

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, Most Gracious, Most Merciful

# Virtues of Hijaab

By Irshad Mahmood

Hijaab in your room, in your home and outside world

In Hijaab women looks 10 times more beautiful

The Best Example of Hijaab is what a Woman wears at Hajj, i.e with face open

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Most IMPORTANT about Hijaab is that Allah has ordered to wear Hijaab. For detail please see [Al\\_Quraan\\_033.059, 024.030, 024.031](#).

Do you wear a Hijaab? Give it a try today.

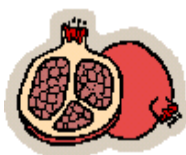
The pea is a splendid plant. It proudly displays its strong green Hijaab. It protects it from the hot and cold weather and guards it from insects. Allah has blessed the pea with a special Hijaab, because without it, the seeds would scatter, dry up and die.



The orange keeps itself within its shiny orange Hijaab to protect its delicious fruit. Otherwise it-loses its taste too.



So are the banana, the coconut and the pomegranate. Each one has an elegant and unique Hijaab, which protects it from disease and destruction.



The jewel of the sea, the pearl, has been given a very tough and rugged Hijaab - oyster shell. It protects it from sea animals and keeps it sparkling and shining inside.



However, the most beloved of Allah in all His creation is the **Muslim girl** who wears the **Hijaab**. She knows it is a **gift from Allah**. It **protects** her from harm, injury and mischief. She wears it knowing it **gives** her **dignity, beauty and respect**. So precious she can be that she hides herself beneath her Hijaab.

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### **Allah has Ordered to wear Hijaab:**

"Allah does not look at your body and face; rather he looks at your heart" [at-tirmidhi]

"Say to the believing men that they should lower their gaze and guard their modesty.....And say to the believing women that they should lower their gaze and guard their modesty; that they should not display their beauty and ornaments except what ordinarily appear thereof; that they should **draw their veils** over their bosoms...." (Al\_Quraan\_024:030-031)

"The world is prison for the believer and paradise for the disbeliever" [Muslim]

"O Prophet, tell your wives and daughters and the believing women that they should cast their **outer garments** over their bodies (when abroad) so that they should be known and not molested" (Al\_Quraan\_033:059).

"The Hijaab is an act of obedience to Allah and to his prophet (SAW)"

"It is not for a believer, man or woman, when Allah and His messenger have decreed a matter that they should have an option in their decision. And whoever disobeys Allah and His messenger, had indeed strayed in a plain error." (Al\_Quraan\_033:036 Quraan).

"Allah had shown us the wisdom behind the legislation of the Hijaab"

"And when you ask them (the Prophets wives) for anything you want, ask them from behind a screen, that is purer for your hearts and their hearts." (Al\_Quraan\_033:053).

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### **Build Relations: Hijaab does not mean to Break Relations**

Generally it has been observed that some people are breaking relationships due wearing Hijaab. If every one thinks negatively, then life will become miserable. In reality they need to do research from the Quraan, to find out what Allah really means about Hijaab. There is a limit for everything and we need to find the right way to have Hijaab. Let us study a few sample cases.

**Case-1:** Suppose you are the only brother of your only sister, who has one teenaged daughter, is very poor, and due to some reason her husband either passed away or separated. Where should she go other than come to live with you, since you are the only Mahram and she cannot afford to pay rents etc.? What if you have also a teenaged son? Will you send away your only son, or want him to live with you and have a good education, since now a days, it is extremely hard to find jobs that require manual labour. Those type of jobs are done with machines these days. So your son needs to go for professional education. In brief everyone needs to live in one house, because it is too expensive to have more than one. You will be stuck if you are narrow minded.

**Case-2:** Suppose you are very sick and need urgent help to save your life and you have teenaged daughter. How can your teenaged nephew help you? You will be stuck if you are narrow minded.

**Case-3:** Suppose your cousin-sister has only one relative, which is you, who is middle-aged, and due to some reason your cousin-sister's husband either passed away or separated. She has no children, does not want to marry again, cannot afford to pay rents, etc. Where should she go? Where will she feel safe other than with you, since you are the only closest relative (cousin)? You will be stuck if you are narrow minded.

**Quraan answers** all these issues and frees you from all negative thinking. Teach your kids to behave like brothers or sisters among their cousins. There is NO place for talks of love affairs or negative thinking in Islaam, although it allows marriages among cousins, such negative thinking is not tolerated. Religious Talks, Family Talks, Educational Talks are always allowed among cousins as well. Let us do a detailed analysis on these issues.

