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Special Appeal For Prayers

In his Friday Sermon of August 23, 2024, Hazrat Khalifatul Masih V (May Allah be his Helper) instructed us to recite the following prayers to remain within the fortress of Divine protection, safe from Satanic onslaughts:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Translation: Holy is Allah with His praise, Holy is Allah the Great, O Allah, bless Muhammad and the people of Muhammad

(200 Times Daily for age 25+, 100 Times Daily for ages 15-25, 33 Times Daily for children and 3-4 Times Daily for small children)

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

Translation: I seek forgiveness from Allah, my Lord, for all my sins, and turn to Him.
(100 Times Daily)

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

Translation: O my Lord, everything is Your servant. O my Lord, so protect me, help me and have mercy upon me!

(100 Times Daily)

His Holiness said that these days when Satan is trying to attack our Community and the world at large, the only way for us to remain safeguarded is through prayers. Hence, we should recite these prayers, not just during the days of Jalsa but throughout the year.

(Friday Sermon of August 23, 2024)



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The Holy Qur'an

لَقَدْ جَاءَكُمْ رَسُولٌ مِّنْ أَنفُسِكُمْ عَزِيزٌ عَلَيْهِ مَا عَنِتُّمْ
حَرِيصٌ عَلَيْكُم بِالْمُؤْمِنِينَ رَءُوفٌ رَّحِيمٌ ﴿١٢٨﴾

Photo by Masjid MABA on Unsplash.com

Translation

by Hazrat Maulvi Sher Ali (May Allah be pleased with him)

Surely, a Messenger has come unto you from among yourselves; grievous to him is that you should fall into trouble; he is ardently desirous of your welfare; and to the believers he is compassionate, merciful. (At-Taubah:128)

Short Commentary

Five-volume commentary page:1275

This verse applies to both believers and disbelievers, the opening part of it applying to the latter and the closing part to the former. To disbelievers the verse says: It grieves the Prophet to see you fall into trouble, i.e. although you subjected the Prophet to all manner of persecutions and privations, yet his heart is so full of the milk of human kindness that no amount of persecution on your part can make him bitter against you or make him wish you ill. He is so kind and sympathetic to you that he cannot bear to see you turn away from the path of righteousness and thus put yourselves in trouble. To believers the verse says: The Prophet is compassionate and merciful, i.e. he cheerfully shares with you

your sorrows and afflictions. Moreover, like an affectionate father he treats you with kindness and mercy.

The attributes “compassionate and merciful” applied here to the Holy Prophet are also applied to God. As a matter of fact, the attributes of God are of two kinds: (1) *تنزيهية* i.e. those that make Him distinct from His creation, e.g. *رحمان* (One Whose mercy extends to all); these are never applied to anyone except God. (2) *تشبيهية* i.e. those in which He resembles other beings, e.g. *رحيم* (Merciful); for mercy is an attribute which may be shared, in however meagre a degree, by others also.

Hadith

عَنْ عَبْدِ اللَّهِ بْنِ مَسْعُودٍ رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ ﷺ قَالَ: لَا يَدْخُلُ الْجَنَّةَ مَنْ كَانَ فِي قَلْبِهِ مِثْقَالُ ذَرَّةٍ مِّنْ كِبَرٍ فَقَالَ رَجُلٌ: إِنَّ الرِّجْلَ يُحِبُّ أَنْ يَكُونَ ثَوْبُهُ حَسَنًا وَنَعْلُهُ حَسَنَةً قَالَ: إِنَّ اللَّهَ جَمِيلٌ يُحِبُّ الْجَمَالَ، الْكِبَرُ بَطْرُ الْحَقِّ وَغَمْطُ النَّاسِ -

مسلم كتاب الايمان تحريم الكبر وبيانہ

Photo by Karina G on Unsplash.com

Translation

Abdullah bin Mas'ood, God be pleased with him, states that the Holy Prophet, peace and blessings of Allah be upon him, said: "He who has a jot of arrogance in his heart will not enter Paradise. Someone said, 'What about a person who likes to have beautiful clothes and beautiful shoes?' The Prophet answered, 'Allah is Beauty and He loves beauty. (One cannot be called arrogant if one beautifies oneself). Arrogance lies in the rejection of the truth and in looking down upon people.'" (Muslim)

Ref: Selected Sayings of the Holy Prophet (Peace be upon him) - (Arabic text with English Translation) page 59.

So said the Promised Messiah (*Peace & blessings be upon him*)

Photo by rhand-mccoy on Unsplash.com

“

To think ill and attribute wrong motives to others' actions is a diseased and distorted attitude in man which destroys the quality of his faith and righteousness and consumes it as rapidly as blazing fire consumes tinder. When such diseased people make prophets of God the target of their insinuations and think ill of them, God becomes their enemy and stands up in defence of His prophets. He guards the honour of His dear ones with such jealousy as is unparalleled. When I was maligned and assailed in different ways, the same protective jealousy of God became operative in my defence.

(Al Wasiyyat, footnote: Roohani Khaza'in Vol. 20, p. 317)

Rays of Wisdom for the Modern World

What Does Dajjal (Antichrist) Refer to?

His Holiness, Hazrat Mirza Masroor Ahmad (May Allah strengthen his hands) is a beaming beacon of Divine guidance and support. His Holiness (aba) represents the highest level of a connection with God in today's world and thus he is the spiritual leader for tens of millions across the world, and champions the message of fulfilling the rights owed to God, and fulfilling the duties we each owe to our fellow human beings. Over the course of his Friday Sermons, addresses on various occasions, meetings with different organizations and children's classes, His Holiness (May Allah strengthen his hands) imparts invaluable knowledge and insight on a remarkably vast array of topics.

In Islam, the concept of Dajjal is one that is predominantly associated with the latter days. It is generally associated with evil forces, however; many Muslims might not even know what exactly the term Dajjal refers to. Once, someone asked His Holiness (May Allah strengthen his hands) about what Dajjal means.

