

Women In Her Adulthood

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

After attaining the age of puberty, the woman comes under the Jurisdiction of the Sharee'ah Laws. Now, she has to follow all the basic tenets of Islam including Salaah, Fasting, Zakaah and Hajj. She has to fulfill her duties as a Muslim woman and keep away from all minor and major sins. She should serve her parents and other elders and share her love and affection with those younger than her and her elders. She should behave well with her neighbors. She should mould her life according to the Islamic teachings and emerge as a lady of faith, good manners, hard work, humility, patience and contentment.

She should also acquire knowledge about the life that awaits her after the marriage. She should know her responsibilities as a housewife. She can get this training from her mother and other elderly women in the house. She should adopt a life style within the confines of the Islamic Sharee'ah.

Pardah is a must for a Muslim woman. She should not face men other than real relatives. Real relatives mean those relatives who can never marry her, like her father, brothers, father-in-law, uncles and grandfather. She can go to the market provided that her body is totally covered.

She should read good literature that contains moral teachings. Novels available in the market generally contain cheap sex fictions that should be avoided.

She should perform additional prayers other than the obligatory ones. Recitation of the Holy Quraan and Tasbeeh bring health and happiness to the house. During the days of purity, she should try to be in the state of Wudu throughout the day and, if possible, till she goes to bed. The best Dhikr for a woman is Tasbeeh-e-Faatima (radi Allahu anha) that is reciting Subhan-Allah 33 times, Alhamdu Lillah 33 times and Allah-o-Akbar 34 times. This is the Tasbeeh that the Holy Prophet (sallal laahu alaihi wasallam) taught his beloved daughter, Sayyidah Faatima az-Zahra (radi Allahu anha).

She should arrange the Niyaz on selected days of the year particularly on the 11th of Rabi-ul-Akhir (the 'Urs' death anniversary of Sayyiduna Ghaus-e-Azam Sheikh Abdul-Qadir Jilaani - alaihir rahmah) of Baghdad, the 12th of Rabi-ul-Awwal (the Eid-e-Meelad-un-Nabi - sallal laahu alaihi wasallam), the 6th of Rajab (the 'Urs' death anniversary of Khawja Ghareeb Nawaaz Moeenudeen Chishti alaihir rahmah) of Ajmer, and the sacred days like the 10th of Muharram (night and Day of Ashura), 27th of Rajab (night of Meh'raaj), the 15th of Sha'ban (Shab-e-Baraat) and the 27th of Ramadaan (Shab-e-Qadr). This arrangement of Niyaz will bring blessings, peace and prosperity to the house as the Niyaz will contain the Dhikr of Allah and His beloved ones.

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