

DO NOT COMPLAIN

Science has discovered that constant complaining causes your health to wane,

Hearing others complain for a long time could physically damage your brain.

You complain that you have no shoes, but there are people with no legs to walk

You complain nobody listens to you, but there are people with no voice to talk

You complain about the food on your plate,

but remember, many children sleep hungry at night.

You complain that your life is too hard,

but someone is fighting to stay alive in the ICU ward.

How many blessings have you been given that you cannot count?

So, be grateful to Allah. You will feel the peace, and your pain will not haunt.

How much has Allah provided you that others do not have?

Therefore, say Alhamdulillah at all times, even when, problems you have.

You can be saved from ailments and depression.

You can remain calm even in the depths of oppression.

Smile a while, and when you smile, another smiles,

And soon there will be miles and miles of smiles.

DR. THAHIRA IQBAL
DHMS/BAIS/MAIS