His Holiness (May Allah strengthen his hands) replied:

'Everything that deceives you or defrauds you and tries to convince you of something through deception can be considered Dajjal. Satan also manifests in the form of Dajjal, and various nations are the powers of Dajjal. They show a great deal of sympathy for Muslims; America supports Saudi Arabia, and Saudi Arabia compliments America, and all the Muslim countries have moved to one side. One writer says that Sunni Muslims have become very modern, whereas the Shias are backwards; many Sunni Muslim countries support Saudi Arabia. These countries and Saudi Arabia all want to improve their relationship with Israel. Certainly, there should be good relations, there should not be any conflict. However, it should not be the way they are trying to achieve this – by abandoning the faith and living as they desire. Likewise, the deception of the Dajjal manifested during the time of the Promised Messiah (as) by presenting Jesus (as) as the son of God, and thus spreading Christianity throughout the world. Similarly, there are other big powers that use lies and deception against Muslims, and those are considered Dajjal. It includes both nations and people.' [1]

(7th July 2025 RoR)



Address of Hazrat Khalifatul-Masih V (May Allah be his helper) at the Ijtema of Majlis Ansarullah UK, Canada & Burkina Faso

Hazrat Amirul Momineen, Khalifatul Masih V (May Allah strengthen his hands) addresses the concluding session of the Majlis Ansarullah Ijtema UK 2025, Puttenham, Guildford

28th September 2025 - Alhakam



Huzoor (may Allah strengthen his hands) began the address by reciting tashahhud, ta'awwuz and Surah al-Fatihah and delivered his address, a brief summary of which is as follows:

Huzoor (May Allah strengthen his hands) pointed out the fact that Canada and Burkina Faso were also holding their national Majlis Ansarullah ijtemas at the same time, thus including them in the address.

The Ansar have a great responsibility in the sense that the coming generations look up to them as role models. The fundamental basis to fulfil this responsibility is *taqwa*.

The Promised Messiah (peace and blessings be upon him) instructed his followers to adopt *taqwa*, which he described as not committing any acts which have even an ounce of doubt of being a vice. By keeping this standard in our sights, we will be able to fulfil our oaths of

allegiance.

The *bai'at* (oath of allegiance) that the Promised Messiah (peace and blessings be upon him) took from us includes many aspects, one of which is *shirk* (associating partners with Allah). We should remain observant of ourselves to ensure that we do not become complicit in any form of *shirk*. As the Promised Messiah (peace and blessings be upon him) elucidated, *shirk* does not only include worshipping physical idols, rather it encompasses any type of priority given to anything aside from Allah.

Another vice that the Promised Messiah (peace and blessings be upon him) warned us against is lying. As the Holy Prophet (peace and blessings be upon him) is reported to have said that amongst the four traits which lead a person to hypocrisy are various forms of lying, such as not fulfilling oaths, making false promises and using foul language during an argument. In reality, these are all forms of lying. The gravity of lying is such that the Holy Qur'an even compares it to worshipping idols. Lying can become a habit, so much so that when a liar speaks the truth, he is scrutinised harshly due to his habit of lying.

Additionally, *zina* (adultery) is another vice that must be shunned. *Zina* includes not just physical sexual acts, rather even exposing oneself to inappropriate and vile thoughts. Despite the fact that after a certain age, men do not ordinarily think along those lines, nonetheless many men between the ages of 40-60 fall into this temptation. There are many women who bring this issue to light; that their husbands are consuming inappropriate content. This must be avoided at all costs, in order to purify oneself. This is of utmost importance, since it is our example that the next generation learns from.

The Holy Prophet (peace and blessings be upon him) was asked what the definition of *fasiq* is. This term includes those who are ungrateful and impatient when faced with trials.

The Promised Messiah (peace and blessings be upon him) outlined his ideal followers: those who offer their prayers five times a day at their

allotted times, speak the truth, and avoid impure thoughts amongst other things.

These are matters worth thinking about, as to whether we are adopting such virtues and discarding vices.

We must also instill the characteristics of *amanat* and *diyanat*, which include not breaching the trust of others or unjustly occupying or bringing their belongings into your possession.

The Promised Messiah (peace and blessings be upon him) states that regarding those who shun you or put you through difficulties for having accepted the Imam of the time, you should not ignore them, rather you ought to present to them a beautiful example of proper ethics and virtues.

The members of Ansar should especially keep in mind not to act in an impulsive manner. By pledging allegiance, we as Ansar have promised to become virtuous people, who in addition to offering their five daily prayers also strive to offer the *tahajjud* prayer.

The Holy Prophet (peace and blessings be upon him) has stated that those who discard the obligatory prayers become disbelievers. On the day of judgement, the obligatory prayers are the first act that a person will be questioned about. If he offered them, then he has succeeded, whilst those who have not will fail.

The Promised Messiah (peace and blessings be upon him) has emphasised that no act reaches God Almighty without *taqwa*. Our obligatory prayers should include other prayers, such as those prescribed by the Holy Prophet (peace and blessings be upon him) as well as personal supplications that one can make in their own language.

Some Ansar do not give the obligatory prayers their due attention. Prayers are such a blessing that if they were made obligatory on the people of Noah (peace and blessings be upon him), they would have avoided their calamity.

Tahajjud is extremely important as it results in many benefits, such as protecting one from

spiritual ailments as well as physical ones. Even modern science testifies that waking up in the early hours of the morning has immense health benefits. Waking up at such an early time is a difficult and painful thing to do, which is a key ingredient in being able to perform such worship which becomes acceptable by God Almighty.

Sending *durood* i.e. (salutations upon the Holy Prophet (peace and blessings be upon him) is of great importance as well. The Holy Quran mentions that Allah the Almighty and the angels send salutations upon the Prophet (peace and blessings be upon him) , and that the believers should do so as well. The current volatile situation of the world requires us to increase this habit of sending durood upon the Holy Prophet (peace and blessings be upon him). *Durood* is so significant that our prayers do not reach the threshold of God without it. According to the Promised Messiah (peace be Upon Him), merely reciting durood is not enough on its own, rather, being obedient to the instructions of the Holy Prophet (Peace and blessings be upon him) must accompany it.

Istighfar (seeking forgiveness from God) must also be sought along with *durood*, as this will remove our weaknesses and keep us protected from committing sins and their subsequent punishments. Hence, even if one has committed sins, *istighfar* purifies a person. The Promised Messiah (peace and blessings be upon him) states that some people become so habitual in their sins, whether they be overt or covert, intentional or unintentional that they no longer see it as sin. However, *istighfar* can help bring a person back towards righteousness.

