

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، نَحْمَدُهُ سُبْحَانَهُ وَتَعَالَى كَمَا يُحِبُّ وَيَرْضَى،  
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ،  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُ اللَّهِ  
وَرَسُولُهُ، وَصَفِيَّهُ مِنْ خَلْقِهِ وَخَلِيلُهُ، فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى  
سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ وَمَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ  
الدِّينِ.

All praise is due to Allah the Lord of the worlds as is befitting His Status and Glory. I bear witness that there is no deity but Allah who has no partner and is sovereign over all things. I bear witness that our Master Muhammad is the servant of Allah and His Messenger. May the peace and blessings of Allah be upon our master Muhammad, his family, his companions, and all those who will follow them in the righteousness till the Day of Judgment.

## Stuck In The Mud

قُلْ سِيرُوا فِي الْأَرْضِ فَانظُرُوا كَيْفَ بَدَأَ الْخَلْقَ

“Say, travel through the land and observe how He began creation” (29:20)

فَسِيرُوا فِي الْأَرْضِ فَانظُرُوا كَيْفَ كَانَ عَاقِبَةُ الْمُكْذِبِينَ - (مُجْرِمِينَ)

“So proceed throughout the earth and observe how was the end of those who denied.” (sinners) (3:137)





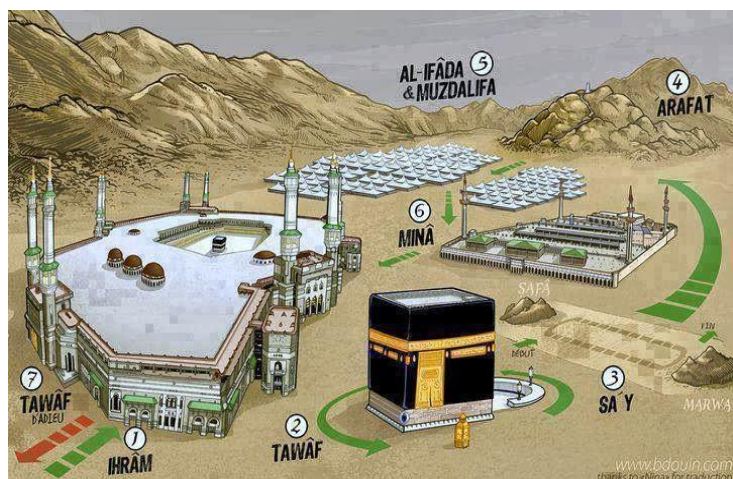
## Stuck In The Mud

- Take opportunity to travel, family, friends or alone; local, national, international destinations. Travelling is an education and transformative experience; but it must be TRAVELLING not HOLIDAY(ING)

**1: Prophetic – Primordial:** Since creation Adam and Eve travelled the heavens and earth in constant motion and curiosity to discover new lands, greener pastures, far away wonders, to learn, share and to trade in all sort of things

- Prophetic Musa – Khidr, Ibrahim عليه السلام
- Muhammad ﷺ: Syria, Taif, Quba, Tabuk, Madinah, Isra – Mi'raj...
- Muslims: Abyssinia, Middle East, Africa, Europe, Asia, China... (Imam Shafi'e, Bukhari, Muslim, Ibn Battuta etc... Travelled)

**2: Umrah-Hajj-Masjid:** spiritual, emotional, physical journey of lifetime. Ka'ba, Safa-Marwa, Mina, Arafat, Muzdalifa, Madinah, Aqsa; **Constantly Learning-Transforming**



## Stuck In The Mud

**3. Increase Spirituality:** signs of Allah, training for mind & soul, detachment of world, develop appreciation of world & prepare for hereafter

كُنْ فِي الدُّنْيَا كَأَنَّكَ غَرِيبٌ أَوْ عَابِرُ سَبِيلٍ

“Be in this world as though you are a stranger or a traveller.” (Bukhari)

أَفَلَا يَنْظُرُونَ إِلَى الْآبِلِ كَيْفَ خُلِقَتْ وَإِلَى السَّمَاءِ كَيْفَ رُفِعَتْ وَإِلَى الْجِبَالِ كَيْفَ نُصِبَتْ وَإِلَى الْأَرْضِ كَيْفَ سُطِحَتْ

Enables Reflect, heavens, earth, appreciate, tranquil, mountain, desert, lake, nature

“ إِنَّ فِي الْجَنَّةِ لَشَجْرَةً يَسِيرُ الرَّكَّابُ فِي ظِلِّهَا مِائَةَ سَنَةٍ ”

"Verily, in Paradise there is a tree, a rider will travel in it's shade for a hundred years." (Al-Tirmidhi)

**4. Remove Ignorance:** arrogance, instil humility

أَوَلَمْ يَسِيرُوا فِي الْأَرْضِ فَيَنْظُرُوا كَيْفَ كَانَ عَاقِبَةُ الَّذِينَ مِن قَبْلِهِمْ وَكَانُوا أَشَدَّ مِنْهُمْ قُوَّةً

Have they not travelled through the land and observed how was the end of those before them? And they were greater than them in power. (35:44)

**5. Know Thyself:** instil self confidence, maturity, open-mindedness, tolerance, teaches immense patience, learn to examine yourself, get closer to Allah

**6. Instil Appreciation:** parents, family, comforts, cultures

**7. Regain/Strengthen Faith In Humanity:** good, honest people out there