Imam Khomeini (ra) preached the true Islam and also led the Islamic Revolution of Iran which revolution gained victory in the month of Bahman of 1357 of Solar Hijri (1979). The fruits of his wise leadership have attracted the attention of the whole world, including the oppressed people who came to find out that it is Islam which protects their rights, gives them peace of mind and tranquility and elevates their souls to the high levels human beings deserve. Now that about 40 years have passed since the victory of the Islamic Revolution of Iran, the great achievements of the Islamic Iran bear witness to this claim.

This triumph is no doubt due to the Muslim combatants' following the decree designated by the Holy Qur'an; to fight against the aggressive and to defend the oppressed ceaselessly and with no hesitation or fear.

May Allah's greetings be upon all men and women of courage and faith who through their perseverance and by relying upon Divine help succeeded to nullify the intrigues of the enemies of humanity and to repel their evil, proving the truth of Divine messages through which the believers are promised victory.

M. Salimi

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GLORY AND HONOR**



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CONTENTMENT GIVES PEACE OF MIND

The Islamic Revolution; Glory and Honor



Our Staff Writer

Undoubtedly, the Islamic Revolution of Iran is the most significant and the greatest political, social and cultural event of the present era. This Revolution has brought about the most profound and most extensive cultural and socio-political developments in the life of the Iranian nation and being based on humane values and virtues, has called not only the other Muslim peoples, but also all the oppressed world nations to awakening and rising in the face of the world arrogant powers and their satanic puppets. The impressions made by the Islamic Revolution upon Islamic countries are undeniable facts. In fact, the Islamic Revolution has been practically exported to the whole world, and the waves

of Islamic and human awareness are quite visible not only among the Muslim nations in the region, but also among all other world nations. Truly Imam Khomeini (ra) - the great leader of the Islamic Revolution, inspired by the lessons from Imam Hussein (AS) and his 'Ashura uprising, stood up against the tyrant of his time most courageously, disclosed the true nature of the despotic rule, removed ignorance from the people's minds, so the sun of Islam could shine upon Iran and through the light and implementation of Islam's reviving decrees and teachings, the Iranian nation would be revived and would move towards lofty values and salvation.

The peak of the Muslim Iranian nation's struggle under the

Divinely-guided leadership of Imam Khomeini (ra) emerged in the month of Bahman in 1357 (1979), coinciding that year with the mourning days for the martyrdom of Imam Hussein (AS), the Master of Martyrs and so the people's revolutionary activities and rallies had become intertwined with their mourning for Imam Hussein (AS). In those fateful days, both in mourning gatherings and at revolutionary rallies and demonstrations, people repeatedly declared that: "Our movement is Hussein, our leader is Khomeini." It was because then all the Iranian nation from all walks of life had understood that the Shah who pretended to be a Muslim was indeed no better than Yazid – the murderous tyrant of Imam Hussein's time,

for like Yazid, he had been stubbornly engaged in fighting against the true Islam and against all Divine values and that the Pahlavi regime was no better than the Bani Umayyad rulers.

A very important point to be mentioned here is that from the start of the Islamic Revolution on Khordad 1342 (1963) till its victory in Bahman 1357, Iranian women had outstanding participation; their activities in the struggling against the oppressive policies of the corrupt anti-human Pahlavi regime, their exemplary resistance in the face of the constant threats as well as arrests and tortures at the hands of the mercenary agents of Shah's SAVAK, their selfless support for their husbands and sons in their revolutionary tasks and their tolerating the exile, imprisonment and martyrdom of their dear ones, besides their courageous participation in all anti-Shah demonstrations have been really marked, so much so that the leader of the Islamic Revolution, Imam Khomeini(ra) would on various occasions emphasize that "The share of the women in the Revolution was greater than that of men."¹ and "Today also Iranian ladies have greater share of participation in this Movement and Revolution than men. And today too they are actively working behind warfronts and are playing worthier roles than men."² Likewise, in the political-religious will of Imam Khomeini(ra) we read: "We pride ourselves for

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In fact, the Islamic Revolution has been practically exported to the whole world, and the waves of Islamic and human awareness are quite visible not only among the Muslim nations in the region, but also among all other world nations.

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the fact that the Iranian ladies, both young and old and from various walks of life are actively present in cultural, economic and military scenes working shoulder-to-shoulder with men or even better than men to support Islam and the goals of the Holy Qur'an."³

Based on the Islamic decrees, in the Islamic Republic system women enjoy a supreme position and receive particular attention regarding their rights, whereas in the past and during the monarchical, puppet rule of the hireling Pahlavi regime, women were in fact humiliated most, so much so that they were encouraged by the regime to set aside all religious values and instead make themselves like painted dolls for the pleasure of men and/or for their mate-

rial gains through movies and advertisements. Under such deplorable conditions, many religious families were even afraid to let their daughters go to universities, for fear of the corrupting influences. And when by Allah's grace, the Islamic Revolution gained victory, conditions became favorable for the fruitful presence of chaste, pious women in various social areas, including in universities. Before the Revolution, there was a marked shortage of physicians in Iran, even male physicians, let alone female ones, while now after about 39 years, Iran is proud of having many competent knowledgeable physicians, both male and female as well as many others who have studied in other useful fields, including engineering. These are just a part of the achievements of the Islamic Republic of Iran attained with the marked, admirable presence and cooperation of women and sure the lists include many others too. Thanks to the enlightening teachings of Islam and the wise leadership of Imam Khomeini(ra) today in Iran the doors to all useful activities are open to women and also they can fulfill their social duties while observing their hijab and protecting their chastity.

1- Sahifeyenoor, vol. 14, page 230
2- ibid
3- Ibid; vol. 27, page 397



WOMEN IN SUPREME LEADER'S VIEW

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**FAMILY
WOMAN**

CULTURE

INTERVIEW

F. A. QUESTION

FINAL WORD

Today the most pious and revolutionary women of our nation are the educated ones: Ayatollah Khamenei

The existence of this group of outstanding women in different areas signifies the success of the Islamic outlook on women. Not all outstanding women have gathered here. You are representatives of outstanding women throughout our country. We did not have so many outstanding women during the time of *Taghut*. This is my claim and I stick to it. Today, the absolute and relative number of female researchers, professors, scientists, intellectuals - who work in different areas and who are experts in those areas - poets and artists such as fiction writers, poets and painters is far larger than the number of such women

during the time of *Taghut*. The time of *Taghut* was a period of time when they had destroyed hijab and the belief in the necessity of a distance between men and women and they used to promote decadence on a daily basis. Even in certain cases, their actions were more excessive and worse than European countries. Today, in the Islamic Republic, we have such a large number of scientific and political personalities and cultural and artistic experts who wear hijab, chador and headscarves. At that time, we did not even have a small number of such women. There were very few women who were like this.

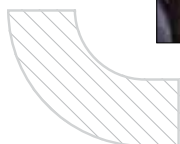
This proves a theory which is exactly the opposite of the one which they were trying to establish. This theory is that not only promoting such decadence does not help women strengthen their spirituality and develop their capacities, but it also makes them busy with such things as cosmetics and the trouble that they bring about. This prevents women from moving towards perfection and transcendence.

Today our educated women are the most pious and revolutionary people in our country. Today our women, our educated women, our young women are active in the most advanced laboratories and scientific and scholarly centers. [Audience shouts "*Allahu Akbar*"] Our pious and revolutionary youth are among the most active women in political, scientific and managerial areas. They are highly educated and they think critically. The advances that the Iranian nation has achieved are due to resistance.



**Leader's Speech in
Meeting with Woman
Researchers of the Holy
Qur'an, Oct 20, 2009**

Today, the same wrong outlook exists in the West. Of



course, a number of women may become outstanding, honorable and modest personalities in western systems. But the general outlook towards women, which has become firmly established in western culture, is an objectifying and insulting outlook. Respecting women means giving them the opportunity to develop, at different levels, those capabilities and those outstanding and great talents which Allah the Exalted has bestowed on all individuals - including women and the talents which are particular to them. Respecting women means allowing them to develop these talents inside the family, in society and in international arenas and for the sake of knowledge, understanding, research, education and construction. I see that, by Allah's favor and grace, this is showing itself in our society in a perfect way. Well, this is related to the basis of the work that the women of our country have thankfully carried out. The fact that they are present in all scholarly areas is very valuable. They have an active and praiseworthy presence, particularly in Qur'anic groups and in Qur'anic activities. This is very valuable.