He further states that if you desire that angels praise you, then you must be patient in the face of adversity and not respond to insults with insults. By purifying your hearts, mouths, eyes and ears you will reach the nearness of Allah.

Another responsibility is to fulfill the rights of others, which includes protecting others from adversity and calamities. Hence, we should pray

for our oppressed brothers and sisters, especially Muslims who are suffering around the world, to be alleviated from their difficulties, and that they are able to recognise the Imam of the age.

The Promised Messiah (peace and blessings be upon him) stressed that those who respond to insults with insults are not part of his community. Those who are active in *tabligh* (preaching) sometimes fall into this category, where they respond to the vile and vulgar language of opponents in a similar manner. This is the wrong approach, as it goes against our teachings and does not, please Allah.

We should replace anger and frustration with humility and piety. The Promised Messiah (peace and blessings be upon him) stated that you will definitely go through adversity, but you will only harm yourself through your own actions and reactions. In the face of such adversity, you should remain steadfast. You should not become disheartened at these difficulties, whether they appear in your personal life or in the lives of your relatives in Pakistan.

Mere words are not enough, we must show true loyalty to God. This will open the doors to His blessings and mercy. We must endeavour to improve ourselves. Avoiding worldly temptations and prioritising our faith will ensure that we become those who not only become purified ourselves but also set the stage to purify the coming generations.

Huzoor (may Allah strengthen his hands) mentioned that these are only a few aspects which we must focus on, and if we do so we will become perfect *Ansarullah* (helpers of Allah). We should strive to attain such a standard and pray that we are able to fulfil our pledge to become the recipients of the pleasure of Allah the Almighty.

Huzoor (may Allah strengthen his hands) then ended the session with a silent prayer, which he followed by announcing the attendance of the various Ansar ijtemas, as well as the Lajna UK ijtema that took place simultaneously.

Good Health and the Teachings of the Promised Messiah (Peace & Blessing be Upon Him)

Mehmood Muhammad Sharma
Majlis Bradford West, Northern Ontario



Photo by Susanna Marsiglia on Unsplash.com

The Promised Messiah, (peace and blessing be upon him), attached great importance to maintaining good physical and spiritual health. His writings and His example reflect moderation, cleanliness, and trust in God as central principles for a healthy life. It is recorded that he followed the sunnah of the Holy Prophet, (peace and blessing be upon him), in matters of diet, hygiene, and rest.

He often advised his companions to maintain moderation in eating and sleeping, and to avoid excess of any kind. He said:

“The stomach is the source of many diseases. Eat less and avoid overindulgence. Moderation in food and drink safeguards the body, and humility and moderation in conduct safeguard the soul.”

(Malfuzat, Vol. 4, p. 96)

He also emphasized the importance of cleanliness, both physical and spiritual, stating:

“Cleanliness is half of faith, for physical purity influences the soul. When the body is clean, the heart becomes inclined towards purity as well.”

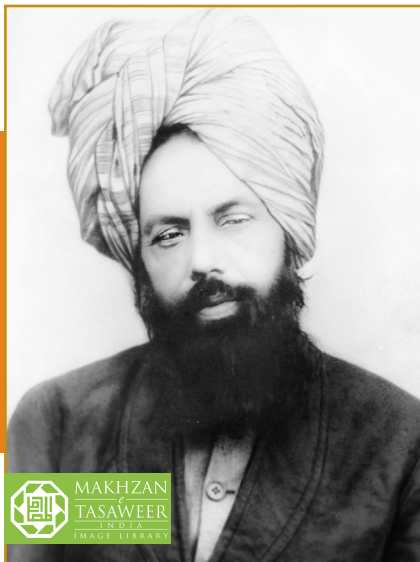
(Malfuzat, Vol. 3, p. 190)

The Promised Messiah, (peace and blessing be upon him) practiced a simple lifestyle and avoided luxury. His meals were modest and his habits disciplined. He frequently walked long distances, preferring simplicity over comfort. Hazrat Mirza Bashir Ahmad Sahib (may Allah be pleased with him) writes in Seerat-ul-Mahdi that:

“The Promised Messiah, (peace and blessing be upon him) often went for walks in open air and advised his companions to do the same. He said that the freshness of air and movement keeps a person energetic and alert.”

(Seerat-ul-Mahdi, Vol. 1, p. 231)

He also considered patience and trust in God



“Cleanliness is half of faith, for physical purity influences the soul. When the body is clean, the heart becomes inclined towards purity as well.”

(Malfuzat, Vol. 3, p. 190)

as part of good health. When someone inquired about illnesses, he said:

“Physical ailments are a test, but true health lies in the contentment of the heart. Many who appear healthy are sick in spirit, while those firm in faith are healthy even in illness.”

(Malfuzat, Vol. 5, p. 243)

Divine Protection from Objectionable Disease

The Promised Messiah (peace and blessing be upon him) clearly affirmed that Allah had safeguarded him from any disease that could bring reproach or question his divine mission. He wrote:

“In the same way God Almighty knew that if I were to be afflicted with some objectionable disease like leprosy, lunacy, blindness, epilepsy etc., my opponents would conclude that I was the subject of Divine wrath. Therefore, He gave me the good news in advance, as is mentioned in the Braheen Ahmadiyya, that He would safeguard me against every objectionable disease and would complete His favor unto me.”

(Arba‘een, No. 3, p. 30)

This statement reflects both his gratitude and his trust in divine care. Throughout his life, despite periods of physical weakness, he continued to write, speak, and travel tirelessly in the service

of Islam.

Health Guidance from the Khulafa of the Ahmadiyya Muslim Jama‘at

The Khulafa of the Promised Messiah (peace and blessing be upon him) have continued to emphasize the importance of health and wellbeing as part of spiritual and moral life.

Hazrat Khalifatul Masih I (may Allah be pleased with him)

Hazrat Maulvi Noor-ud-Din (may Allah be pleased with him), himself a renowned physician, frequently advised Ahmadis to adopt a balanced diet and proper hygiene. He would often say:

“Do not eat merely to please the tongue; eat to preserve health. A believer must be moderate in every aspect, for moderation is the key to longevity and service.”

