الْحَمْد لِلَّهِ ذِي الْفَضْلِ وَالإِحْسَانِ، وَالْحُودِ وَالْإِكْرَامِ، وَأَشْهَدُ أَنْ لَيْ اللَّهُ وَحْدَهُ لاَ شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا لاَ إِللَّهَ إِلاَّ اللَّهُ وَحُدَهُ لاَ شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا فَحُمَّدًا عَبْدُ اللَّهِ وَصَحْبِهِ فَحُمَّدًا عَبْدُ اللَّهِ وَصَحْبِهِ فَحَمَّدًا عَبْدُ اللَّهِ وَصَحْبِهِ أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah, Bestower of bounties and blessings, the Grantor of unlimited favours. I bear witness that there is no deity save Allah, having no associates. I also bear witness that our Master Muhammad is the Servant of Allah and His Messenger. May the peace and blessings of Allah be upon him, his pure blessed family and companions, and all those who follow them in righteousness till the Day of Judgment.

- When the Prophet arrived in Madinah, the mother of Anas bin Maalik said: "Ya Rasuulalaah, every man and woman of Madinah has presented you with a gift, accept my son Anas as your servant.
- Sayyiduna Anas served the Prophet for 10 yrs. During this time he never beat me, abused or scolded me or gave me an angry look.

First Advice:

- "O my son! Keep my secrets confidential, and you will become a true believer" Sayyiduna Anas says: "I never disclosed the secrets to anyone, despite the requests of my mother and the wives of Rasulullah ..."
- Do we connect with our children, share, build trust, or do we gossip, and disclose all ours and other peoples secrets. In this world everyone knows everything about everyone? Should they?
- "Whoever eavesdrops on the conversation of other people when they do not want him, molten lead will be poured into his ears." (Bukhari)
- "Among the most evil of people before Allah will be a man who is intimate with a woman & he spreads her secret." (Muslim)
 - And those who are keepers of their trusts and وَالَّذِينَ هُمْ لِأَمَانَاتِهِمْ وَعَهْدِهِمْ رَاعُونَ their covenant (23:8)

Second Advice:

"O my son! Be thorough in your Wudu and the two angels (who are recording your deeds) will love you. Your life will also be increased and you will die the ranks of martyrs if you die with Wudu "He who performs the Wudu perfectly, his sins will depart from his body, even from under his nails." (Muslim)

The Prophet will recognise his ummah from their traces of wudu
 O Anas! Ensure that you bathe from Janabat (the obligatory bath)
 properly, if you do so all sins and evil will leave you."

Allah loves those who turn much (to Him), and He loves those who purify themselves. (2:222)

O people, Allah is pure and he accepts only what is pure (Muslim)

eat of the good things and do good (23:51) كُلُوا مِنَ الطَّيِّاتِ وَاعْمَلُوا صَالِحًا

Third Advice: O my son! If you have the ability to constantly send salutations upon me then do so, the angels will beg Allah to forgive you.

- On the day of Qiyamah the person closest to me will be the one who has sent the most Durood unto me." (Tirmidhi)
- On Fridays, send Durood abundantly on me, as it is presented before me.

 (Abu Dawud)
- "My life is a great good for you and my death is a great good for you, your actions will be presented to me, and if I see goodness I will praise Allah, and if I see evil I will ask forgiveness of Him for you. (Al-Bazzar)
- O my Son! When you make Ruku ensure that you spread your fingers apart while grasping your knees, and that you keep your elbows away from your body.
- O my Son! When you raise your head from Ruku allow all your limbs to settle in their original positions. Allah will not look on the day of Judgement to the one who doesn't straighten his back when waking up from Ruku.
- O my Son! When you make Sajdah, place your head and palms firmly on the ground. Do not make Sajdah (hastily) like the pecking of a rooster. Do not sit (in salah) like fox or dogs squats.