Leader's Speech in Meeting with Outstanding Women, Apr 19, 2014

A businesslike, profit-based and economic view has influenced the western outlook on



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A businesslike, profit-based and economic view has influenced the western outlook on the issue of women.

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the issue of women. This can clearly be seen in the history of the industrial revolution. In Europe, women did not have the right to own something. Women's property belonged to men and their husbands. They did not have the right to possess something in their name. And when democracy

was promoted in the West, women did not have suffrage. In such a world, investors suddenly thought of the issue of the industrial revolution, factories and the efficient presence of women in factories with low costs. Then, they granted women suffrage so that they could draw them to factories and give them lower wages. Naturally, the entrance of women to the arena of employment had its own requirements and results which have continued until today. Therefore, besides the fact that the western outlook towards women is a non-divine and materialistic outlook, the policies which have brought about the current conditions in the western world - particularly in Europe - have been accompanied by a businesslike, profit-based and economic outlook.

Courtesy:
<http://english.khamenei.ir>

FAMILY'S ROLE IN SPIRITUAL

Arman Alimohammadi

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FINAL WORD



As a whole, the family systems can be classified into two systems; the progressive and the backward. In a progressive family system, high-level values such as honesty, chastity and politeness are honoured and promoted, while in a backward family system, indifference to honorable qualities and to proper manners prevail. In the former (the progressive) family members respect each other and observe the rights of the others, while in the latter (backward), disrespect and carelessness dominate the behavior of the members, leading in turn to their isolation in the society and many other problems which are faced by people who

lack proper training and thus misbehave intentionally or even unintentionally. In such an undesirable family environment people, both young and old tend to be egoist; they are mostly concerned about their own wants and desires and are seldom attentive to their family members and careful about their interests. And obviously such attitudes lead to decreased and poor communication among the family members, since they find little, if any love and honesty among themselves, and just the opposite, families enjoying honorable conducts and proper attitudes are blessed with trust and love towards each other and can thus communicate in useful ways and for beneficial goals. In the favorable environment of such families, humiliating behavior is frowned upon and instead members are urged to make each other feel elevated and honored. Likewise, in such families, confusion is very unlikely to find a way, since there, uprightness and devotion to honorable values rule, just the opposite of morally backward family environments which naturally breed depression, confusion and deviation.

No doubt, without healthy, peaceful family environments,

HEALTH

a society's members cannot be expected to have beneficial, desirable conduct. The rising rate of juvenile delinquency in some societies can be considered as a testimony to this claim, since in such societies because of the prevalence of corruption and consequently the break-up of families, youngsters naturally try to look for emotional satisfaction elsewhere, namely outside the family and they fall into the traps of narcotic-dealers and many such criminal groups, bringing ruin both to themselves and their societies, while had they been nurtured in a healthy family, namely by moral and wise parents, they would no doubt become able to distinguish between what is good and what is bad for them and would thus not fall into the traps of evil-doers. Obviously, when a child observes that her/his parents are abusive and yell and shout at each other and/or act dishonestly to the others most of the time and that they do not follow any moral principle, she/he is most likely to grow up with the same behavior pattern, whereas those children who are born to and raised by parents devoted to Divine values, and mentally able to keep their family at-

mosphere calm, peaceful and enjoyable, will naturally try to behave the same way and will try to avoid any unpleasantness at home, and also in their social contacts. Here, it is quite worthy to note that Islam has presented each and every rule and detail needed by human beings as spouses,

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Obviously, when a child observes that her/his parents are abusive and yell and shout at each other and/or act dishonestly to the others most of the time and that they do not follow any moral principle, she/he is most likely to grow up with the same behavior pattern

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es, parents, teachers, leaders and so on, for the fruitful fulfillment of their duties and desirable playing of their roles. In Islamic sources, we read many accounts of the exemplary behavior of Prophet Muhammad (PBUH) and the other Infallibles both at home and in the society. As an example let's cite that Imam Ali (AS) as the Islamic Caliph, being most careful about the material and spiritual well-being of all, particularly the orphans was even seen (by his companions) making childish grimaces and uttering the sound of sheep, in order to make sad orphans laugh and when asked about the reason, His Holiness replied: "I am also responsible for their spiritual health and well-being." The people around were surprised at such conduct of Imam (AS), yet His Holiness considered it among his duties to do his best to remove even the least bit of sadness from all particularly the orphans.



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POWER OF THE PEOPLE

Zarrin Shajari

Every person has some exceptional moments, in general circumstances, which could change the course of his/her history. People and populations too have chances

in a life time. It's not always easy to take those chances and make them turn to historic milestones and popular achievements. Some people take random situations and

turn them into opportunities; opportunities to reach their goals and accomplish their dreams. They call it standing up to fate. And then there are some other kinds of people who put all their might in their "faith". Having faith in a grandiose power ruling over the kingdoms, countries, nations, and human destinies. Faith in the Creator encompassing the North, South, East and West.

"It is not [the only symbol of] righteousness that you turn your faces towards the East or to the West [in prayer] but true righteousness is to believe in God [Allah], and the

Day of Judgment, and the Angels and the Book and the Messengers and also to spend one's wealth [in the Way of God], despite love for it, [by giving it] to the kinsmen, to the orphans, and to the needy, and to the wayfarers, and to the poor who beg, and to ransom the slaves, and to perform prayers and to pay alms; and those who fulfill their promises when they make them and those who are patient in extreme poverty and ailment and at the time of war, such are the people who are truthful [in their claims regarding their belief in God and obeying [His] Commands] and they indeed are the pious." The Holy Qur'an 2:177

Most historic revolutions which marked history are of the kind which changes fate, in order to uproot the foundations of a culture, erase a history or topple the power grab which rules a nation. Revolutions are usually presented in history books as an internal affair, but they are also very tempting for "the outsiders".

Revolutions re-write the books, bring in new people and spread new ideas. In recent decades the Iranian Islamic Revolution, which toppled the western puppet king and gave birth to a religious leadership, shook the rules of politics. It was the kind of revolution that had to come to life from the spirits, and a strong divine inspiration; a head to head confrontation

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The undeniable female role, which the late Imam Khomeini (ra), founder of this new religious struggle, insisted had the greatest importance.

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with the policy makers of the world.

The late Imam Khomeini(ra) brought to life this notion, presented a modern society based on Islam, the perfect version of monotheism, the rules of faith developed by the *Ayats* (revelations) of the Final Book of Holy Wisdom. The rules of faith based on the models of Muslim teachers and the life of the Final Messenger of God, Prophet Muhammad (PBUH). Rules of Life and Faith which jeopardize the secular beliefs of earthly gods were established. Iran and its thousands of years of history had been the center piece of the great routes of domination and exploitation. Its vastness, its underground

wealth, its spiritual valor and its potential for being a 'paradise' on earth makes this land, reduced to its current geographic borders attracting to the greedy. But the people rose and made the Revolution. The revolutionaries were not only faithful men, but also the women who backed their husbands, brothers, fathers and sons... These mothers, sisters and wives who supported the revolution were the backbone and centerpiece of the Islamic Revolution in Iran.

The undeniable female role, which the late Imam Khomeini (ra), founder of this new religious struggle, insisted had the greatest importance. The role of mothers, wives and sisters who gave the mental will and potential strength to their husbands, sons and brothers, to beat the oppressive powers settled as an earthly kingdom. This mixture of faith and sacrifice can be found in the women who not only witnessed firsthand the Iranian Revolution, and gave example to followers all over the world, and all the younger generations which follow and who continue to believe in the values of the revolution. We met some of these women and sought to see how they see the result of the 39 year old uprising which keeps defeating all the threats and strives to celebrate its 40th anniversary in a context of high social achievement and geopolitical stature;

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1- Fatemeh Sakhaei (55 years old) - housewife:

"The achievements of the revolution should be defended with all we have, our wealth, our lives and we must even be ready to sacrifice our children;"

"Among the main achievements of the revolution is the notion of "freedom" cleverly protected by moral values."

Having experienced the equal rules of a "true Islam" at all levels of society, whether one was educated or not, has been one of major results of the Islamic Revolution.

"For me, it is a step forward towards "Divine Justice", which also brought the Iranian people closer to the spiritual wealth and "human values"; a confirmation of all lessons taught by Prophets and Messengers of the past.

For the future of Iran, Ms. Sakhaei sees the accomplishments of true spiritual values [based on Islam] and the essence of divine teachings and monotheist belief, in all aspects of modern life, including social and material behaviors, which she believes could keep the nation on the correct path. Concerning the current status of Iranian women; it has been to maintain the values of chastity, good education and "haya" (modesty), as well as reaching towards "*basirat*" (insight), and gaining access to knowledge and levels of scientific achievement of worldly standards.