(Khutbat-e-Nur, Vol. 1, p. 118)

Hazrat Khalifatul-Masih II (may Allah be pleased with him)

Hazrat Mirza Bashir-ud-Din Mahmud Ahmad (may Allah be pleased with him) encouraged physical activity and medical knowledge. He established hospitals, medical missions, and schools, urging doctors in the Jama‘at to dedicate time to serve humanity. He stated:

“Our youth must be strong in body and mind. A

“Prayer and medicine are not rivals. Both are gifts of God, and both are means through which He grants healing.”

(Revelation, Rationality, Knowledge and Truth, p. 614)



weak nation cannot carry the weight of divine mission. Build strength through discipline, honesty, and service.”

(Anwar-ul-Uloom, Vol. 17, p. 56)

Hazrat Khalifatul-Masih III (may Allah have mercy on him)

He reminded Ahmadis that physical and mental health are linked to spiritual contentment:

“A heart that remembers Allah finds peace. Many illnesses are the result of anxiety, and remembrance of Allah brings calmness that no medicine can give.”

(Friday Sermons of Hadrat Mirza Nasir Ahmad, 1976)

Hazrat Khalifatul-Masih IV (may Allah have mercy on him)

Hazrat Mirza Tahir Ahmad (may Allah have mercy on him) encouraged members to live active, balanced lives, and to seek both medical and spiritual remedies. He said:

“Prayer and medicine are not rivals. Both are gifts of God, and both are means through which He grants healing.”

(Revelation, Rationality, Knowledge and Truth, p. 614)

He also launched health initiatives through Humanity First and Waqf-e-Nau programs,

linking physical health to service for others.

Hazrat Khalifatul-Masih V (may Allah be his Helper)

Hazrat Mirza Masroor Ahmad (may Allah be his Helper) has repeatedly emphasized health in his addresses, especially for Waqfeen, Khuddam, and Lajna. In one sermon he said:

“Health is a trust from Allah. A believer must protect it to serve faith better. Take care of your body as you take care of your prayers, for both are necessary to fulfill your duty to Allah.”

(Friday Sermon, 14 March 2014)

He has also spoken about balanced nutrition, mental health, and avoiding laziness. His guidance encourages Ahmadis to stay active, disciplined, and spiritually focused.

Conclusion

From the Promised Messiah (peace and blessing be upon him) to the Khulafa of the Ahmadiyya Muslim Jama‘at, the message is clear: good health is not only physical but deeply spiritual. A clean body, a calm mind, and a pure heart all serve as reflections of one’s relationship with Allah. Moderation, gratitude, service, and remembrance of God are the true medicines of life.

A Prophecy Fulfilled: How lifespans increased in the era of the Promised Messiah (Peace & Be Upon him)

Faateh Malik,
Missionary, Kyrgyzstan



Picture source: <https://www.istockphoto.com/>

It is the divine will of Allah Almighty to manifest the truth of His chosen servants to the world from every conceivable perspective. Throughout history, He has provided a myriad of signs – each attesting to the truthfulness of His prophets in ways suited to the hearts and minds of all people.

The seeker of wisdom may recognise this truth through the lens of philosophy, the scholar may find confirmation in the annals of history, the scientist may discern it through the laws of nature, and the ordinary observer may perceive it through personal experience.

In this way, Allah's guidance reaches every soul according to its capacity to understand and appreciate His signs. Allah Almighty articulates this concept in the Holy Quran as follows:

سَنُرِيهِمْ آيَاتِنَا فِي الْأَفَاقِ وَفِي أَنْفُسِهِمْ حَتَّىٰ يَتَبَيَّنَ لَهُمْ أَنَّهُ
الْحَقُّ

“Soon We will show them Our Signs in all parts [of the earth], and among their own people until it becomes manifest to them that it is the truth.” (*Surah al-Ra'ad, Ch.41: V.54*)

This Quranic verse highlights that the signs of Allah manifest in diverse ways, guiding individuals according to their capacity to perceive them. Likewise, various companions recognised the Holy Prophet's (Peace and blessing be upon him) truthfulness in ways suited to their own understanding and experience. Some observed his exemplary character and moral integrity, while others noted his wisdom, foresight, and the fulfilment of prophecies he shared.

During the time of the Messenger (Peace and blessing be upon him) of Allah, those familiar with the Torah recognised his truthfulness within its scriptures. Scholars of the heavens discerned his authenticity through the movements of the stars, while Waraqaah

bin Nawfal affirmed the truth of his words by studying the histories of previous prophets.

Hazrat Khadija (may Allah be pleased with her) drew upon her close companionship with him, witnessing his inherent goodness and purity, as evidence of his truthfulness. Similarly, various companions acknowledged the authenticity of the Holy Prophet (peace and blessing be upon him) through different perspectives, each finding guidance according to their understanding and insight.

A sign for the advent of the *Messiah* & *Mahdi*

This principle similarly applies to the Promised Messiah (peace and blessing be upon him). In the ahadith, the Holy Prophet (peace and blessing be upon him) described various signs of the coming *Messiah* and *Mahdi*, allowing individuals to recognise the one who is to appear according to these signs, each according to their own discernment.

Among these signs, a notable indication of the *Mahdi* is the prolongation of life spans during his era. This tradition, narrated by Hazrat Ali (may Allah be pleased with him), has been documented in several texts, including the following specific wording.

وَتَطَوَّلُ الْأَعْمَارُ وَتَوَدَّى الْأَمَانَةُ وَتُهْلِكُ الْأَشْرَارُ

“And lifespans will be lengthened, and trusts will be fulfilled, and the wicked will be destroyed.” (*Muhammad b Ahmad as-Saffarini, Kitab Lawa'ih al-Anwar al-Bahiyya wa-Sawa'ih al-Asrar al-Athariyya, 1905-06, Vol. 2, p. 72*)

At another place it is stated:

وتطول الأعمار، وتودى الأمانة، وتحمل الأشجار، وتتضاعف البركات، وتهلك الأشرار، وتبقى الأخيار، ولا يبقى من يبغض أهل البيت، عليهم السلام.

