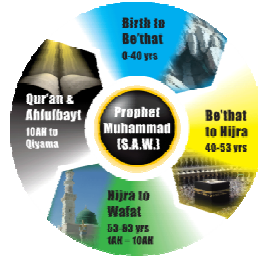


HISTORICAL TIMELINE



We will divide the life of Rasulallah (SAW) into 4 phases:

1. Birth to Be'that 0-40 yrs - LEARNING
2. Be'that to Hijra 40-53 yrs - LIVING
3. Hijra to Wafat 53-63 yrs - LEADERSHIP
4. Wafat to Qiyama 10AH – Qiyama – LEGACY

**BIRTH TO BE'THAT
0-40 YEARS**

Date	Age	Event
570 CE Aamul Feel (The year of the elephant)		Birth of the Prophet Muhammad (pbuh) - Makka <i>His name derives from the Arabic verb hamada, meaning "to praise." He was only son of Abdullah bin Al-Muttalib (who died before he was born) and Amina bint Wahb, overcome with grief at the loss of her husband could not nurse him and entrusted him first to a wet nurse called Thawbiyya (a maid servant of Abu Lahab) and then to Halima from the tribe of Sa'd ibn Bakr. Muhammad (pbuh) grew up in the hills, south of Taif which lay to the North East of Makka. He returned to his mother after four years.</i>
575 CE	5 yrs	Death of his mother Amina <i>When Muhammad was five his mother took him to Yathrib (Madina), to visit his father's grave there. On the return journey, Amina became ill and died. She was buried in the village of Abwa on the Makka-aedina Road. Umm Ayman, who accompanied them, returned to Makka with him and placed him in the protection of his paternal grandfather, Abdul Muttalib who was a respected leader of Makka. Umm Ayman remained his nurse.</i>
578 CE	8 yrs	Death of his grandfather Abdul Muttalib) at the age 82 <i>Muhammad now moved into the care of his paternal uncle Abu Talib & Fatima bint Asad (the parents of Imam Ali(pbuh)). Abu Talib took him with him wherever he went.</i>

583 – 589 CE	Teenage Years	<i>Muhammad (pbuh) worked as a shepherd. “All the Prophets of Allah were shepherds” he said In his teens sometimes travelled with his uncle with the trade caravan . On his first trip, on the highway to Syria, a monk called Buhayra (Sergius) noticed a cloud shadowing the travellers. He also noticed that when Muhammad (pbuh) sat under a tree, the branches would bow down as if in respect. He invited the travellers for a meal and watched the young Muhammad (pbuh) intently; noticing the mark of Prophet hood on his shoulder.</i>
585 CE	15 yrs	Harbul Fijaar (The sacred wars) <i>At an annual fair held in the market place called ‘Okaz, war broke out between the Banu Kinanah and the Quraysh in the month of Dhulqa’da when war was forbidden. The war continued for 9 years. Muhammad (pbuh) participated and his bravery was acknowledged.</i>
595 CE	25 yrs	Hilful Fudhul (The league of the virtuous) <i>A league initiated by Usayd bin Khuwaylid (Khadija’s brother) and Muhammad (pbuh) to unite the tribes in taking an oath to secure justice to the helpless . The league was formed at the house of Abdullah ibn Jo’dan and continued to function for 50 years after the inception of Islam.</i>
595 CE	25 yrs	Marriage to Khadija <i>Khadija bint Khuwaylad (Khalid) was an astute business women and philanthropist who was titled Ameeratul Quraysh (the princess of Quraysh) and Al Tahira (The Pure one). Aware of Muhammad’s (pbuh) reputation of honesty and integrity she offered him twice the commission to trade on her behalf on the trade caravan to Syria. The trips measure of success encouraged her to employ him again on the Winter trade caravan to Yemen. After this trip she was convinced he was the man she wished to marry. She was 28 years old when through her friend Nufaysa she proposed to Muhammad (pbuh). Abu Talib and her cousin Waraqa ibn Nawfal delivered the marriage sermons and Muhammad (pbuh) moved from his uncle Abu Talib’s house to live with his wife. The marriage was a happy one and Khadija retired from trading to concentrate on her life with Muhammad (pbuh).</i>
600 CE	30 yrs	Ali (pbuh) is born

Fatima bint Asad who raised Muhammad (pbuh) gave birth to Ali in the precincts of the Ka'ba. The first person Ali saw when he opened his eyes was Muhammad (pbuh) and grew up in Muhammad's shadow.