The insights of the late Imam Khomeini (ra) in his time, as well as Ayatollah Khamenei today, have been an exceptional gift as the best leadership of this Islamic community. Most people were all heart and mind, faithful followers of the Imam and recognized his words as the right word; and presumably this adherence should not be neglected.

And finally it seems to her that if the [Iranian] people wish to reach the goal [which was set by Imam Khomeini (ra)], they should maintain

the "right way" set by the divine wisdom of the current Leader, and with the help of God, they will be able to find the power of overcoming and defusing the traps of the enemies. And such as these testimonial words of Imam Khomeini (ra) said: "Support the Islamic leadership and you will surely be victorious".

2- For another 52 year old housewife, the definition of the Revolution in Iran has been being ready to get killed on the road towards the ideals of a better world.

The accomplishment of



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Imam Khomeini(ra) taught the world the true meaning of leadership due to his heartfelt faith in God and his constant action towards the strengthening of God's path and worldly awareness.

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the revolution was due to the strong belief in God and the Prophet (PBUH) as well as the strong principles and aspects of religion, the religion of God, and the way of the Holy Prophet Muhammad (PBUH).

In the future, she believes that the Revolution should offer the people equal opportunities of intellectual growth and security, as well as social and moral health of the society.

3- A working 25-year-old lady with a University degree:

In her opinion the late Imam Khomeini (ra) was a great political leader with a high intellect and an explicit expression of strong and a powerful will.

In her opinion, among the main achievements of the Revolution at first glance has been the active role of women in the Iranian society which is displayed as having gained respectful existence and presence in the society, but it shouldn't be slipping into a "western" definition of "feminist dignity" at the cost of turning women into modern working slaves.

4- Raheleh Hatami, 32 year old mother and housewife

The motto of the Revolution has been: "Wishing is Achieving". For her the revolution has been the possibility of using the verb of "wanting" for the people. Among the goals achieved has been maintaining the Revolution,

Islamic principles and the religion [of Islam]. This is a necessary orientation of a religious-Islamic culture in order to keep the distance from any non-Islamic cultural influence which could blindly modify the expected system of education.

5- Rayhaneh Hatami 37 year old single salesperson

Imam Khomeini(ra) taught the world the true meaning of leadership due to his heartfelt faith in God and his constant action towards the strengthening of God's path and worldly awareness. He told the world to learn to rely on God, thus making it a victorious revolution, able to deliver very good results.

People showed signs of hope that things would get even better in the future because as long as faith prevails, the divine protection above our heads will be there to show to the Iranian nation, and the rest of the world, the Right Path for a true Islamic Republic. A motto of the Iranian Revolution is the belief that one can exist without depending on external powers and cultures. The women will also prove that they will continue to stand as always alongside their men, sons and husbands and they will stand in the forefront of the battle to keep the Revolution alive and strong.

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CASPIAN OLIVES WITH POMEGRANATE AND ANGELICA

Separated from the Iranian plateau for the great green wall of the Alborz Mountains, the Caspian Sea is a huge inland salt lake, convenient, during the Silk Road era, for transporting to the west spices from India and silk from China. The high mountains, the sea, and the frequent rainfall make this region rich in many kinds of architecture; its paddies produce most of

Iran's rice; its high valleys are quilted with wheat fields and pastures; and among the mountains are walnut and chestnut groves. There are also fine olive and pomegranate farms at the foot of the Alborz – hence this recipe.

1 cup walnuts, toasted
5 cloves garlic, peeled
1 cup fresh mint or 1 table-
spoon dried mint
1 cup chopped fresh cilantro
1 tablespoon chopped
fresh oregano
or 1/8 tea-

spoon dried oregano
1 tablespoon angelica powder
1/2 teaspoon salt
1/4 teaspoon freshly ground
pepper
1/2 jalapeno pepper, seeded
and diced (optional)
1 teaspoon ground cumin
(optional)
1 teaspoon honey (optional,
if pomegranate is too sour)
2 teaspoons olive oil
1/2 cup fresh pomegranate
juice or 4 tablespoons pome-
granate paste diluted in 1/2
cup water
1 pound green pitted olives
Garnish:
1 tablespoon walnuts, toast-
ed and chopped
1/4 cup pomegranate seeds
1/2 cup pitted green olives
3 sprigs cilantro
1- Mix all the ingredients in a
food processor until you have
a chunky paste. Transfer to a
serving bowl, mix well and ad-
just seasoning to taste. Cover
and refrigerate for 15 min-
utes (can be kept in the re-
frigerator for 3 days)
2- Garnish with wal-
nuts, pomegranate
seeds, and cilantro.
3- Serve with
toasted bread cut
into 4-inch pieces.
This mix is also ex-
cellent as a sauce
for rice, pasta or
egg dishes accord-
ing to your fancy.



WOMEN AND JOINT PAIN

Compiled by: Morteza Afradian



Joints form the connections between bones. They provide support and help you move. Any damage to the joints from disease or injury can interfere with your movement and cause a lot of pain. Joint pain is quite common and affects millions of women around the world. The source of pain and discomfort in your joints can be due to a number of causes. It affects many people as they get older and is also common among menopausal women. Aches, stiffness and swelling around the joint and sometimes heat are typical symptoms of menopausal joint pain. These may be worse in the morning, improving as the day continues.

Our life is characterized by constant movement. You walk,

run, lift things, bend, stretch, and so on. The mobility is powered by the joints, which are prone to injuries and pain. Joint pain can range from mildly irritating to debilitating. It may go away after a few weeks (acute), or last for several weeks or months (chronic). Even short-term pain and swelling in the joints can affect your quality of life. Whatever the cause of joint pain, you can usually manage it with medication, physical therapy, or alternative treatments.

Symptoms and signs:

- ◆ joint redness,
- ◆ joint swelling,
- ◆ joint tenderness,
- ◆ joint warmth,
- ◆ limping,
- ◆ locking of the joint,

- ◆ loss of range of motion of the joint,
- ◆ stiffness,
- ◆ weakness.

Causes of Joint Pain in Women

When it comes to joint pain, a single cause that contributes to pain and discomfort you experience doesn't exist. Instead, a wide array of causes lead to the sensation of pain, including osteoarthritis, rheumatoid arthritis, bursitis, gout, strains, sprains, and other injuries. Joint pain can be caused by injury affecting any of the ligaments, bursae, or tendons surrounding the joint. Injury can also affect the ligaments, cartilage, and bones within the joint. Pain is also a feature of joint inflammation (arthritis, such as rheumatoid arthritis and osteoarthritis) and infection, and extremely rarely it can be a cause of cancer of the joint. Pain within the joint is a common cause of shoulder pain, ankle pain, and knee pain. Joint pain is also referred to as arthralgia. The sexually transmitted diseases (STDs) chlamydia and gonorrhea can lead to joint pain.

Osteoarthritis (OA)

Osteoarthritis is the most common form of arthritis and occurs when the protective cartilage on the ends of the

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bones wears out as you age. Women are at a higher risk of developing OA than men. For example, men have 45% lower chances of getting knee OA and 36% decreased the risk of hip OA than ladies.

Despite the fact that OA can affect any joint in the body, it primarily develops in the spine, hands, knees, and hips. Symptoms of this kind of arthritis develop slowly and gradually worsening over time.

They include the following:

- ◆ Bone spurs
- ◆ Grating sensation
- ◆ Loss of flexibility
- ◆ Pain
- ◆ Stiffness of joints
- ◆ Tenderness

Rheumatoid Arthritis (RA)

Rheumatoid Arthritis is defined as a chronic inflammatory disorder that affects one or more joints. RA is generally two to three times higher in women than men. RA develops when the immune system

attacks the lining of the membranes surrounding your joint i.e. synovium. Due to inflammation, synovium thickens and destroys the cartilage and bone within the joint. Moreover, ligaments and tendons holding joint together start stretching and weakening. As a result, joint loses its shape and alignment. Symptoms associated with RA include:

- ◆ Fatigue, weight loss, fever
- ◆ Joint stiffness, especially after long periods of inactivity or in the morning
- ◆ Warm, swollen, tender joints

Other Autoimmune Diseases

Besides RA, other autoimmune diseases are more prevalent in women than in men. For example:

- ◆ Lupus
- ◆ Scleroderma
- ◆ Multiple sclerosis (MS)
- ◆ Psoriasis

Fibromyalgia

Fibromyalgia is a disorder indicated by widespread musculoskeletal pain followed by fatigue, mood, memory, and sleep problems. The definite cause of this disorder doesn't exist, but scientists assume multiple factors play a role such as infections, heredity, physical or emotional trauma.