“And lifespans will be lengthened, and trusts will be fulfilled, and trees will bear fruit, and blessings will be multiplied, and the wicked will be destroyed, and the righteous will remain, and there will not remain anyone who hates the People of the House (*Ahl al-Bayt*), peace

be upon them.” (*Yusuf b Yahya al-Maqdisi as-Sulami, 'Iqd ad-Durar fi Akhbar al-Muntazar wa-huwa al-Mahdi 'alayhi as-Salam, 1989, p. 268*)

All the prophecies mentioned in these ahadith have been fulfilled in various ways in the present era. However, the prophecy that warrants particular attention in this article is the extension of life spans during the time of the Promised Messiah (peace and blessing be upon him)

A testament of truthfulness

This prophecy can be examined from multiple perspectives, serving as compelling evidence of the truthfulness of the Promised Messiah and *Mahdi* (peace and blessing be upon him). The Promised Messiah (peace and blessing be upon him) highlights this sign among the numerous signs of his authenticity based on the traditions found in the hadiths as follows:

“What has been mentioned in the hadith that in the era of the Promised Messiah (peace and blessing be upon him) lifespans will become longer does not mean that the door of death will be completely closed and no person will die.

“Rather, it indicates that those people who will be his sincere companions in providing financial and physical support, and who will be engaged in the service of religion, their lifespans will be extended for the reason that they will be beneficial existences, and Allah the Exalted has promised:

““But that which benefits people remains on the earth.”

“This matter is in accordance with the law of nature that lifespans will be extended. This era which has been extended is also due to His mercy and there is some special wisdom in it.” (*Al Hakam, 17 August 1903, Vol. 7, p. 10*)

He mentioned this matter in another place as follows:

“What has been mentioned in the ahadith that

in the time of the Promised Messiah (peace and blessing be upon him) lifespans will be increased – the meaning of this that has been explained to me is that the lifespans of those people who will be servants of religion will be increased.

“One who cannot be a servant is like an old ox that the owner may slaughter whenever he wishes, and one who is a servant with a true heart becomes dear to God, and God the Exalted has reluctance in taking his life. Therefore, it has been stated: ‘But that which benefits people remains on the earth.’” (*Al Hakam*, 31 August 1902, Vol. 6, p. 8)

He further said:

“I have a very deep longing and offer supplications so that the lives of my friends are prolonged and the prophecy in the hadith is fulfilled, which states that in the era of the Promised Messiah (Peace and blessing be upon him) death will vanish from the earth for forty years.”

Then, the Promised Messiah (peace and blessing be upon him) as said:

“This obviously, cannot imply that the cup of death will be taken away from all living creatures during this time. What this means is that those from among them who are beneficial to humanity and valuable individuals, Allah the Almighty will bless their lives.” (*Malfuzat [English]*, Vol. 2, p. 25)

One interpretation of this hadith, which the Promised Messiah (peace and blessing be upon him) himself presented, as proven from the above quotations, is that Allah the Almighty will grant an extraordinary extension in the lives of the Promised Messiah and his companions who are beneficial to mankind.

Evidence through a prolonged life

One potential interpretation of the fulfilment of this prophecy is the blessed life of Hazrat Mirza Ghulam Ahmad of Qadian, the Promised Messiah (peace and blessing be upon him) Despite suffering for a long time from diabetes

and migraine, Allah the Almighty granted him miraculously blessed and prolonged life, in accordance with His revelation. Not only did he continue his mission until his last breath despite illnesses, but he was also protected – under the divine promise “I will be your Helper, I shall protect you” (*Tadhkirah [English]*, 2018, p. 103) – from the plots and attempts on his life by evildoers and opponents.

Another perspective: The companions

Viewed from another angle, this prophecy also appears to be fulfilled in those companions of the Promised Messiah (peace and blessing be upon him) who attained long lives as a result of his prayers.

The literature of the Ahmadiyya Muslim Jamaat contains scores of such examples during the era of Promised Messiah (peace and blessing be upon him), in which Allah the Almighty saved people from certain death through his prayers and remedies, and granted them miraculous longevity.

Incidents such as that of Abdur Rahim of Hyderabad, the recovery of Seth Abdur Rahman Sahib and the revelation regarding the “Signs of Life,” and the healing of Hazrat Nawab Muhammad Ali Khan’s (may Allah be pleased with him) son from illness are only a few among countless historical examples. Through these, Allah the Almighty manifested the acceptance of the Promised Messiah’s (peace be Upon him) prayers and blessed people with extended lives.

The era of the Khulafa

Even today, in the time of the Promised Messiah’s (peace and blessing be upon him) Khulafa (successors), this prophecy continues to be fulfilled.

There are not just hundreds but thousands of instances where Allah the Almighty, through the prayers of the Khulafa, bestows blessings upon the lives of both Ahmadis and non-Ahmadis alike.

Diseases that doctors and specialists, based on their knowledge and expertise, declare

incurable are healed through these prayers. By the grace of Allah, such individuals are not only cured but also granted long and blessed lives.

While mentioning these very signs of the acceptance of his prayers, the Promised Messiah (peace and blessing be upon him) said:

“Those prayers which have been mentioned above are not concerning ordinary matters, but rather a portion of them is regarding the healing of those sick people whose illness, due to the severity of symptoms, was truly similar to death, but God cured them through my prayer. And some prayers are concerning those people who had become hopeless of having children, but God gave them children through my prayer.” (*Chashma-e-Ma'rifat, Ruhani Khazain, Vol. 23, p. 332*)

At another instance, the Promised Messiah (Peace be upon him) elaborated:

“My belief is that no disease is incurable. Every disease can be cured. When the doctor calls any disease incurable, it means that the doctor is unaware of its cure. It has come to my experience that doctors describe many diseases as incurable, but Allah the Exalted enables a patient to recover from it in one way or another. Some patients become entirely hopeless. This is a mistake. One should never despair of the mercy of God Almighty; He has every cure in His hands.” (*Malfuzat [English], Vol. 8, p. 441*)

Fulfillment through medical science

Another aspect of تَطَوُّلُ الْأَعْمَارِ (lives will be lengthened) can also be observed today through the lens of modern medicine and science.

When I conducted a little research on this matter, I discovered that this was in fact a great prophecy, which – through the progress of medical science – is being fulfilled in the blessed era of the Promised Messiah (peace and blessing be upon him). A mere glance reveals that no one can now deny this sign of the Promised Messiah's (peace and blessing be upon him) time.

The details of this are as follows:

In the ahadith, the words تَطَوُّلُ الْأَعْمَارِ are used, meaning that lifespans will be extended. This was mentioned in a general sense, meaning that all kinds of people would benefit from it. In other words, just as the signs of the solar and lunar eclipses were witnessed by the entire world, likewise every person can see that in the time of the Promised Messiah (peace be Upon Him), people's lives have indeed been lengthened. And this has truly come to pass.

