

- Energy
- Iftar and Suhur
- Emotional control



# Preparing for a month of Ramadan in Isolation

## r Physical and Emotional care

Subhanallah! What awaits you, and what are you about to welcome!  
Holy Prophet (s), Shahrullah, H#1

# Energy

Defined in physics as the capacity to work, energy comes from four main wellsprings in human beings: the body, emotions, mind, and spirit.

In each, energy can be systematically **expanded** and **regularly renewed** by establishing specific rituals.

<https://hbr.org/2007/10/manage-your-energy-not-your-time>

# Types of Energy

- 1) Spiritual energy
- 2) Physical energy
- 3) Emotional energy

Physical  
energy  
in the month  
of Ramadan

- 1) Understanding physical benefits of fasting
- 2) Planning meals
- 3) Recommendations for *Iftar* and *Suhur*

## Physical benefits of fasting

Fasting is a completely natural healing therapy that has been used for thousands of years to aid, treat, and even cure many common maladies. It creates the same healing effects today. And while modern medicine so often attempts to alleviate outer symptoms of a health condition, fasting affects healing from the inside out, getting to the actual source of the condition, helping to burn inferior cells and build new healthier cells and tissues.

During fasting, we rest our system from the constant onslaught of food stuffs. We usually think of food as giving us energy, so it can be a new way of thinking to understand how the food we eat actually requires energy. Digesting, assimilating and metabolizing--these activities require a great deal of energy. It is estimated that 65% of the body's energy must be directed to the digestive organs after a heavy meal.

<http://www.allaboutfasting.com/benefits-of-fasting.html>

## Physical effects of Fasting

- Rests the digestive system
- Cleanses and detoxifies the body
- Creates a break in eating patterns
- Initiates the body's healing mechanisms
  - Stimulates new cell growth
  - Strengthens the immune system and natural defenses
- Improves hormonal balance in the body

# Planning Meals

Food should not be too different from what you eat normally. A balanced diet with right amounts of carbs, fat, and protein. Include: Complex carbohydrates that help release energy slowly during the long hours of fasting. They are found in foods such as barley, wheat, oats, millet, semolina, beans, lentils, wholemeal flour and basmati rice.

Fibre-rich foods are also digested slowly and include bran, cereals, whole wheat, grains and seeds, potatoes with the skin on, vegetables such as green beans, and almost all fruit, including apricots, prunes and figs.

Avoid processed and refined foods, fatty foods, too much sugar, caffeine based drinks

## Hadith of the Prophet (s)

Things which strengthen a person for fasting:

- a) To break the fast with [warm] water
- b) Not to miss the Suhur
- c) Not to skip taking a short nap

Shahrullah, H#406

## Iftar Recommendations

- 1) Do not delay the Iftar
- 2) Pray salaah before Iftar unless you are with people who are eating first.
- 3) Give food to others before you eat
- 4) Recite Sura al Qadr
- 5) Recite the dua for Iftar
- 6) Break the fast with dates, or raisins, or something sweet, and/or warm water.

## Suhur Recommendations

- 1) Do not miss your Suhur
- 2) The Holy Prophet (s) has said: Have Suhur even if it is a sip of water, for surely the blessings of Allah are on those who do Suhur.
- 3) Recite Sura al Qadr
- 4) Include dates and water

## Emotional control

Fasting of the heart is better  
than fasting of the tongue  
and fasting of the tongue  
is better than fasting of the stomach.

Imam Ali (a)

Ghurarul Hikam, Vol.1, pg 417, H#80

## The true Essence of fasting

Surely the fast is not only abstaining from food and drink. Fasting has a condition which must be met for the fast to be complete, and that is the **inner silence**. Have you not heard what Maryam binte Imran(a)said: I have vowed a fast for the most Beneficent so I will not speak to anyone today, that is silence.

So when you fast, protect your tongues from lying, and lower your gaze, and do not have conflicts, and do not be jealous, and do not backbite, and do not show off . . . And do not get angry, and do not argue, and do not be unfair . . . .and do not be heedless of Allah and of Salaat

Be vigilant about **silence** and **forbearance** and patience, and staying away from the people of evil and staying away from false words and . . . **wrong assumptions**.

Be present in the Hereafter, waiting for your days, waiting for what Allah has promised you, preparing for the meeting with Allah.

On you there should be peace and dignity, awe, humility, and lowliness of a slave afraid of his Master, hopeful, fearing, having purified the heart of pollution, sanctified your inner secrets from evil, cleansed your body of dirt.

You have given of yourself to God in the days of your fast, and **emptied your heart for Him**, and given Him of yourself for whatever He has ordered you and invited you towards.

So if you do all that then you have fasted for Allah with the true essence of fasting, doing what He has commanded you to do.

And whatever you decrease of this from your fast, then that much has been decreased from [the value of] your fast.

Imam as Sadiq (a)

Shahrullah, pg 158, H#306