Hormones

Hormones such as estrogen participate in a multitude of processes in our body. Estrogen levels fluctuate and induce different symptoms including joint pain. How? Estrogen af-



fects your joints by keeping the inflammation down and as you already know; inflammation leads to the pain sensation. Many women with RA, OA, lupus, and fibromyalgia report they experience more pain just before or during the menstrual period. This is the time when estrogen levels drop. It's needless to mention that menopausal women are more prone to joint pain and guess what – levels of estrogen significantly decline at this point. Additionally, women feel pain in a higher intensity than men do because endorphins, the body's painkillers, work more effectively in men than in women.

Overweight/obesity

When discussing joint pain causes in women it is impossible to ignore overweight or obesity. The more weight you carry, the bigger the pressure on the joints. As a result, you experience more pain.

Treatment of Joint Pain

It is of huge importance to consult your doctor when experience joint pain. Your health care provider will perform a physical exam and order necessary tests to diagnose the exact cause of joint pain and recommend adequate treatment. In most cases, the treatment includes:

- ◆ Medications (prescription and over-the-counter, depending on the severity of pain and the underlying condition)
- ◆ Surgery (last resort, recommended only when "tradition-

al" treatments don't work)

- ◆ Lifestyle adjustments
- ◆ Occupational therapy
- ◆ Physical therapy

Joint pain relief:

- ◆ Apply cold gels to the affected areas
- ◆ Apply warm compresses to relieve stiffness and ice packs to numb the pain
- ◆ Avoid strenuous activities
- ◆ Do low-impact exercises such as water aerobics
- ◆ Eat well-balanced diet abundant in anti-inflammatory foods
- ◆ Get a massage
- ◆ Meditate
- ◆ Practice yoga or tai chi
- ◆ Quit smoking
- ◆ Stay active
- ◆ Strive to lose weight
- ◆ Try acupuncture
- ◆ Wear shoes with soft soles or cushions

The hormone oestrogen has an important role in maintaining joint and bone health. It is not certain how it does this, but it is thought that it works by minimizing swelling around the joint. As you reach the menopause, levels of oestrogen in your body begin to drop. This gives rise to common menopause symptoms including hot flushes and night sweats, and may also result in swollen and painful joints.

Dehydration can also cause joint pain because of a build up of uric acid which can cause inflammation in your joints. Oestrogen is also important for regulating fluid levels in your body, and with falling levels of the hormone, you find that your body is unable to

retain water efficiently.

It is important to reduce the pressure of repetitive strain, such as jogging on hard roads, to protect your joints. At the same time though, keeping them flexible will reduce joint pain. Some exercises such as yoga and swimming are beneficial for strengthening your muscles and joints without exerting too much pressure on them.

Calcium is particularly important as it keeps your bones strong and healthy. For calcium to be absorbed into your bloodstream effectively, it is important to also have a high intake of magnesium, achieved by including nuts, wholegrains and dried fruit into your diet. Alternative treatments such as massage or acupuncture help many women with their joint pain symptoms. They directly target the area of pain in order to ease the symptom.

Stress can have a negative effect on your joint health. If you are experiencing a lot of stress, your body will release high quantities of the hormone cortisol. This hormone works as an inflammatory agent, and so high levels of stress during the menopause will only make your joint pain worse. It is important if you tend to experience stress to take time to relax every day.

The doctor will first try to diagnose and treat the condition that is causing your joint pain. The goal is to reduce pain and inflammation, and preserve joint function.

GREATNESS OF THE ISLAMIC REVOLUTION OF IRAN

Hussein Mansouri

Translated by: Fatemeh Khazaii

Mahjubah
Magazine

Any questions regarding the source of the greatness, strength and magnificence of the Islamic Revolution of Iran is indeed thought-provoking. This magnificence and greatness have been admitted on an all-embracing world scale. As per evidences, many world thinkers, intellectuals, sociologists and politicians have, in one way or another expressed their amazement at the achievements of the Islamic Revolution of Iran and their admiration for Imam Khomeini (ra). As an example, we

can here cite parts of the remarks of the famous Western orientalist and Iranologist- professor Carsten Colpe : "The Islamic Revolution and it's leader - Imam Khomeini guided the world Muslims, including those living outside the Islamic world and placed them on the path to regaining their Islamic identity. This Islamic Revolution is no doubt the starting engine for the movement for the revival of Islamic life the influence of which has gone beyond national borders. After the victory of the Islamic

Revolution of Iran in 1979, the political developments caused various groups of people, both men and women, students, religious figures and even police officers and civil servants from both Muslim and non-Muslim faiths, including the Catholics and Protestants to repeatedly demand to be given comprehensive and perfect information about Islam and the Islamic Revolution."

Also Dr. Francisco Escudero, the head of the Federation of Spain's Islamic Societies has remarked about the Islamic

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Revolution thus: "Imam Khomeini revived Islam. The Islamic Revolution of Iran led by Imam Khomeini brought about great changes and developments in the Islamic world and Imam Khomeini presented a fresh portray of Islam. The Islamic Revolution of Iran taught the lesson of struggle against injustice and fighting against oppressive, inhuman and dictatorial governments."

Though some might hold that the greatness of the Islamic Revolution can be attributed to its success in overthrowing a regime and establishing another regime, but it stands to reason to believe that a revolution with such greatness as to receive the admiration and homage of the world cannot be regarded as confined to just that one success, be-

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This Islamic Revolution is no doubt the starting engine for the movement for the revival of Islamic life the influence of which has gone beyond national borders.

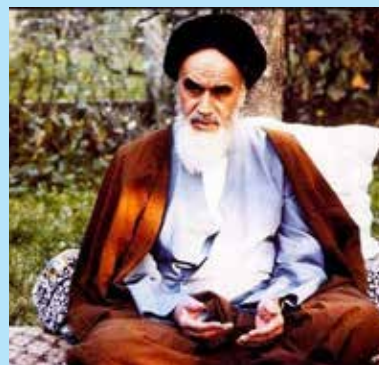
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cause regime changes have repeatedly occurred in the world and history is replete with accounts of government changes and replacements.

Even the fact that the Islamic Revolution of Iran uprooted the 2500 year, old monarchical rule in this country and replaced it with a republic system cannot be regarded as the main cause of this Revolution's greatness, since in some other countries, such as Russia and France too, regime changing revolutions have taken place which revolutions have not gained such attention. So, we can conclude that the greatness and admirability of Iran's Revolution should be attributed to other causes. To those whose attitudes and worldviews are materialistic and secular and who are deprived of the blessing of Divine outlooks, such questions are very confusing, yet those possessed of faith in Divine help and in the teachings of Allah's Messengers(AS), do believe that the source of the unique magnificence, greatness and all-embracing influence of the Islamic Revolution of Iran has been its Divinely inspired root, and Qur'anic goals, namely the establishment of a just rule based upon pure, unadulterated Divine teachings which has been the goal of all Divine Messengers (AS) throughout human history. So, the Islamic Revolution of Iran became an amazing, unique phenomenon because of its Divine base, Divine origin, Divine goals and Divinely-guided leadership,

following the commands and manners presented by Prophet Muhammad(PBUH) and his Infallible successors, in various areas, in particular concerning justice for all, benevolence towards all and unshaking, persistent resistance and fight against all oppressors.

As we know, unfortunately for many centuries Muslim nations have been mostly under the impious, incapable domination of unworthy rulers who did not care the least bit about justice and the fulfillment of Divine commands, the Iranian nation before the Islamic Revolution included. Yet, by Allah's grace, a great man from the progeny of Allah's last Messenger (PBUH) rose and urged the people to rise and relying on God, fight for their God-given rights.





THE AMAZING QUR'AN

By Gary Miller

Introduction

The Qur'an is the last revealed Word of God. It is a record of the exact words revealed by God to the Prophet Muhammad (peace be upon him) through the Angel Gabriel. It was then dictated to his Companions who memorized

it, and it was written down by scribes. The Qur'an is in every detail the unique and miraculous text which was revealed to Muhammad fourteen centuries ago. Not one word of its 114 chapters has been changed over the centuries. The Qur'an deals with all

subjects which concern us as human beings: wisdom, doctrine, worship, and law, but its basic theme is the relationship between God and His creatures.