In the time of the Promised Messiah (peace and blessing be upon him), medical science advanced to such a degree that lifespans began to increase significantly, and with every passing day new advancements continued to emerge. Every new day brought fresh progress in medical science, new treatments for diseases appeared, and new methods of diagnosis were developed.

In the blessed era of the Promised Messiah (peace and blessing be upon him) medical science reached a stage where innovative means of diagnosis came to light, treatments became more accessible, people began to recover from diseases, and lives began to lengthen. Prior to this, most people departed this temporary world simply because their illnesses could not even be properly diagnosed.

Before the time of the Promised Messiah (peace and blessing be upon him) many diseases were considered incurable.

For example, tuberculosis was almost regarded as untreatable in that era. If someone contracted it, it was thought that the person was slowly but surely on the path to death, with no complete cure available. But later, medicines were discovered for this disease, until finally today it has reached the stage where there is complete treatment available, and it is no longer considered a fatal illness. This is only one example, but there are hundreds more that could be given.

In today's era, gathered data and statistics clearly demonstrate how human lifespans have increased. And this phenomenon has not been confined to India alone; rather, Allah the Almighty has fulfilled this prophecy of the

Promised Messiah's era (peace and blessing be upon him) throughout the entire world, as clear as daylight.

Even the underdeveloped regions of Africa have become a reflection of this prophecy's fulfilment. I will, with the help of data and statistics, demonstrate how this prophecy has been fulfilled.

Statistical evidence

To understand this matter, let us examine the statistics from before the time of the Promised Messiah (peace and blessing be upon him) then after his era, and up until the present day. For instance, if we look at what the average lifespan (life expectancy) was before the time of the Promised Messiah (peace and blessing be upon him), what it became afterwards, and what it is today, we find astonishing results.

By life expectancy, we mean the average age of a population in a given country, region, or group, reflecting their expected lifespan. Life expectancy is determined through the analysis of birth data, death rates, and other vital factors of life.

In India, before the claim of the Promised Messiah (peace and blessing be upon him), in 1850, the average life expectancy was about 25-27 years. This meant that, given the conditions of that era, along with prevalent diseases and mortality patterns, a newborn was expected to live around 25 to 27 years. This does not mean that everyone died at that age; rather, while some lived long lives, many children died in infancy, bringing the average down.

After the advent of the Promised Messiah (peace and blessing be upon him) life expectancy began to rise: by 1940 it had reached 30-32 years, by 1990 it had increased to 58-60 years, and by 2023 it had risen to 72 years.

In Europe, the average life expectancy in 1850 was 43 years. By the 1890s it had risen to 51 years, by 1950 to 60-66 years, by 2002 it had reached 77.6 years, and in 2023 it stands between 78-84 years.

In the United States, average life expectancy in 1850 was 40-43 years. By 1900 it had risen to 47 years, by 1975 to 72 years, and by 2023 it had reached 78.4 years.

In Africa, in the 1800s, life expectancy was 26 years. By 1950 it had increased to 37 years, by 1990 to 51 years, and in 2023 it had reached 61-64 years.

Infant mortality rate

Looking at this prophecy from another perspective, the increase in children's lifespans is even more astonishing. This is measured through the Infant Mortality Rate (IMR), which refers to the number of children per 1,000 live births who die before reaching one year of age.

In India, at the beginning of the 1900s, about 200 out of every 1,000 children (i.e., 20%) died before reaching the age of one. Today, that number has drastically decreased – only about 3 out of every 100 children (3%) die before the age of one.

In the UK, in 1900, about 15% of infants died before reaching one year. Today, that number has dropped to below 1% (0.4%). In Australia, the IMR in 1885 was 12%; by 1955 it had fallen to 0.3%, and today it is about 2%. In Africa, the recorded data shows that in 1950, 32% of infants died before age one, whereas today that number has decreased to 6%.

Child mortality rate

If we look beyond infants to the Child Mortality Rate (the number of children who die before the age of five), the results are equally remarkable.

In India, in 1880, nearly 50% of children used to die before reaching five years of age. In fact, even four of the Promised Messiah's (Peace and blessing be upon him) own children passed away in childhood. Today, in India, that number has dropped to less than 4%.

In Egypt, in 1895, over 40% of children died before the age of five; today, that figure has decreased to 2%.

In Canada, the figure was once nearly 30%, but

today it is less than 1%.

In the UK, around 1850, about 25% of children died before the age of five; today, the figure is less than 0.5%.

Thus, whether we look at overall life expectancy, infant survival, or child mortality, the fulfilment of the prophecy **ثُطَوِّلُ الْأَعْمَارُ** – “lives will be lengthened” – is manifested clearly, and has been demonstrated in the age of the Promised Messiah (peace be upon him) like never before.

Crude death rate

The fulfilment of the prophecy regarding the extension of lifespans can also be assessed from another perspective – that of the Crude Death Rate (CDR). This term refers to the number of deaths in a given country or region within the total population, usually expressed as the number of deaths per 1,000 people annually.

If we look at this in the case of India, in 1901 the Crude Death Rate (CDR) was 48 – that is, in one year, out of every 1,000 people, 48 would die. By 2020, this figure had decreased dramatically to only 6 deaths per 1,000.

Similarly, every country has witnessed a decline in annual deaths. On a global scale, in 1950, around 20 out of every 1,000 people would die annually, whereas in 2023, the figure dropped to just seven per 1,000. In other words, human lifespans have indeed become longer.

Scientific Milestones

With the advent of the Promised Messiah (peace and blessing be upon him) Allah the Almighty began to create the means by which lifespans started to increase. The greatest worldly progress was made in the field of medical science.

Before this era, there were neither the medical facilities necessary to cure many diseases, nor the instruments to diagnose them. From this angle too, this prophecy shines forth as a powerful proof of the truth of the Promised Messiah (peace and blessing be upon him).

In matters of disease, the very first step is diagnosis. If the diagnosis itself is inaccurate,

then recovery becomes nothing short of a miracle.

Today, a fundamental and significant method of diagnosis is the blood test. In 1901, Karl Landsteiner and his colleagues presented the theory that human blood varies, and that diseases can be detected through it. Experiments followed, and by the 1930s, diagnosis through the blood of ordinary people had begun. For this discovery, Landsteiner was awarded the Nobel Prize.



