



QUITTING YOUR TOBACCO HABIT—THE INNER JIHAD



Imam Siraj
Wahaj

“Most surprising to me when I first visited Mecca in 1978, was to see how many Muslims smoked cigarettes. As many as one billion people will die from smoking in the 21st century-- an obscene number of preventable deaths! Without a doubt, cigarette smoking is absolutely prohibited in Al Islam!” --- Imam Siraj Wahaj



Sister Aminah
Assilmi

Islam tells us to consume in moderation and to behave consciously. Instead, if we start consuming Tobacco – including Shisha – this expensive habit becomes an addictive behavior and this will definitely kill you, no question about it!--- Sr. Aminah 2010



Imam Shamsi
Ali

The Quran tells us not to harm ourselves. How can we smoke, knowing that it is harming our body and our mind? This activity is Haraam. We can stop and we can help each other to stop. As Muslims, as human beings, you & I can find that strength. Imam Shamsi ‘09



Imam
Samer Raey

Stop your busy life and see who is really in control of that life. Is it your best self? Is there a better way, brothers and sisters? Praying will help you to deepen your faith— in faith you can find the help and the inner peace that is clean and safe from the addiction that consumes your spirit.— Imam Samer ‘09

YES YOU CAN LET GO OF THIS HABIT--- YOU CAN BE FREE OF NOISE & DESIRE

Free Yourself for your family, that you may be with them longer, inshAllah.

Free Yourself for the community or to purify the world one breath at a time.

Do it for your future self, have compassion for the older person you will be.

Do it for your body now, with compassion for the wonderful vehicle of your breath & life.

Do it with your friends and family—explain what is important to you & ask for support.

Do it with your self and your spirit—find your inner resources, angels, secret friends.

PRAY TO GOD— humility is not negative feeling. HAMDULILLAH for this chance to change.