There are also many verses in the Qur'an concerned with natural phenomena that are astounding. It is impossible to explain their presence in humans terms, given the state of knowledge at the time the Qur'an was revealed.

In the West, such statements had never before formed the subject of a scientific communication until recent times. On 9th November 1976, an unusual lecture was given at the French Academy of Medicine. Its title was 'Physiological and Embryological data in the Qur'an' and was delivered by the famous French physician Dr. Maurice Bucaille. His reason for doing this was that "our knowledge of these disciplines is such, that it is impossible to explain how a text produced at the time of the Qur'an could have contained ideas that have only been discovered in modern times. The citations included in this pamphlet appeared in the Qur'an during the 7th century C.E.

The Prophet Muhammad was himself illiterate and was living among illiterate people. The Arabs at that time worshipped idols and believed in horoscope and magic and were superstitious. The Arabs very actively opposed the teachings advanced by the Prophet through his revelations. This short article is for

you to read and to consider. Because the subject matter is so vast, we have space to mention only a few brief facts from the Amazing Qur'an.

The Creation of the Universe

"Do not the unbelievers see that the heavens and the earth were joined together, then We clove them asunder? And We made from water every living thing. Will they not then believe?" (21:30). This verse is specifically addressed to non-believers, and touches upon the creation of the universe and the origins of all life. The Qur'an mentions the existence of a gaseous mass (41:11) which is unique and whose elements, although at first fused together subsequently became separated (*fatq*). The separation process resulted in the formation of multiple worlds, a notion which crops up dozens of times in the Qur'an (1:1): *"Praise be to God, Lord of the Worlds."* [1,2]

The Origins of Life

"And We made from water every living thing. Will they not then believe?" (21:30)

The building blocks of all living things are called cells. They are the basic units of life. Protoplasm (cytoplasm nucleus) is the substance of all living things. Cytoplasm is a jelly-like material consisting of water and dissolved substances. The constitution of protoplasm is about 80-85% water. Without water life is not possible. [2]

None of the myths on the

origins of life that abounded at the time of the Qur'an are present in the text. Furthermore, the fact that all life originated from water would not have been a very easy thing to convince people of 1400 years ago, especially in the desert!

The Expansion of the Universe

The expansion of the universe is the most imposing discovery of modern science. Today it is a firmly established concept and the only debate centres around the way this is taking place.

"The heaven, We have built it with power. Verily, We are expanding it." (51:47) 'We are expanding it' is the translation of the plural present particle *musi'una* of the verb *ausa'a* meaning "to make wider, more spacious, to extend, to expand." Some translators were unable to grasp the meaning and provided mistaken trans-



There is nothing worthy of worship except GOD alone, and Muhammad is His messenger and servant. There are today, over one-thousand million followers of Islam.



lations. Others sense the meaning, but were afraid to commit themselves e.g. Hamidullah talks of the widening of the heavens and space, but he includes a question mark. Zidan & Zidan, and The Supreme Council for Islamic Affairs refer to the expansion of the universe in totally unambiguous terms. [1,2]

The Mountains

Mountains have always been looked upon as conspicuous landforms, characterized by lofty protrusions above their surroundings, high peaks and steep sides. However, the Qur'an accurately describes mountains as stabilizers for the Earth that hold its outer surface firmly, lest it should shake with us, and as pickets (or pegs) which hold that surface downwardly as a means of fixation. *"Have we not made the earth an expanse, and the mountains stakes (awtad)?"* (78:6-7) and *"And God cast into the ground mountains standing so that it does not shake with you."* (31:10). [1,3]

The Developing Human Embryo

Statements referring to human reproduction and development are scattered throughout the Qur'an. It is only recently that the scientific meaning of some of these verses has been fully appreciated. The Qur'an determines that human development passes through stages (39:6). The realization that the human embryo develops in stages was not discussed and illustrated until the 15th century.



The staging of human embryos was not described until the 20th century. Streeter (1941) developed the first system of staging which has now been replaced by a more accurate system proposed by O'Rahilly (1972). However, the Qur'an was the first source to mention this (23:12-16).

The Qur'an and Hadith also state that both parents share in the origins of the offspring: "O mankind! We created you from male and female." (49:13) and "We created mankind from a mixed drop (nutfah-amshaj)." (76:2) The mixed drop refers to the mixture and convergence of a small quantity of sperms with the ovum (and its associat-

ed follicular fluid) to form the zygote. It has the form of a drop and consists of a mixture of male and female secretions. "Then we made the drop into a leech-like structure ('alaqah)." (23:14) 'alaqah in Arabic means (i) to cling and stick to a thing; (ii) a leech or bloodsucker; (iii) a suspended thing; and (iv) a blood clot.

Amazingly, each of the meanings for 'alaqah can be applied to human prenatal development. For example, taking 'alaqah to mean a leech we find that the embryo is surrounded by amniotic fluid just as a leech is surrounded by water. The human embryo clings to the mother's womb, in the same way that a leech

clings to the skin. A leech is a pear shaped organism and thrives on bloodsucking. The diagram above clearly indicates that the shape of the embryo does in fact resemble a leech! At this stage the cardiovascular system has started appearing and the embryo is now dependent on the maternal blood for its nutrition like a leech! As there were no microscopes or lenses available in the 7th century, people could not have known that the embryo has this leech-like appearance. "Then out of that leech-like structure We made a chewed lump (mudghah)." This statement is from Surah 23:14. The Arabic word *mudghah*

means “chewed substance or chewed lump.” Towards the end of the 4th week, the human embryo looks somewhat like a chewed lump of flesh. The chewed appearance results from the somites which resemble teeth marks. The somites represent the beginnings of the vertebrae (backbone). (For a detailed discussion concerning the Qur’an and modern embryology see [1,2,4,5,6].

Lost Civilizations

In the 89th chapter of the Qur’an, the city of “Iram” is mentioned: “Have you not seen how your Lord dealt with Aad, of the city of Iram, with lofty pillars the like of which was never created in any land?” Iram has been unknown to history, so much so that it apparently became an embarrassment to some Muslim commentators of the Holy Qur’an. In 1975, in North-Western Syria the ancient city of Ebla was excavated. Ebla is over 4500 years old. In the ruins of the Palace Library they found the largest collection of cuneiform clay tablets ever discovered – around 15,000. Written in the oldest Semitic language yet identified, the tablets reveal that Ebla rivaled Egypt and Mesopotamia as a major power of the ancient world. They found in there a record of all the cities that Ebla used to do business with including one IRAM! [7,8,9]

What Happened to the Body of Pharaoh of the Ex-

odus?

The Biblical version of Pharaoh’s story states that he was drowned in the pursuit of Prophet Moses (Exodus 14:28-29). Unknown to the world till only of late, the Holy Qur’an made a definite prediction about the preservation of the body of that same Pharaoh of Moses’ time 10:90-92: “This day We shall save you in your body so that you may be a sign for those that come after you”. The body was discovered in the tomb of Amenhotep II in 1898. [2,12]

The Resting Place of Noah’s Ark

The Bible states that “And the Ark rested... upon the mountains of Ararat.” Genesis 8:4. According to the Holy Qur’an (11:44): “The Ark came to rest upon Al-Judi.” According to recent evidence from an archaeological find in Eastern Turkey, experts believe they may have discovered the remains of an ancient vessel whose dimensions mirror those of Noah’s Ark as told in the Bible. However, the dis-

covery was made on Al-Judi! [10,11]

The Holy Qur’an; God’s final Guidance to Mankind

“How could a man, from being illiterate, become the most important author in terms of literary merits in the whole of Arabic literature? How could he pronounce facts of a scientific nature that no other human being could have possibly known at that time, and all this, without once making the slightest error in his pronouncement on the subject?” (Dr. Maurice Bucaille).

You owe it to yourself to find out the truth about: Islam, the Holy Qur’an and the Life and teachings of God’s final Messenger, Muhammad.

The Message of Islam is Simple

There is nothing worthy of worship except GOD alone, and Muhammad is His messenger and servant. There are today, over one-thousand million followers of Islam. Find out the truth!