Today, almost every diagnostic process begins with a blood test. Thus, the revolutionary era of healing from diseases and extending lifespans began precisely in the time of the Promised Messiah (Peace and blessing be upon him).

Likewise, the milestone invention of X-rays was made in 1895 – during the lifetime of the Promised Messiah (peace and blessing be upon him) – by the German scientist Wilhelm Conrad Röntgen. Thereafter, X-rays began to be used in hospitals for medical diagnosis.

Similarly, ultrasound was discovered in the 1880s, which proved to be a significant advancement in diagnosing complications in pregnant women by the 1950s. It was as if the efforts to detect and address the future challenges of human life began even before its existence.

The journey that began in the time of the Promised Messiah (peace and blessing be upon

him) with the invention of tools used in disease diagnosis has now reached the era of artificial intelligence (AI).

Today, AI is being employed to detect illnesses even before they manifest, to trace their root causes, and to devise solutions. Every day, hundreds of doctors and scientists strive for ways to prolong human life, to overcome diseases that threaten mankind, and to help humanity live longer, healthier lives.

If this is not a testimony to the truth of the saying of the Holy Prophetsa, and the divine sign of the age of the Promised Messiah (Peace and blessing be upon him), then what else could it be?

Conclusion

On the basis of all these statistics, we can clearly say that the prophecy regarding the age of the Messiah and Mahdi is shining forth in all its glory, proclaiming to the entire world:

”جاء المسيح جاء المسيح“

(The Messiah has come! The Messiah has come!).

All these inventions and advancements are in

fact proof of the advent of the Messiah and Mahdi and of the appointed time. Every region, every nation, every country, and every family – when they look back at their own history – will see that lifespans have indeed increased.

The progress of medical science and other innovations bear witness to the truth of the Promised Messiah (peace and blessing be upon him). Each new day appears to fulfil this prophecy with even greater magnificence. Among the countless signs of his truth, one radiant sign is this very extension of human life.

صاف دل کو کثرتِ اعجاز کی حاجت نہیں
اک نشان کافی ہے گردِ دل میں ہے خوفِ کردگار

“A heart that is pure does not require too many Signs; A single Sign is enough, if the heart is God-fearing.” (Barahin-e-Ahmadiyya Part V [English], p. 162)

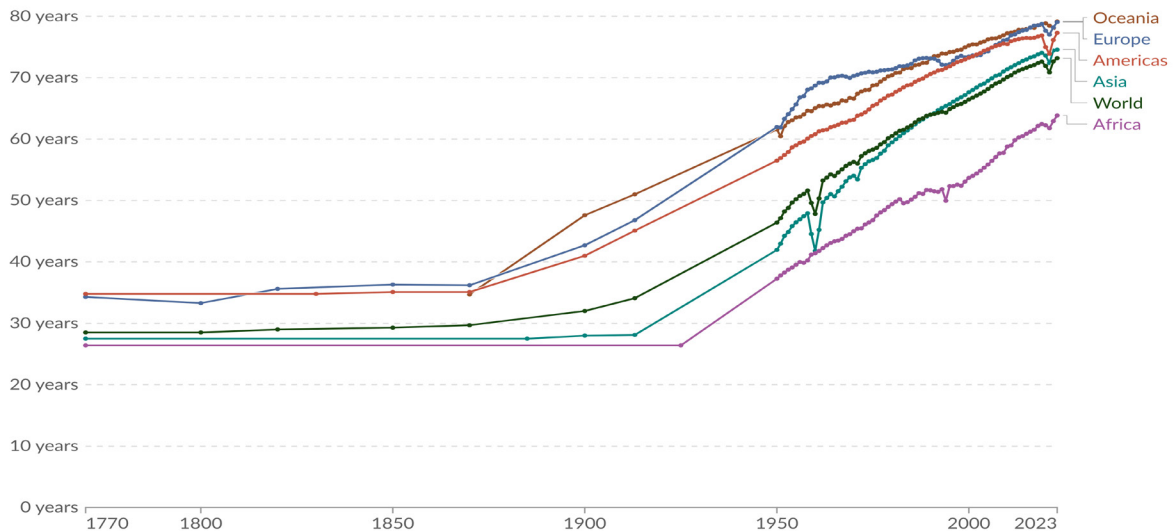
And how true were the words of the Promised Messiah (peace and blessing be upon him) when he said:

“Whoever drinks from the cup that has been given to me, through my hand, will never die.” (Izala-e-Auham, Ruhani Khazain, Vol. 3, p. 104)

Source: <https://ourworldindata.org/life-expectancy>

Life expectancy

Period life expectancy¹ is the number of years the average person born in a certain year would live if they experienced the same chances of dying at each age as people did that year.



Data source: Riley (2005); Zijedman et al. (2015); HMD (2025); UN WPP (2024)

OurWorldinData.org/life-expectancy | CC BY

Safe Driving Techniques in Canadian Wintery Weather- A Practical Guide for All Vehicle Types

*Syed Mansoor Ahmed
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Picture source: <https://www.pacifictowing.ca/>

Canadian winters are as challenging as they are beautiful. Snow-covered roads, icy intersections, freezing rain, and whiteout conditions can turn even short drives into high-stakes journeys. Whether you're driving an all-wheel drive SUV, a front-wheel drive sedan, or a rear-wheel drive truck, adapting your driving habits to winter conditions is essential for safety.

This guide blends narrative insights with point-wise tips to help you navigate winter roads confidently—no matter what you drive.

Universal Winter Driving Tips:

Before diving into vehicle-specific advice, here are essential safety practices every driver should follow:

Vehicle Preparation:

- **Install Winter Tires:** Use tires marked with the mountain snowflake symbol for optimal grip on ice and snow.

- **Check Tire Pressure Weekly:** Cold air reduces pressure, affecting traction and control.
- **Top Up Fluids:** Use winter-grade windshield washer fluid and ensure antifreeze levels are adequate.
- **Battery Check:** Cold weather weakens battery performance. Replace aging batteries before winter.
- **Emergency Kit:** Include a shovel, traction aids (sand or kitty litter), flashlight, blankets, snacks, and a phone charger.

