



## In the name of Allah Most Gracious and Most Merciful

All praises are due to **Allah**. We believe in **Him** and **His** Angels, **His** Books, **His** Messengers, the Last Day and in Destiny its good and apparent bad. We are content with **Allah** as our **Lord**, **Islam** as our religion. I testify that there is nothing worthy of worship except **Allah** the uniquely One, who has no partners in **His** one-ness. And I testify that the Prophet **Muhammad** is the slave of **Allah** and **His** Messenger.

O servants of **Allah**! **Allah** says in the **Qur'an** in **Surah as-Shuara**:

**“So, have taqwa of Allah and obey me.” “And have taqwa of He who provided you with that which you know.”** (S.26 V.131—132)

The Prophet **SAW** once stood up on a minbar (pulpit) and said: **“Ask God for forgiveness and wellbeing, for after being granted certainty, one is given nothing better than wellbeing.”** [Tirmidhi] The word **Afiyah** implies wellbeing at all levels, be it the physical, emotional, mental and spiritual, so it is a soundness and healthiness that is complete and holistic and integrates and incorporates the body, mind, and heart. When we discuss soundness of heart we are discussing a tremendous blessing, for the heart is the place where faith and guidance is received, it is the place where spiritual light is taken in which subsequently leads to the soul's conviction in **Allah**. Hence, the one who possesses a sound heart, is from the best of people with **Allah**. When the Prophet **SAW** was asked by his companions as to who are the best of people, he responded by saying: **“Everyone who is pure of heart and sincere in speech.”** Then the companions of the Prophet **SAW** asked: **“Who is the one who is pure of heart?”** He **SAW** responded by saying: **“It is (the heart) that is pious and pure, with no sin, injustice, rancor or envy in it.”** [Ibn Majah]

**Allah** says in the **Qur'an** in **Surah as-Shuara**:

**“The Day when there will not benefit [anyone] wealth or children.” “But only one who comes to Allah with a sound heart.”** (S. 26 V.88—89)

From the greatest of wellbeing, is the wellbeing of soundness of mind, for it is through soundness of mind and intellect that a person can contemplate upon the heavens and the earth. So, such a person believes in his **Lord**, and is guided to that which rectifies his life, by which he brings about benefit and goodness for himself in this life and the next. So, each person should protect the soundness of their intellect, and seek to grow in beneficial knowledge, increasing in their spiritual understandings. They should protect themselves from everything that causes the intellect harm. Hence, they are diligent in keeping themselves safe from harm in the digital world (the internet, social media and the like) - such as protecting themselves from toxic thought and ideologies, dangerous friendships and connections in the virtual world, abstaining from addictions to mindless games and other damaging vices which lead to the destruction of one's mind and memory. Amongst the destructive effects of harmful uses of digital and electronic devices is the association there is with its negative and prolonged use and autism within children alongside increase in mental illness such as depression, anxiety caused by social isolation. Looking after the wellbeing of our bodies entails that we should engage ourselves in some sort of physical activity and exercise, for through this a person can increase their bodily and mental vitality, which also enables them to better increase their mental capacity and be integrated with their spiritual heart by which they can contemplate, so the balance of a harmonious and integrated person - is a sound heart and mind with a sound body.

May the peace and the blessings of **Allah** be upon prophet **Muhammad SAW**, his family and all of his Companions. May **Allah** be pleased with the Rightly Guided **Caliphs: Abu Bakr, Umar, Uthman** and **Ali**, and all those who will follow them in righteousness until the Day of Judgment.

O **Allah**! Accept our prayers and all our **ibada**.

O **Allah**! Accept all of our good deeds and forgive us for our **sins**.

O **Allah**! Guide us to the right path and accept all our worships

O **Allah**! Accept us for **Your** service and for the service of **Islam** and **Muslims**.

O **Allah**! Accept all of us **Dawah** worker in Japan

O **Allah**! Grant safety and security in Japan and all over the world. **Aamin ya Rabbil Aalamin**