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 - 8- National Geographic, December, 1978.
 - 9- Ebla – A revelation in archaeology, Chaim Bermant and Michael Weitzman, Time Books, 1979.
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PROPHET MUHAMMAD (PBUH); THE MODEL INSTRUCTOR PART 2

By: Abolfazl Roohi

Translated by: Mina Salimi

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It goes without saying that the advent of the reviving religion of Islam and the spread of Divine teachings made marked changes in the Arabian society and of course other societies and improved their conditions tremendously. History is witness to the fact that it was Islam which gave humane rights to women, making them honourable members of the society and that before Islam, not only in Arabia,

but in other parts of the world women were mostly looked down upon and mistreated. As a result of Islamic teachings and of course the ceaseless endeavours of Prophet Muhammad (PBUH) in guiding the people, the very people among whom even the heinous practice of burying female children alive had become prevalent, started learning human values and manners. People turned to Islam, because Islam

being presented by Allah, the All-Knowing is in harmony with human nature, and every human being is born with a nature which looks for the truth and perfection. Those who opposed the Holy Prophet of Islam and fought against Muslims were obviously against Islam because of their domineering and profiteering inclinations, since they observed that Islam is against all oppression, bullying, injustice and other such vices. Of course, there have been a number of people who out of obstinacy at first refused to accept Islam, but who later after observing the nobility of character of Prophet Muhammad (PBUH) radiated in his conduct, changed their minds and embraced Islam.

In connection with correcting human beings and human societies, Allah's last messenger, Prophet Muhammad (PBUH) would, as per Allah's commands, emphasize the significance of marriage and of keeping the marital life and family environment safe, healthy and happy, thus making it the basis for the elevation of human soul and it's perfection. His Holiness advised the people to promote conditions for marriage, since "celibacy can breed corruption". Likewise Prophet Muhammad (PBUH) has been quoted thus: "If a suit- or whose (level of) religiousness and also whose temper you find good enough, do let your daughters marry them,

otherwise corruption will spread on the earth." Also in another Prophetic Narration we are taught: "To Allah nothing is more loveable than a home made through marriage and to Him nothing is more detestable than a home broken up through separation (divorce)."

As we see, these Divine teachings have been markedly neglected in many societies, particularly the Western societies today, as a consequence of which corruption of all sorts have spread. It seems, it is high time humanity should return to Divine Messengers' teachings and commands.

In the same vein, Prophet Muhammad (PBUH) advised both men and women to be (as spouses) kind, loving and forgiving to each other, and also as parents to their children. Being himself a model



People turned to Islam, because Islam being presented by Allah, the All-Knowing is in harmony with human nature, and every human being is born with a nature which looks for the truth and perfection.



husband, His Holiness would help in house chores and would do things like mending his shoes and patching up his clothes himself. Also, as testified by his wives, His Holiness would never complain about such things as the taste of the food, and would urge the other men to behave the same way, through such statements as: "The best of you is the one who is best to his family and I am the best of you to my family." Likewise, Prophet Muhammad (PBUH) has regarded marriage and the making of families a sacred affair and has in this regard urged men to attach great significance to their efforts towards earning halal means of livelihood for their families (regarding those efforts equal in merit to worship); let's ponder upon these Ahadith now: "What a man spends on his family is as reward-worthy as giving charity in the way of Allah." And "The one who works and strives to provide for his family is to Allah like the one who makes Jihad in His way." Of course, as inferred from numerous other Ahadith, including certain Ahaith from Imam Ali (AS) a man's responsibility towards his family members is not confined to his duty of providing them with material necessities, such as food and clothing; rather a man is also duty-bound to attend the spiritual needs of his family, most importantly to their need for religious education.

As a matter of fact, teaching the Holy Qur'an to the children is regarded as one of the most significant duties of a Muslim father. It is also quite worthy to cite another Hadith here: "Teach your children (authentic) Ahadith before your enemies lead them astray." So, the parent who is careless about his children's religious upbringing and who just cares about their material welfare cannot be regarded as a dutiful one and will have to answer to Allah for his negligence. Another noteworthy point in this regard is that respect towards not only women and children, but also towards servants has been one of the manners of Prophet Muhammad (PBUH) and also the other Infallibles. It has been narrated that His Holiness was most tender and respectful towards women (both his family members and servants) and advised the other men to be so: "The best of people in terms of faith is the one who has the best temper and who has the most pleasant behavior towards his family...." It has been narrated that Prophet Muhammad (PBUH) would even milk the cattle himself. Likewise, as an exemplary man, His Holiness would, on leaving the house, ask the residents if they needed anything and His Holiness would teach the other men to do so, since, according to His Holiness, it is possible that due to shyness or other reasons, some might not ask the man



of the house for what they need and so, through that question, the Holy Prophet (PBUH) of Islam would urge them to let him know if they needed anything. And no wonder, since, as he himself has said: "I have been assigned the Divine Mission of completing moral virtues." And in the same vein, Prophet Muhammad (PBUH) would severely frown upon any disrespectful conduct on the part of men towards women. In a well-known Hadith, we read: "The noble hold women in reverence, the mean in contempt."

Of course, holding women in reverence in Islam is not limited to just respectful be-

havior to them, rather this Divine teaching embraces a whole range of rights for women, including the right to be treated politely, provided for and given shelter properly even as divorced women. In The Holy Qur'an, these rights have been stipulated clearly and how good it will be if all those who unknowingly and under the influence of the anti-God Zionist propaganda, accuse Islam of oppressing the women, and praise the West for giving freedom to women, come to know that quite the opposite is true; Islam gave the women freedom (the humane freedom, not the freedom to become slaves to lustful men), digni-



ty, honor, protection and thus true happiness.

Also, concerning his pleasant behavior in the family environment, suffice it to say

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At the time when children were mostly ignored or mistreated, Prophet Muhammad (PBUH) urged the people to caress and kiss children to attract Allah's Mercy.

”

that as repeatedly mentioned in Islamic narrations, Prophet Muhammad (PBUH) was the most jovial of all with his family, thus setting an example of kindness and pleasant behavior. This attitude is just the opposite of the wrong attitude of some who imagine that being tender and showing affection by men spoils the women and the children.

Regarding attaching value by the Infallibles (AS) to children, there are many Ahadith, including: “A virtuous son or daughter is as a flower from the flowers of Paradise.” Prophet Muhammad (PBUH) has indeed on various occasions advised the people against looking down upon their female children. It has been narrated that once His Holiness observed that a man had become unhappy upon hearing the news of the birth of a girl to his wife and His Holiness immediately addressed the man thus: “Why are you unhappy? This child is a flower, the fragrance of which you enjoy and as for her *Rizq*(means of sustenance) it will be given by Allah.” Besides showing love, care and affection, Prophet Muhammad (PBUH) would also show respect for children, thus setting an example for the others, since His Holiness knew that respect is consistent with human nature and likewise receiving disrespectful behavior can cause very undesirable emotional problems, in particular in children. It has been nar-

rated that His Holiness would always greet the children first anywhere he met them and would never wait for them (or even for the adults) to be the first to greet. His Holiness would even play and joke with the children, in particular with the orphans. At the time when children were mostly ignored or mistreated, Prophet Muhammad (PBUH) urged the people to caress and kiss children to attract Allah's Mercy. And likewise His Holiness would warn all against treating their children unequally, and unjustly, and would advise them to observe justice and equality among their children. Imam Ali (AS) has narrated that once Prophet Muhammad (PBUH) saw a man with his two children, kissing just one of them, and upon observing this unfair treatment, His Holiness addressed the man thus: “Why didn't you observe equality between your children?” - Certainly being a Divinely-guided leader and teacher of humanity, Prophet Muhammad (PBUH) knew that unfair treatment results in negative, undesirable effects upon the children, including jealousy and rancor. In another Hadith, parents have been advised thus: “Act among your children justly (on a fair, equal basis and without discrimination), just as you like them to be just and fair to you.”

At the time when most people, in particular Arabs preferred their male children



over female ones considerably, Prophet Muhammad (PBUH) emphasized the benefits of having daughters through various teachings including such Ahadith as: "The best of your children are your daughters." And "Virtuous daughters are the best of one's children. The one who has a virtuous daughter, will be given by Allah a shield against the hellfire for that and the one who has two virtuous daughters will be placed in paradise by Allah for that and the one who has three or more than three virtuous daughters will be exempted by Allah from Jihad." And regarding the rights of children over parents (and also regarding the rights of parents over children) there are numerous narrations from Prophet Muhammad (PBUH) including: "Be loving

and affectionate towards your children, treat them mercifully and fulfill any promise you give them, because children look upon you as the ones who give them sustenance." And: "It is the right of a child upon the parents to be given a good name, to be taught the Holy Qur'an and to be left a pure inheritance by them."