And (as for) the believing men and the believing women, they are guardians of each other; they enjoin good and forbid evil and keep up prayer and pay the poor-rate, and obey Allah and His Messenger; (as for) these, Allah will show mercy to them; surely Allah is Mighty, Wise. (Al\_Quraan\_009:071)

**Quraan tells us there is ZERO Tolerance for negative thinking and it comes into boundary limits:**

Say: "Come, I will recite unto you what Allah has (really) prohibited you from": Join not anything as equal with Him; be good to your parents; kill not your children for (fear of) poverty;- We provide sustenance for you and for them;- **come not near to shameful deeds(acts)**. Whether open or secret; take not life, which Allah hath made sacred, except by way of justice and law: this He has command you, that you may learn wisdom. (Al\_Quraan\_006:151)

Nor come near to adultery: for it is a shameful (deed) and an evil, opening the road (to other evils). (Al\_Quraan\_017:032)

But he who seeks to go beyond this (legal wife or captives from war), these it is that go beyond the limits. (Al\_Quraan\_017:032)

**Quraan tells us to lower our gaze:**

"Say to the believing men that they should **lower their gaze and guard their modesty.....**And say to the believing women that they should lower their gaze and guard their modesty; that they should not display their beauty and ornaments except what ordinarily appear thereof; that they should **draw their veils over their bosoms....**" (Al\_Quraan\_024:030-031)

**Quraan is the only Holy Book which suggests you to Marry only one:**

And if you fear that you cannot act equitably towards orphans, then marry such women as seem good to you, two and three and four; but if you fear that you will not do justice (between them), then (marry) **ONLY ONE** or what your right hands possess; this is more proper, that you may not deviate from the right course. (Al\_Quraan\_004:003)

**Quraan tells us to Bequest in favour of your wives of maintenance for a year (minimum) unless they themselves go away:**

And those of you who die and leave wives behind, (make) a bequest in favor of their wives of maintenance for a year (minimum) without turning (them) out, then if they themselves go away, there is no blame on you for what they do of lawful deeds by themselves, and Allah is Mighty, Wise. (Al\_Quraan\_002:240)

### **Quraan tells us that Momin and Mominah are Protecting Friends of each other:**

And (as for) the believing men and the believing women, they are guardians of each other; they enjoin good and forbid evil and keep up prayer and pay the poor-rate, and obey Allah and His Messenger; (as for) these, Allah will show mercy to them; surely Allah is Mighty, Wise. (Al\_Quraan\_009:071)

### **Are our cousins worse than our slaves (war captives)? We are commanded to help righteous slaves financially and help them to get married as well:**

And marry those among you who are single and those who are fit among your male slaves and your female slaves; if they are needy, Allah will make them free from want out of His grace; and Allah is Ample-giving, Knowing. And let those who do not find the means to marry keep chaste until Allah makes them free from want out of His grace. And (as for) those who ask for a writing from among those whom your right hands possess, give them the writing if you know any good in them, and give them of the wealth of Allah which He has given you; and do not compel your slave girls (war captives) for sex, when they desire to keep chaste, in order to seek the frail good of this world's life; and whoever compels them, then surely after their compulsion Allah is Forgiving, Merciful. (Al\_Quraan\_024.032-033)

### **Are our cousins worse than our slaves (war captives)? Do not turn your home into a torture cell for your cousins:**

Say to the believing men that they should lower their gaze and guard their modesty: that will make for greater purity for them: And Allah is well acquainted with all that they do. And say to the believing women that they should lower their gaze and guard their modesty; that they should not display their beauty and ornaments except what (must ordinarily) appear thereof; that they should draw their veils over their bosoms and not display their beauty except to their husbands, their fathers, their husband's fathers, their sons, their husbands' sons, their brothers or their brothers' sons, or their sisters' sons, or their women, or their slaves (war captives) whom their right hands possess, or male servants free of physical needs, or small children who have no sense of the shame of sex; and that they should not strike their feet in order to draw attention to their hidden ornaments. And O ye Believers! turn ye all together towards Allah, that ye may attain Bliss. (Al\_Quraan\_024.030-031)

### **Nephews and nieces are allowed to come at our home:**

There is no blame on the blind man, nor is there blame on the lame, nor is there blame on the sick, nor on yourselves that you eat from your houses, or your fathers' houses or your mothers' houses, or your brothers' houses, or your sisters' houses, or your paternal uncles' houses, or your paternal aunts' houses, or your maternal uncles' houses, or your maternal aunts' houses, or what you possess the keys of, or your friends' (houses). It is no sin in you that you eat together (including JOINT-FAMILY-SYSTEM which may help saving lots of expenditures) or separately. So when you enter houses, greet your people with a salutation from Allah, blessed (and) goodly; thus does Allah make clear to you the communications that you may understand. (Al\_Quraan\_024:061)

