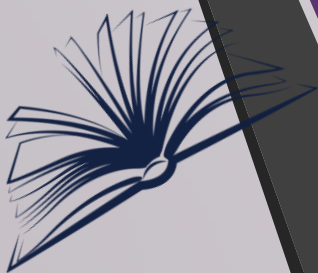


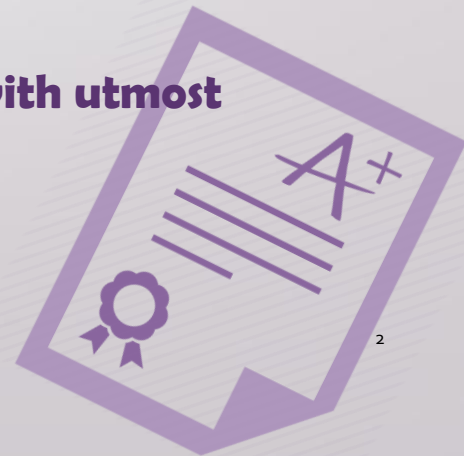


TIPS FOR STUDYING



Tips to increase the Memory;

- 1) **Kaamil taqwa.**
- 2) **Not eating to your fill.**
- 3) **Not eating out because the food of the market is closer to impurity and mistrust. Also it takes a person away from the worship of Allah Ta'ala. Furthermore the glances of the poor fall onto the food.**
- 4) **Excessive talking steals away your life.**
- 5) **Stay away from trouble makers and sinners and remain in the company of the pious.**
- 6) **Take benefit from the dua of the pious.**
- 7) **Be careful of the dua of the oppressed.**
- 8) **If you will be lazy in etiquettes, you will be deprived of following the Prophetic traditions. If you are deprived of this, you will be deprived of obligations and thus, you will be unsuccessful in the hereafter.**
- 9) **Increase your salah and pray it with utmost attention.**



What will help you increase your memory?

- Hard work
- Steadfastness
- Eating less
- Praying Tahajjud
- Mindfully reciting the Qur'an
- Miswaak
- Mastic (chewable lawbaan)
- Honey water
- 21 red raisins early in the morning before doing anything else
- Increase durood shareef upon Nabi ﷺ



What will decrease the memory?

- Sins
- Worldly sadness as they bring darkness into the heart and affect your salah.
- Constantly busy in unproductive things.
- Eating too much green coriander.
- Sour things
- Looking at the cross and its writings.
- Throwing alive louse onto the ground.



What decreases your rizq?

- Walking in front of the pious.
- Calling out your parents by their names.
- Using anything like a toothpick like a paper etc.