

One God - ALLAH

Muhammad - the Last Prophet

Mirza Ghulaam-Ahmad

- One Imaam - Multiple roles

As the Mujad-did (Reformer)

To revive faith in the existence of a living God.

As the Promised Messiah

To spread Islam to the world as non-violent Messiah.

As the Mahdi

To eliminate the

Muslim mind-set of the false doctrine of the "Jihaad of Violence" by replacing it with the "Jihaad of Patience".

As Jesus returned (Christ's 2nd coming)

To propagate Islam with **Jihaad** using Allah's Word (Qur'an) - *the Jesus Method*.

Muslims and Christians expect the same Jesus to re-appear to achieve diametrically opposite results

For some Muslims

- Jesus will uphold Islam and destroy Christianity

For many Christians

- Jesus will uphold Christianity and destroy Islam

For Ahmadiis

Jesus' return brings Muslims and Christians into harmonious living

About the AAII T&T

The Ahmadiyya Anjuman Isha'at-I-Islam (Ahmadiyya Organization for the Propagation of Islam) is an international movement of Muslims dedicated to presenting the true, original message of Islam.

The organization was formed by Mirza Ghulaam-Ahmad and has over the past hundred years spread the word of Islam through peaceful means.

Islam seeks to attract the hearts and minds of people towards the truth, by means of reasoning, good moral example and the natural beauty of its principles.

We uphold:

- o One God - Allah for all Humankind
- o Muhammad is the last prophet of Allah

The Better Life

"While you opt for the low life, the life ahead is better and most durable."

The Qur'an 87:16, 17



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Celebrate after being celibate for a Better Life

The discipline of fasting as enjoined on Muslims *disproves the idea that a hungry person is an angry person*. Fasting requires holding one's breath when angered (The Qur'an: 3:134); walking in humility and greeting ignorance with the word **Salaam** (Peace) 25:63. Abstaining from food and drink offers **an alternative lifestyle** so that *the human being lives not by bread alone*. (Luke 4:4)

Prescribed by all Divine Scriptures 2:183 fasting is a prerequisite for closeness with God: *Whenever My servants ask of Me I am close* 2:186. To be celibate and to abstain from food and drink is a mechanism to develop will power. **Taqwaa** (Arabic for *self control*) also means *God-fearing*. God is not a hideous being to be afraid of. He possesses beautiful attributes (**asmaaa ul husnaa**) 59:24. **Fear of God then, is to be always conscious of the presence of Allah** so that you don't offend Him.

The cave you fear to enter contains the treasures you seek. To get close, clear the bushes remove the darkness and be prepared for any strange encounters. **The God you fear to approach has all the attributes for a Better Life**. Purify your Soul to get closer to Him. Fear of God is to be cautious and to approach Him with respect.

Abstinence from food, drink and sexual relations is a simple technique to develop **won't**

power. What an excellent training for all to say NO! I WON'T consume food, drink, drugs, alcohol, or indulge in other truculent behavior. The discipline of self control removes all impediments to our relationship with God.

Human beings possess two powerful desires:

1. To sustain life by being healthy. This requires food.
2. To continue life by leaving a name or legacy. This requires sexual intercourse.

Allah is the only being that exists without needing sustenance and offspring: *"He begets not and He is not begotten"* 112:3. Our existence must not be dependent on food alone. We are like God only when we can exist without food, water and sexual relations. The human Soul manifested in our personality and character can survive and exist eternally without material needs.

Each person knows I am a human being, I am a male or a female. I have responsibilities. I know right from wrong and I can choose either one to act upon. This self awareness, self consciousness, this faculty of discretion is the **nafs** or human Soul. The unique feature of the Soul is its ability to acquire, possess and develop all Divine qualities such as Love, Peace, Forgiveness, Truth, Justice, Mercy, Generosity etc. **Sibghat Allah** 2:138 (*imbue yourself with the attributes of Allah*) is

the nature of baptism in Islam. Allah's attributes do not exist in any physical or material creation but they are acquirable by the Soul. The Soul does not die when it acquires Divine attributes that are everlasting.

Developing discipline through fasting is not to be equated with punishment nor is it a penalty for doing wrong. Discipline is an act of self-love. It is to turn back from our faults and come home to ourselves. *Our Nurturer! we have wronged ourselves. If You forgive us not we shall surely be losers*. 7:23

Discipline is the will power to make a change with the help of one's higher self. **It is a commitment to a Better Life**. It requires support from friends and family. When they too are in a disciplined attitude there is quiet and nonjudgmental support. Discipline is to seek refuge in a higher strength to remove feelings of hopelessness while attempting to change habits. Discipline must develop a taste for repetition and persistence in good habits. Discipline is a stable foundation for a new life. Discipline fails when it becomes compulsive and rigid (*Allah desires ease not hardship*) 2:185. Progress in discipline must be acknowledged. It must lead to a **celebration of accomplishment**.

Jesus said: *O Allah, our Nurturer, send down to us food from heaven to be for us an 'Eid (celebration of a return to a Better Life)* The Qur'an 5:114.

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