

(I BEGIN)
IN THE NAME OF ALLAH, THE MOST BENEFICENT,
THE MOST MERCIFUL

EXCEPTIONAL MOTHER

Masoom (AS) said:

A human can be made Good (Pious) or Bad (evil) in the womb of his mother.

Imam Ali Reza (AS) said:

Treat your children with good behaviour and do good deeds for them, because they think that you are the one who is providing them whatever they need

(BiharulAnwar 74-77)

The guidance of humanity is so important that Allah (SWT) created the Guides and Leaders (Haadi) even before HE created Mankind. Therefore, the universe was never left without a Haadi. We are, sometimes, guided through our AQL and sometimes by the Sayings of our Ambiya(AS) and Aima(AS).

It is a fact, that the willingness to be guided should be there, so if a person is guided he will accept the facts easily. A mother is the first Madressah that creates a of pious people. If we look closer to our history, we will see that Bibi Fatima (SA) has guided leaders such as Hazrat Imam Hassan (AS), Imam Husain (AS) and Bibi Zainab (SA) and Ume Khulthoom (SA). It is a fact, and our Ulama also accepted this fact, that it is Bibi Fatima who has raised such children that they became the most pious people in the history of mankind.

The credit also goes to those mothers who raised and guided the people like, Aqai Muqaddas, Ardbaily, Siyyed Mm1aza, Siyyed Razi, Ayatullah Khumaini and also in this Era Hafiz Siyyed Muhammad Husain Tabatabai, and Sadiq Waziri.

We all want to raise our children to be like them. Here, we request, all potential mothers to read this little booklet very carefully and raise their children in the same manner, so they will become the soldiers of our Imam-e-Zamana (AF) upon his reappearance.

Was salam,
Siyyeda Fatima Rizvi.
Markaz, Ilm-o-Amal, Ladies Section

Dear Mothers,
AL V ALADUS SALEHREHANA, MIN REYAHEEN AL JANNAH.
A SALEH (PIOUS) CHILD IS LIKE A FLOWER FROM THE GARDEN OF EDON

Let us raise our children in a pure Islamic Way. During pregnancy follow these instructions very carefully:

During First Month

Every Thursday and Friday recite Sura-e- Ya Seen (36) and Sura -e- As Saffat.(37) and blow on your tummy. Take a sweet Apple in the morning. On Fridays before breakfast eat an Anar (pomegranate). Before sunrise eat a little Khak-e-Shifa (a little piece of Sajda Gaah or Mohr). Pray daily prays on (Fazeelat) Time and put your hand on your tummy while you are Saying Azan and Aqama.

During Second Month

Every Thursday and Friday recite Sura-e-Mulk(67). On Thursdays, while putting your hand on your tummy, recite the following Salawat 140 times. And repeat the same on Fridays for 100 times: The Salawat is as follows:

ALIA HUMMA SALIAY ALA MUHAMMADIN WAAALAY MUHAMMAD, WA AJJIL FARA JA HUM WA
AHLIK ADOV WO HUM WA LAAN AADAA A HUM
MINAL JIN-E-WAL INS, MINAL A JF'WALEEN-A-WAL AAKHAREEN
Every Saturday, eat Meat and sweet Apples and drink Milk.

During Third Month

Every Thursday and Friday recite Sura-e- Alay Imran (3) and recite 140 times the same Salawat as mentioned in the Second month. Also before every Farz Salat, recite same Salawat while your hand is on your tummy. Every Saturday, eat Wheat, Meat and Low fat Milk and eat a little Honey in the morning.

During Fourth Month

Every Thursday and Friday, recite Sura-e-Dabar (76). Recite Sura-e-Qadr (97) in anyone Rakat of the Daily Prayers.

After each Namaz recite Sura-e-Qadr (97), Sura-e-Kausar (108) and the Salawat mentioned in the Second month while your hand is on your tummy. And then recite the following:
RUBBANA HUBLANA MIN AZWAJINA WA ZURRIYATINA AINA WA JAALNA LIL MUTAQEENA
IMAMA.

Then recite Seven times ASTAGHFIR ULLAHA RABBI WA A TUBU ILAIH.

Say Slawat 140 times, after every Daily Prayer.

Eat Sweet Apple and Anar.

From the beginning of the Fourth month, try to Pray Narnz-e-Shub. If it is not possible, then do Qaza after Morning Prayers.

During Fifth Month

Every Thursday and Friday, recite Sura-e-Fath (48). And recite Sura-e-Nasr (110) in any one of the Daily Prayers. After Namaz take the Mohr (sajdagha) in your hand and rub it. Then rub your hand on your tummy.

Every morning eat some Dates (khajoor). Also eat Olive and Sweet Apples with every meal. If possible, say Azan and Aqama in the daily prayer while your hand is on your tummy.

During Sixth Month

Every Thursday and Friday, recite Sura-e-Waqiya (56). In the Salat-e- Maghrib and Isha recite Sura-e-Watteen (95) in anyone Rakat. After daily Prayers, rub Khak-e-Shifa on your hand and then rub your hand on your tummy. Eat some Fig and Olive as a part of Breakfast. Eat as little fat as possible.

During Seventh Month

Every Monday, recite Sura-e-Nahel (16). And every Thursday and Friday, recite Sura-e-Ya Seen (36) and Sura-e-Mulk (67). Recite Sura-e-Qadr (97) and Sura-e-Tawheed (112) in the Daily Prayers. Recite Salawat , 140 times, everyday. Eat a little Watermelon after every meal. But do not drink water before or after eating the Watermelon. Also eat Turnip (shalgham) at least once in this month.

During Eighth Month

After Salat ul Fajr:

Every Saturday, recite Sura-e-Qadr (97) 10 times.