### **Hijaab of the sound of Jewelry:**

And say to the believing women that they cast down their looks and guard their private parts and do not display their ornaments except what appears thereof, and let them wear their head-coverings over their bosoms, and not display their ornaments except to their husbands or their fathers, or the fathers of their husbands, or their sons, or the sons of their husbands, or their brothers, or their brothers' sons, or their sisters' sons, or their women, or those whom their right hands possess, or the male servants not having need (of women), or the children who have not attained knowledge of what is hidden of women; and **let them not strike their feet so that what they hide of their ornaments may be known**; and turn to Allah all of you, O believers! so that you may be successful. (Al\_Quraan\_024.031)

### **Hijaab of the sound of Voice:**

O wives of the Prophet! you are not like any other of the women; If you will be on your guard, then **be not soft in (your) speech**, lest he in whose heart is a disease yearn; and speak a good word. (Al\_Quraan\_033.032)

### **Hijaab of the Eyes:**

Say to the believing men that **they should lower their gaze** and guard their modesty: that will make for greater purity for them: And Allah is well acquainted with all that they do. And say to the believing women that **they should lower their gaze** and guard their modesty; that they should not display their beauty and ornaments except what (must ordinarily) appear thereof; that they should draw their veils over their bosoms and not display their beauty except to their husbands, their fathers, their husband's fathers, their sons, their husbands' sons, their brothers or their brothers' sons, or their sisters' sons, or their women, or the slaves whom their right hands possess, or male servants free of physical needs, or small children who have no sense of the shame of sex; and that they should not strike their feet in order to draw attention to their hidden ornaments. And O ye Believers! turn ye all together towards Allah, that ye may attain Bliss. (Al\_Quraan\_024.030-031)

### **Hijaab of Body to put outer garments when going out:**

O Prophet! Tell thy wives and daughters, and the believing women, that they should cast their **outer garments over their body (when abroad)**: that is most convenient, that they should be known (as such) and not molested. And Allah is Oft-Forgiving, Most Merciful. (Al\_Quraan\_033.059)

### **Relatives and Friends need each other:**

O ye who believe! let those whom your right hands possess, and the (children) among you who have not come of age ask your permission (before they come to your presence), on three occasions: before morning prayer; the while ye doff your clothes for the noonday heat; and after the late-night prayer: these are your three times of undress: **outside those times it is not wrong for you or for them to move about attending to each other**: Thus does Allah make clear the Signs to you: for Allah is full of knowledge and wisdom. And when the children among you have attained to puberty, let them seek permission as those before them sought permission; thus does Allah make clear to you His communications, and Allah is knowing, Wise. And (as for) women advanced in years who do not hope for a marriage, it is no sin for them if they put off their clothes without displaying their ornaments; and if they restrain themselves it is better for them; and Allah is Hearing, Knowing. (Al\_Quraan\_024.058-060)

There is **no blame** on the blind man, nor is there blame on the lame, nor is there blame on the sick, nor on yourselves that **you eat from** your houses, or your fathers' houses or your mothers' houses, or your brothers' houses, or your sisters' houses, or your paternal uncles' houses, or your paternal

aunts' houses, or your maternal uncles' houses, or your maternal aunts' houses, or what you possess the keys of, or your friends' (houses). It is no sin in you that you eat together (including JOINT-FAMILY-SYSTEM which may help saving lots of expenditure) or separately. So when you enter houses, greet your people with a salutation from Allah, blessed (and) goodly; thus does Allah make clear to you the communications that you may understand. (Al\_Quraan\_024:061)

**Remember:** Build your Sweet Home to not only smell good but also taste sweet as well, which can only be done through positive attitudes. A father would never like to see his sons living separately in his life, and prefer to live in a joint-family-system along with his grand children, if all can afford with positive attitudes. A JOINT-FAMILY-SYSTEM may help save lots of expenditures, if you all have positive attitudes. Wish you all the best. AMEEN.

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## The Science behind the Veil (Hijaab)

There are number of **healths** and **moral** benefits that wearing the veil can provide the moral duty of wearing the veil (Hijaab) in Islam is an Often-discussed topic among Muslim women. However, little has been written about scientific reasons that the veil is beneficial for society. There are, in fact, a number of health benefits that wearing the veil can provide, as well as many behavioural science studies that suggest that the Veil is the best attire (clothes) for women.

Protecting the head is **very important** from a health perspective. Results Of medical tests show that 40-60% of body heat is lost through the head, so persons wearing head coverings during cold months are protected about Fifty-percent more than those who do not. Chinese & Muslim medical texts take this concept even further. In the Hua Di Nei Jing (The Yellow Emperor's Classic on Internal Medicine), wind is said to cause sudden changes within the body, & shaking, swaying, & Other movements that potentially upset the body's equilibrium; thus, creating bad health.