Besides, Prophet Muhammad (PBUH) has been most hospitable towards guests. It has been narrated that whenever a guest entered his house, His Holiness would show him the best place to sit in and even when there were many guests and so some couldn't be seated on the rug, His Holiness would spread on the ground his own cloak for them to sit on. Also Salman, a well-known companion of Prophet Muhammad (PBUH) has narrat-

ed this story; "One day I met Prophet Muhammad while His Holiness was leaning on a pillow, and when I sat down beside him, His Holiness offered his pillow to me to lean on and said: "O Salman! Any Muslim who, when his Muslim brother comes to visit him, places a pillow for him as a sign of respect will be forgiven his sins by Allah for this act."

And of course, as witnessed by many, Prophet Muhammad (PBUH) would neither ridicule nor humiliate the others, nor would His Holiness allow the others to do so. This lesson is particularly beneficial to those who desire to become exemplary persons as parents, spouses, colleagues, neighbours and friends.

To be continue on the next issue

A PRESENT TO THE MARTYRS

By: Ahmad Barari

O the men of honor, you died for your country,
May your name remain alive like the pure name of Iran.
Welcome to your motherland, O the brave son!
Your faith served as a stronghold for our land.
True, the motherland needs pious soldiers,
Your rosy blood has beautified the whole land.
I never believe you to be 'unknown', though you died such.
All will ever regard you the honoured much,
Believe me, just the coward are dead,
For you who desired God, life is lasting, you are never dead.
Your glorious name is shining upon the head of our land like a
crown of jewels, our country's flag bears the red colors of your
blood; as an honor it deserves.
The whiteness of your flag recalls your purity,
You deserve Paradise, peace and felicity.
The greatness of our plants radiates fertility,
Owing to your manly works, lasting till eternity.
Everywhere in our land, a bone of yours is buried, O noble,
That serves as a flag of our country, the noble.
Like you and every other patriot, I desire to taste love,
Love for honour, glory, freedom like a dove.
Whatever name we call you by; we are honored by you,
We owe our freedom, glory and power to you.
The history of our homeland is protected by your name,
Your memory recalls Iran, everywhere, with honor and fame.

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EMPHASIZE ON JUSTICE

Considerable number of intellectuals and thinkers from around the world have so far expressed their admiration for the sublime character of Imam Khomeini (ra) and for his achievements. Here, we would like to draw the esteemed attention of our readers to the interview conducted in 2007 with Dr. Peter Scholl-Latour, an outstanding reporter who had the honour of accompanying Imam Khomeini in his

flight from Paris to Tehran on the historic day of 12th of the month of Bahman of 1357 solar hijri 1979. Peter Scholl-Latour, was born in the Province of Westphalia and grew up in Lorraine. In 1978 Scholl-Latour had contact with Imam Khomeini, who was in exile in Paris at that time. He was one of the few privileged journalists who were allowed to travel with the revolutionary leader on the plane upon Imam Kho-

meini's return to Iran.

He got his PhD from the Sorbonne University in France, his M.A. in political science from the Paris University and also an M.A. in Islamic and Arabic studies from the Beirut University. He started his job as a reporter in 1950 and has since spent years in Africa, India and china as a reporter. He was also the author of numerous famous books. Below is the text of the interview.



matic character, his charisma being observable even at first glance. He was amazingly informed about world events and their real causes. I am not able to find anyone comparable to Imam Khomeini even among today's famous religious figures. He had matchless spiritual and intellectual powers.

Q: As you know, we are on the eve of the anniversary of the Demise of the leader of the Islamic Revolution and founder of the Islamic Republic of Iran, Imam Khomeini (ra). You have had certain close contacts with Imam Khomeini (ra) and

have written many articles and books about him and the Islamic Revolution. Would you please express your opinion about Imam Khomeini (ra) in a few sentences?

A: Imam Khomeini was indeed a very charis-

Q: As you know, in 1963 (15th of Khordad, 1342 of Solar Hijri) an Islamic uprising led for the first time in Iran by Imam Khomeini(ra) took place and was severely suppressed by the then ruling regime. At that time, there were other religious leaders in Iran too. Yet it was Imam Khomeini (ra) who managed to mobilize and urge the masses to

rise against the oppressive policies of the mercenary Pahlavi regime. In your opinion, which abilities and powers of Imam Khomeini(ra) were the determining factors behind his unique success in such a mobilization? Was it his leadership capabilities or his charisma which made him such a successful leader, or were there other factors too?

A: All factors you just cited have been true with Imam Khomeini (ra). Yet, in addition to all such great qualities, Imam Khomeini (ra) had an outstanding, clear and distinct plan and program. Unlike some other Shi'a spiritual leaders who believe that no movement should be launched before the rise of Imam Mahdi (AJ), Imam Khomeini (ra) had worked hard for and written about the establishment of an Islamic government, emphasizing true social justice. Likewise, Imam Khomeini (ra) was strongly against dependence upon the West. These specifications made him different from some other religious figures. True, the 15th of Khordad uprising was suppressed, but it never died out, since about 15 years later, another uprising led by Imam Khomeini(ra) took place leading to the victory of the Islamic Revolution.

Q: To your mind, which factors were determining ones in



the victory of the Islamic Revolution in 1957?

A: In my opinion, due to widespread dissatisfaction among the Iranian people the Shah had no credibility to them; the economy and politics of the country was then totally closed to the oppressed masses, depriving them of the least access to welfare and the right to take part in making decisions concerning their fate and moreover, the government of Iran was under the widespread domination and influence of America and this problem too

had caused severe dissatisfaction amongst the Iranian people. And Imam Khomeini (ra) who had lived years in exile in Najaf was, at the instigation of the agents of the ruling regime – the SAVAK forced to leave Iraq, and go to France. SAVAK and the Shah imagined that this way, Imam Khomeini (ra) would be totally wiped out from the scene and forgotten by the people. But the reverse happened. I, myself have witnessed the respect and enthusiasm expressed towards Imam Khomeini (ra) by thousands of Iranians, including those

living in Germany. Many University students and intellectuals who then might seem secularist rushed to Neauphle-le-Château to visit Imam Khomeini (ra) and to express their support for him. At that time, as I remember, many in the West wrongly thought that the leadership of the Islamic Revolution would be in the hands of Imam Khomeini (ra) just temporarily and particularly Americans imagined that after a short while the leftist forces would take the power in Iran, especially since at that time, the USSR was also a superpower and was thought to have a number of supporters in Iran too. The Americans thought that eventually the Toodeh or the MKO party would become the rulers in Iran. This wrong imagination was due to their lack of understanding and true knowledge about the realities in Iran and due to their being unable to understand the fact that the Islamic Revolution was a religion-based social justice-directed movement.

Q: You pointed out the West's displeasure with the victory of the Islamic Revolution. Which changes do you think were made by the Islamic Revolution in Iran's foreign policy?

A: During my past visit to Iran and in the course of my meetings with a number of Iranian re-



ligious figures, I realized that the Revolution is on the path of perfection, and I am sure Imam Khomeini (ra) knew this. As we all know, shortly after the establishment of the Islamic Republic of Iran, eight-year-war was imposed on this country. The Ba'thist regime of Iraq wrongly thought that since Iran was in the post-Revolution period and going through various problems, including those concerning the military and defence systems, it could easily and promptly defeat Iran, particularly since at that time the Iraqi army had been fully equipped and supported by the two super-powers of that time, the U.S. and the

(former) Soviet Unions. And at first, the Ba'thist army succeeded in occupying a number of Iranian cities, including Abadan and Khoramshahr. Yet, Imam Khomeini (ra) who had already ordered the formation of the organizations for people's mobilization, thereby creating a great unified national and religious force, succeeded in leading the country towards victory and the expulsion of the aggressors from the Iranian lands.

Q: Regarding the imposed war, let's now put forth this question; the territorial claims of the Ba'thist re-



gime against Iran which were used as pretexts by that regime for attacking Iran where also made while the Shah ruled Iran. Why do you think the attack did not take place at that time?

A: Saddam Hussein and the Western intelligence agencies imagined that after the Revolution, Iran would be in a very weak position and so would not be able to resist the powerful Ba'thist forces. They believed that through defeating Iran in that war, they would defeat the Islamic Revolution and witness that Revolution's collapse. The Americans wanted to crush the Islamic Revolution and to replace the Islamic regime of Iran with a monarchical regime and/or any other regime which would serve the American government and the West's interests. Saddam, too, had coveted the oil-rich, gas-rich Khuzestan Province and after the Islamic Revolution, thought that he would be able to capture Khuzestan in a very short time. Of course, Saddam might have had expansionist ambitions before too, but before the Revolution, he found no chance, since Shah was one of the closest allies of the United States of America in the region.