Every Sunday, recite Sura-e- Watteen (95) two times.

Every Tuesday, recite Sura-e- Furqan (25).

Every Wednesday, recite Sura-e-Dahar (76).

Every Thursday, recite Sura-e-Muhammad (47).

Every Friday, recite Sura-e-Saffat (37).

Keep using Sweet Yogurt and Honey with each meal. On Fridays you must eat Sweet Anar in the breakfast. And if it is not harmful, eat a little Vinegar once, on Saturdays.

During Ninth Month

Do not eat any HOT SPICES (Garam Masalah). Eat Dates (Khajoor). And also eat Kabab.

Sacrifice a Goat for the Safety of Imam-e-Zamana (AF).

Recite Sura-e-Asr (103) and Wazariyat (51) either in Salat us Zuhr or Asr.

Recite Sura-e-Hajj (22) on Thursdays.

Recite Sura-e-Fatir (35) on Fridays.

Go for a short walk everyday.

Should not look at pictures and in the Mirror too often during this month.

Some Important Points to Note

If you want a brave and strong child drink Milk.

If you want a well behaved and Good Looking (beautiful) child eat Watermelon.

If you want a child, with a great contentment, recite Sura-e-Wal Asr (103) while putting your hand on your tummy.

Daily Routine During Pregnancy

Recite Sura-e-Tawheed (112), 50 times.

Recite Sura-e- Qadr (97), 50 times.

Recite Salawat, 140 times.

Do Istigraar, a lot.

Recite Sura-e-Ya Seen (36) on one Anar every day and eat it. Do this for FORTY DAYS. During Seventh month, after Salat-e-Fajr, recite Sura-e-Anam(6) on one Almond and eat it. Do this for FORTY DAYS.

After completing Seven months, recite following five Suras:

1. Sura-e-Hadeed (57)
2. Sura-e-Hashr (59)
3. Sura-e-Suff (61)
4. Sura-e-Juma (62), and
5. Sura-e-Taghabun(64)

Try to be in Wazoo at all times.

Do not look your self in the mirror at night.

Try your level best not to commit any Sin.

Try to perform Mustahib Aamal as much as possible.

Try not to be angry. (Don't worry be happy.)

Eat proper meals.

Eating vegetables (subzeeyan) and dairy products will help to develop beautiful skin of your unborn child.

After Delivery

After delivery of the baby, as soon as possible, Say Azan in the Right Ear, and Aqama in the Left Ear of the child.

You should name your child within FOUR MONTHS and TEN DAYS.

After delivery of the baby, the mother should eat Nine Dates (Khajoor).

Some Duas to conceive a child.

1. Hazrat.Imam Jaffar us Sadiq (as) said, recite the following dua in Sajdah:

RUBBAY HUB LI MIL LADUNKA ZURR1YATAN TAYYABA, INNAKA SAMI UD DUA, RUBBAY LA TAZAR NI F ARDUN WA UNTA KHAIR UL WAR/SEEN.

2. Ahlul Bait (AS) said, and it is narrated in the Kitab us Saleheen, that to conceive a child, say 70 times **SUBHAN ALLAH**. After that say **ASTAGHFIR ULLAH RUBBI W A AA TOBO ILAIH** once, and then say **SUBHAN ALLAH** nine times and again **ASTAGHFIR ULLAH RABBI W A AA TOBO ILAIH** once. Do this Amal in the morning and in the evening everyday.

3. Write Sura-e-Alay Imran(3) with saffron and rose water and tie that to the woman.

4. Recite Sura-e-Fajr (89) eleven times and then perform the Intercourse according to Sharia.

5. A man or a woman Fast for Seven days and at the time of Iftar recite, 21 times **AL BARI UL MUSA WWIR** on the water and than drink it.

6. Aaimma (AS) said: do **ISTAGHFAR** more often.

SOME DUAS TO CONCEIVE A MALE CHILD.

1. Authentic Ahadees reveal that, if a Pregnant Woman decides (do Niyah) that she will name the child either Muhammad (pBUH) or Ali (AS). Then the child born will be a boy. Insha Allah.

2. Imam Jaffar us Sadiq (AS) said: at the time of performing the Intercourse, recite **ALLA HUMMA IN RAZZAQANI ZAKRUN SUMMAITAHU MUHAMMAD**.
Ya Allah(SWT) if you give me a male child I will name him Muhammad (pBUH).

3. Hazrat Imam Ali un Naqi(AS) said: If Someone engraves the following dua on a Feroza stone and the wears that in a ring, Insha Allah they will have a male child.
RUBBAY LA TUZ RANI FAKDUN WA UNTA KHAIRUL WAR/SEEN.

SOME DUAS FOR THE SAFE AND EASY DELIVERY

1. Imam Jaffar us Sadiq (AS) said: for the safety of the mother and the child, write Sura-e-Qadr(97) with Mushk and Saffion and ask mother to drink it.
2. Same Imam (AS) said: write Sura-e-AL Haaqqa (69) and keep it with the mother.
3. For the easy delivery, recite Sura-e-Qadr (97), at the time of delivery.
4. During the pregnancy, Mother should keep Sura-e- Waqia(56) with her.
5. Recite Sura-e- Inshiqaq(84) after Daily Prayers. Also at the time of delivery.

Remember, the first Madrassah, for a child is the Mother who should try their level best to raise a pious child.

During pregnancy, your Aamal can make a big difference (good or bad) on the life of your child, so be very careful with what you do during the pregnancy.

MAY ALLAH (SWT) HELP US ALL IN ACHIEVING THE RIGHT PATH.
AAMEEN.

W A AAKHIRO DA W ANA ANIL HAMDU LILLAHA Y RUBBIL AALAMEEN