605 CE	35 years	Reconstruction of the Ka'ba <i>Makka was hit by a flood and the Ka'ba was badly damaged. On reconstruction, a dispute arose as to which family should have the honour to place the black stone. The dispute was becoming serious when it was suggested that the first person to enter the precincts of the Ka'ba should resolve the dispute or place the black stone on its place. It was Muhammad (pbuh) who walked in. He divided the families into four groups. Putting his cloak on the ground he placed the black stone in the middle and asked each group to hold one corner of the cloak and raise it while he guided the stone in to its place. His resolution was praised and acknowledged.</i>
610 CE	40 yrs	First Revelation <i>The injustices and idolatry of the Makkans disturbed Muhammad (pbuh). He used to go to the mountain cave of Hira, three miles North of Makka to meditate. It was on one of these retreats that he was visited by the angel Jibrail (Gabriel) who instructed to recite the first revelations of the Qur'an – Suratul Alaq (The Clot) Verses 1-5. The experience shook Muhammad (pbuh) to the core and he went home to Khadija feeling feverish and asking to be covered. She accepted his prophet hood immediately. Thereafter Ali who was only 10 years old and Muhammad's (pbuh) adopted son Zayd accepted Islam. After that Abu Bakr ibn Qahafa accepted Islam.</i>

LEARNING

In essence the learning referred to is the learning of finding oneself. Who am I?

“There are so many gifts,
Still unopened from your birthday,
There are so many hand crafted presents,
That have been sent to you by God,
The Rabb does not mind saying –
“Everything I have is yours”
There are so many gifts
Still unopened from your birthday”
Hafiz

Rasulullah (SAW) has said that an hour's thinking (tafakkur) is better than seventy years of worship. When we change our thinking, we change our lives.

The idea is to have a vision. All things are created twice; first as a mental creation and then as a physical manifestation.

Albert Einstein said: “Imagination is more important than knowledge”

Vision is the future which is infinite.

The most important vision is to develop a desire to reach one's full potential and to expand it by assisting others to find their potential by believing in them and affirming them.

In Suratur Rahman 55:60 Allah says:

هَلْ جَزَاءُ الْإِحْسَانِ إِلَّا الْإِحْسَانُ

Is the reward of goodness anything but goodness?

It's an investment in the akhirah whose affects are far reaching.

PRACTICAL METHODOLOGIES OF THINKING

1. Sleep less. This is one of the best investments you can make to make your life more productive and rewarding. Try getting up one hour earlier for 40 days and it will develop into a powerful habit. Start by praying Salatut Tahajjud at least once a week. You will feel alive and invigorated.
2. Set aside one hour every morning for personal development matters. Meditate, visualize your day, read the Qur'an to set the tone of your day, listen to it. Watch the sun rise once a week or be with nature.
3. Always remember the key principle that the quality of your life is the quality of your communication. This means the way you communicate with others and, more importantly, the way you communicate with yourself. What you focus on is what you get. If you look for the positive this is what you get.
4. Learn to be still. Develop the skill of sitting quietly, enjoying the powerful silence for at least ten minutes a day. Simply think about what is important to you in your life. Reflect on your mission. Silence indeed is golden. . Rasulullah (SAW) has said that an hours thinking is better than seventy years worship.
5. Associate only with positive, focused people who you can learn from and who will not drain your valuable energy with complaining and uninspiring attitudes
6. You must have a mission statement in life. This is simply a set of guiding principles which clearly state where you are going and where you want to be at the end of your life.
7. No one can insult or hurt you without your permission.. There are no negative experiences only experiences which aid in your development and toughen you
8. Be soft as butter when it comes to kindness but tough as thunder when it comes to principle.
9. Try fasting at least one day a one day a week. It has an amazing effect. If not that them the middle three days of the month – 13, 14, 15 of the lunar month.
10. Remember that forgiveness is a virtue that few develop, but one that is most important to maintaining peace of mind. Practice forgiveness especially in those situations where it is seemingly difficult.
11. Ask not what this world can do for you but, rather, what you can do for this world. Make service an important goal in your life. It is the best investment of time. The quality of your life boils down to the quality of your contribution to others. Leave a legacy for those around you.
12. Finally never forget the power of Dua.

PERSONAL RESPONSIBILITY

- Acknowledging that you are solely responsible for the choices in your life.
- Accepting that you are responsible for what you choose to feel or think.
- Accepting that you cannot blame others for the choices you have made.
- Pointing the finger of responsibility back to yourself and away from others when you are discussing the consequences of your actions.
- Not feeling sorry for yourself but taking hold of your life and giving it direction and reason.
- Protecting and nurturing your health and emotional well being.
- Taking an honest inventory of your strengths, abilities, talents, virtues, and positive points.
- Letting go of blame and anger toward those in your past who did the best they could, given the limitations of their knowledge, background, and awareness.

NOT ACCEPTING PERSONAL RESPONSIBILITY TRAITS

- Overly dependent on others for recognition, approval, and acceptance.
- Always angry, or depressed over how unfairly you are being treated.
- Fearful about ever taking a risk or making a decision.
- Addicted to unhealthy substances or unhealthy behaviour.
- Over responsible and guilt in your need to rescue and enable others in your life.
- Unable to develop trust or to feel secure with others.

EVERYDAY LANGUAGE

- It's not my fault I am the way I am.
- Why go on; I see no use in it.
- When do the troubles and problems cease? I'm tired of all this.
- How can you say I am responsible for what happens to me in the future? There is fate, luck, politics, greed, envy, wicked and jealous people, and other negative influences that have a greater bearing on my future than I have.

No matter how hard I work, I will never get ahead.