Q: In your remarks, you pointed out that many in the West believed that the Islamic Revolution would not last long, while as we see, in spite of

so many plots and obstructions, the Islamic Republic has come out victorious and is progressing quite markedly. In your opinion, what causes have been behind such success?

A: I believe the Islamic Revolution has brought about basic changes in Iran, and as we see, Iran has turned into a significant country in the region; a country which plays a determining role in the preservation of regional stability and security. As for the economic progresses made by Iran in the post-Revolution years, I should say they are amazing. Also, after the Islamic Revolution in Iran, many efforts have been made towards education, in particular for the deprived classes of the people, but these achievements have not been adequately publicized abroad. Likewise, in the fields of civil rights, freedom of expression and the like many positive steps have been taken in Iran, having made Iran much more advanced and progressive than her neighbour countries. I do believe Imam Khomeini (ra) has played the most significant role in Iran's making such great achievements.

Q: As the last question, let's request you to give us a remark concerning your evaluation of Iran, taking into view the fact that you have made several visits to Iran?

A: In the past, some in the West imagined that the Islamic Republic of Iran would turn into a center for extremist riots, but this imagination turned out to be a wrong one, because just the opposite, Iran became the center for peace, security and stability. Iran is now the most powerful and the most stable country in the region. The American's plots for pressuring Iran through attacking Iraq and Afghanistan which are two Muslim neighbours of Iran have totally failed. Had the Americans the ability to realize the facts, they would have understood the reality that Iran is an stabilized country in the region. Of course, this fact has already been acknowledged by some Western figures, including Germans.

Dear readers, please note that this interview was conducted about 10 years ago, namely before the creation of the terrorist takfiri Daesh (ISIS), at the hands of the enemies of God and before the Muslim revolutionary men from Syria, Lebanon, Iraq, Iran, Afghanistan and Pakistan heroically and unitedly stepped into the scene and started fighting those blood-thirsty mercenaries of Zionists, creating the noblest epics and presenting most beautiful pictures of true Islam - the pure Islam of Prophet Muhammad(PBUH).

Translated by Nayyereh Towhidi
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F.A.Q.

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FAMILY WOMAN
CULTURE
INTERVIEW
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FINAL WORD

Q: I am 33, and married, my only problem in life is my getting angry too often. Please offer some solutions.
Nasim, India

A: Dear Nasim, Prophet Muhammad (PBUH) has said: "A strong champion is the one who upon getting very angry and feeling hot and trembling with anger, manages to suppress his anger."

Imam Ali (AS): "The strongest of people is the one who overcomes his anger through his tolerance."

In fact, anger may be compared to a ferocious wolf or to a dangerous snake which can kill or fatally injure the being exposed to them. So, to avoid its harm, the wise person tries to keep it off with all his/her strength. Of course, at first it might seem very hard for most to control their anger and not to give vent to it, but as a result of ceaseless remembrance of God and the teachings of His Messengers

(AS), it will become easy for one to exercise self-control in the face of irritating, unpleasant behaviors and to instead try to find the most advisable response. All of us can probably remember certain times in our lives when due to uncontrolled anger, we have behaved unwisely and then suffered the consequences. In particular, in the family environment such undesirable times can cause ruinous harms, including the break-up of families which, as we see today, is not an uncommon phenomenon. If an spouse resorts to abusive language and/or slander when angry, he/she can expect even worse reactions, while if one acts wisely and repels the evils of anger through patience, tolerance and forgiveness, he/she will soon experience the desirable effects of his/her proper reaction, and of course Divine rewards in the Hereafter.

Q: I am 20 and have many friends, but somewhat feel uneasy with most of them,

because unlike me, they are mostly careless about their religion and sometimes are attracted to such activities which are detestable to me, because I know they are haram. I want to know about Islam's view on good friends and bad ones.

Sara, Malaysia

A: Dear sister Sara, Prophet Muhammad (PBUH) has said: "The worst companion is the one who makes sins and disobedience to Allah seem beautiful to you." According to this Hadith, having irreligious, impious friends is very harmful, and it is best to avoid their companionship and try to find good friends from among those who are like yourself believers in Allah's word, and obedient to His commands. Likewise, in another Hadith we read: "Loneliness is better than the companionship of an evil-doer and having a pious companion is better than loneliness." Also Imam Ali (AS), has advised us thus: "Try to find good friends from among the honest, virtuous people, otherwise you will be forced to make friends with evil-doers." As inferred from these Ahadith, one has to have good friends for in this world's life there can be many situations facing one in which the help of a virtuous friend is really needed. And obviously, those who are careless about Divine teachings cannot be good friends, because they tend to mislead the others too and also cannot be relied upon for any help or advice.

QUOTES

“God does not change what any people may have until they change whatever they themselves have. ...” *The Holy Qur’an, Al-R’ad 11*

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” *Socrates; classical Greek philosopher, 399 BC*

“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.” *Mother Teresa; an Albanian-Indian Roman Catholic nun and missionary, (1910 – 1997)*

“Be the change that you wish to see in the world.” *Mahatma Gandhi; Indian activist and the leader of the Indian independence movement against British rule, (1869 – 1948)*

“Taking a new step, uttering a new word,

are what people fear most.” *Fyodor Dostoyevsky; Russian novelist, short story writer, essayist, journalist and philosopher (1821 – 1881)*

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” *Albert Einstein; German-born theoretical physicist who developed the theory of relativity, one of the two pillars of modern physics (1879 – 1955)*

“Change the way you look at things and the things you look at change.” *Wayne W. Dyer; American philosopher, self-help author, and a motivational speaker (1940 – 2015)*

“Worrying about something you can’t change will forever be the biggest waste of your time.” *Unknown*

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QUOTES

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CONTENTMENT GIVES PEACE OF MIND

Translated by: Zahra Ibrahimi

What is Contentment or *Qina'at*? *Qina'at* is an Islamic expression meaning being satisfied and contented with whatever God has given us as means of sustenance, avoiding wastefulness, greed and also jealousy towards the others who may look more well-to-do. In a Hadith from the Infallible, we read: "*Qina'at* is the best quality for gaining peace of mind and spiritual tranquility and is behind the highest honor, glory and prestige." (Bihar ul Anwar, vol. 78).

A *Qa'ni* (contented person) does not feel poverty, and will not make him/herself overburdened with debts. Allah has revealed to the Proph-

et Davood (AS): "I have put richness in *Qina'at*, yet people tend to look for it in plentiful material possessions and so they never get it." (Bihar ul-Anwar, vol. 77).

Also, Imam Ali (AS) has regarded *Qina'at* as one of the blessings Allah bestows upon His favored servants: "Allah inspires *Qina'at* in those of His servants for whom He desires the blessed life."

As a matter of fact, being contented with what one has of worldly means and possessions, being moderate in consumption and spending, being patient in the face of strains and shortages, being indifferent towards the worldly glitter

of the luxuries possessed by the others, avoidance of any comparison of one's material and worldly status with those of the others, not showing any desire for what some others might seem to be enjoying of worldly pleasure and being pleased with whatever God gives one for sustenance and livelihood can all be included in the context of *Qina'at*.

It has been narrated that in reply to a question as to the meaning of the Qur'anic expression '*Hayat-e-Tayyibah*' (Chapter Nahl, Verse 97), Imam Ali (AS) said: "That is *Qina'at*. So as per the Holy Qur'an, a pure life (*Hayat-e-Tayyibah*) is to be

enjoyed through *Qina'at* and obviously, wastefulness and following a whimsical way of life leads to poverty, since, among other things, nobody's worldly wealth is limitless and so spending too much and also spending one's money on useless things brings about destitution. That we see today many people complaining about financial problems can thus be regarded as being due to their inability to plan a proper economy for themselves; they buy unnecessary too expensive items and so later they find themselves unable to buy even some necessary goods and thus end up feeling poor and deprived.

The contentment discussed above should include this condition (of being content and satisfied) towards one's social status and of course towards one's spouse too. The truly contented person never feels sad when, for example, seeing a friend or relative has reached a high social position and likewise never compares his/ her spouse with the others' spouse, whether in terms of appearance or abilities, and thus always feels peace of mind which is a great blessing indeed. May Allah make us his contented servants!

Source: shianews.com

Islamic Revolution of IRAN



1979