These texts attribute the common cold to wind elements entering the body & causing the typical symptoms of sneezing & a Runny nose. In the traditional Islamic medical texts of Al Jawziyya, we can find numerous references to the "four elements" of fire, water, air, & earth, & How these affect the body in adverse ways. In particular, we are advised to stay away from drafts & to protect our heads in wind, breezes, drafts, & Cold weather.

### All outdoor workers should wear some sort of head covering:

For this reason; protecting the head is even more important in warm weather. V.G. Rocine, a prominent brain research specialist, has found that **brain Phosphorus** melts at 108 degrees; a temperature that can be easily reached if one stays under the hot sun for any length of time without a head covering. When this happens, irreversible **brain damage, memory loss & loss of some brain functions** can result. Although this example is **extreme, Brain damage** can still be measured in small degrees from frequent exposure to & overheating of the head. Bernard Jensen, a naturopath & chiropractor, States that this is because the brain runs on the mineral phosphorus, which is very affected by heat.

### Hygienic Purposes:

All public should wear a veil or head-covering Workers serving society to ensure cleanliness & purity. Workers in a Number of professions wears "veils" - nurses, fast food workers, and deli Counter workers, restaurant workers & servers, doctors, health care Providers, & many more. In fact, when we compare the number of workers who cover their heads to the number who do not, we find that more people Probably cover their heads than do not.

## Social Influence:

Aside from personal & public health benefits of the Veil, it has numerous other benefits to society. In analysing visual data, Ball & Smith discuss the acknowledgement of sociologists that visual representations are influential in shaping people's views of the world & their interpretations of life. Men use visual data to interpret their relationships with the women around them.

Many studies have found that when a person tries to rewire their instinctual perceptions, they are usually only rewired on the surface; their original perceptions still exist on some level. Brain studies show that we exist in a world of constantly varying light variables that force the brain to perform what is called "lateral inhibition" consequently, it provides us with a "steady" image as opposed to a "true" image of what we see.

Furthermore, lateral inhibition networks operate as part of the "Unconscious" brain; largely, without providing any information to the "Conscious" part of the brain about what they are doing. Therefore, the brain can provide varying perceptions of the world without our even being fully conscious of what it is processing.

Further studies cited in Encyclopedia Britannica show that how a female presents herself to society falls under the category of ritualised behaviour through which animals provide specific information to other animals, usually members of its own species. Virtually all higher animals, including humans, use displays to some extent to do this, & the best known displays are visual ones.

Some biologists actually restrict the term display to refer to visual signals or gestures. These visual signals, which in animals can be simply a bright colour or plume, encourage attraction. In humans, they are usually exhibited in ornamental hair, make up, or clothing.

In our society, most of the time attractive hairstyles & clothing are worn for the purpose of making the adorer more attractive (advertising & Television has institutionalised this reality). The ever-changing variations in fashion tend to affect the brain because it typically has trouble constantly adjusting to changing shadows & forms in the world.

Reasonably then, through "lateral inhibition," the brain automatically simplifies these images into the unconscious message that attractive hair & clothing is meant to attract. Joining these two concepts together, we can see how the human male could receive the signal of "attraction" from the brain before he has enough time to "block" it by "lowering his gaze." Having to re-form an image already processed by the lateral inhibition network is a cause of stress for most people. Doing this day after day, after seeing many "displays," potentially causes a great cumulative stress on society. Having to re-form an image already processed by the lateral inhibition network is a cause of stress for most people. Doing this day after day, after seeing many "displays," potentially causes a great cumulative stress on society.

Present day stresses arise from many things; among these are the vast amounts of visual & physical input we are bombarded with in this "Information age" of personal freedom. The problem we face in this is that the body still continues to respond in the same fashion as during primitive times, releasing large amounts of these hormones, which can be very harmful. They can cause an increase in blood pressure, damage muscle tissue, lead to infertility, inhibit growth, damage the hippocampus, & suppress the immune system.

The two most effective solutions to this problem are, first, to convince the advertising industry, & society as a whole, to alter the presentation of women to our males. The second & more viable way is

to simply influence women to **dress modestly**, which will help ensure that they do not send inappropriate visual signals to men.

**Female Psychological Balance:**

Last, but not least, covering the hair can also have a beneficial effect on the female psyche as well. Studies of women being interviewed for jobs show that there is a high correlation between what they wear & their perceptions of how successful they will be in their interviews. There are many more examples of how what we wear can Influence how we act.

Wearing a veil can serve to remind women of their religious duties & behavioural expectations.

It can also serve as a reminder to women that **we are** not only individuals, but also **representatives & diplomats of our "Ummah."**