Driving Behavior:

- **Slow Down:** Drive below posted speed limits in snowy or icy conditions.
- **Increase Following Distance:** Leave at least 6 seconds between you and the vehicle ahead.
- **Avoid Sudden Movements:** Brake, accelerate, and steer gently to prevent skidding.
- **Stay Informed:** Check weather and road

conditions before heading out. Delay travel during severe storms.

Front-Wheel Drive (FWD) Vehicles:

FWD vehicles are common and offer decent traction in snow due to engine weight over the drive wheels.

Tips:

- **Watch for Understeer:** FWD cars tend to drift straight in corners. Slow down before turning.
- **Use Engine Braking:** Downshift to reduce speed gradually, especially on descents.
- **Avoid Spinning Tires:** If stuck, gently rock the car back and forth instead of flooring the gas.

All-Wheel Drive (AWD) Vehicles:

AWD vehicles distribute power to all four wheels, improving traction on slippery surfaces.

Tips:

- **Don't Get Overconfident:** AWD helps with traction but not with stopping. Drive cautiously.
- **Know Your System:** Understand how your AWD system engages—some are automatic, others manual.
- **Turn Off ESC When Stuck:** Electronic Stability Control may hinder wheel spin needed to escape deep snow.

Rear-Wheel Drive (RWD) Vehicles:

RWD vehicles are less ideal for winter but still manageable with proper technique.

Tips:

- **Add Weight Over Rear Axle:** Place sandbags or gear in the trunk to improve traction.
- **Gentle Acceleration:** Avoid sudden throttle inputs to prevent fishtailing.
- **Practice Skid Recovery:** Learn to steer into a skid to regain control.

Dealing with Snow Plows:

Snow plows are vital for keeping roads passable, but they present unique hazards for drivers.

Safety Tips:

- **Keep Your Distance:** Stay at least 10 car lengths behind a snow plow. They often stop, turn, or reverse unexpectedly.
- **Never Pass on the Right:** Snow plows push snow to the right, which can hide obstacles or create drifts.
- **Be Visible:** Snow plows have limited visibility. Use headlights and avoid lingering in blind spots.
- **Wait for Clear Roads:** If a plow is working ahead, be patient. Passing can be dangerous and illegal in some areas.
- **Watch for Wing Blades:** These extend from the sides and can be hard to see in blowing snow.

Advanced Winter Driving Techniques:

- **Avoid Cruise Control:** It can cause loss of control on icy roads.
- **Know Your Brakes:** If you have ABS, press firmly. If not, pump gently to avoid locking.
- **Clear All Snow:** Remove snow from headlights, taillights, mirrors, and roof to maintain visibility and avoid fines.
- **Stay Calm in Skids:** Ease off the gas, steer into the skid, and avoid slamming brakes.
- **Know When to Stop:** If visibility drops or roads become impassable, find a safe place to wait it out.

Conclusion:

Winter driving in Canada demands respect for the elements and a deep understanding of your vehicle's capabilities. Whether you're navigating city streets, rural highways, or snow-covered backroads, the key is preparation, patience, and adaptability.

By following these techniques and staying alert—especially around snow plows—you'll not only protect yourself but also contribute to safer roads for everyone.

Brief Introduction of the Most Popular Tourist Spots in Alberta:

*Nisar A. Shams
Majlis Melville*



Photo by Igor Kyryliuk & Tetiana Kravchenko on Unsplash.com

The Canadian Rockies: The Rocky Mountains are a major draw, with several of Canada's most famous national parks.

Banff National Park: As Canada's first national park, Banff is a UNESCO World Heritage site known for its scenic lakes and majestic peaks. Key attractions include the vibrant, turquoise waters of Lake Louise and Moraine Lake.

Jasper National Park: The largest national park in the Canadian Rockies, Jasper offers extensive trails and dramatic scenery. Visitors can explore Maligne Lake and the nearby Spirit Island, as well as the Columbia Icefield Skywalk.

Waterton Lakes National Park of Canada: This park is a UNESCO World Heritage Site and forms the Waterton-Glacier International Peace Park with Glacier National Park in Montana.

Major cities: Alberta's two largest cities, Calgary and Edmonton, are hubs for culture and entertainment.

Calgary: Known for its "Wild West" heritage, the city hosts the annual Calgary Stampede, a world-famous rodeo and festival that attracts about a million visitors each year.

Edmonton: The provincial capital, Edmonton is known as "Canada's Festival City" for its year-round events. The

The Badlands: The unique geological landscape of the Alberta Badlands is famous for dinosaur discoveries.

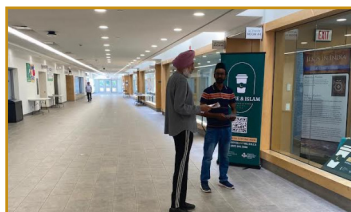
Drumheller: The dinosaur capital of the world, Drumheller is home to the world-class Royal Tyrrell Museum of Palaeontology, with one of the planet's largest collections of dinosaur fossils. Visitors can also view the striking rock formations known as the Hoodoos.

Dinosaur Provincial Park: This UNESCO World Heritage site offers fossil-finding experiences and a look at the spectacular badland scenery.

Photo Gallery

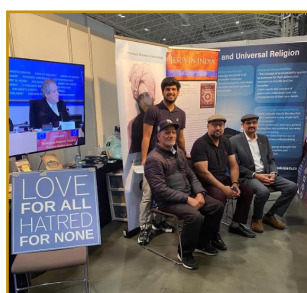


Majlis Ansarullah Peace Village South East held a bookstall/ Quran exhibition and had a non-Ahmadi guest visit the mosque. They also arranged a visit to a homeless shelter. Some of the highlights are shown in the following photos.



Picture taken at Cornerstone Place Homeless shelter Toronto Fresh fruit delivery.

Members of Peace Village Ansarullah helped at the Tabligh booth at the CNE. Some of the highlights are shown in the following photos.



Majlis Ansarullah Peace Village South East held various Tabligh activities. Some of the highlights are shown in the following photos.



Majlis Ansarullah Peace Village South East held a sports rally. Some of the highlights are shown in the following photos.



Majlis Ansarullah Ottawa West held a 3-days Waqar-e-Amal. Some of the highlights are shown in the following photos.



Majlis Ansarullah Peace Village helped with the setting up of Tahir Hall for Ansarullah National Ijtema. Some of the highlights are shown in the following photos.

