

The Almighty God has endowed man with the faculty of reason which allows him the free will to choose a way of life. There is no compulsion for man to accept the truth but it is a shame of immense proportions upon the human intellect if he is not interested in finding out. All scientific knowledge and proof show smoking to be harmful, causing the deaths of at least a thousand people each day.

Most of the world's religions regard smoking to be a sin and forbid it. Smoking is undeniably strongly addictive and scientifically proven to be harmful to one's own health as well as society. It enslaves ones body and can never be described or justified as beneficial.

In Christianity, the Bible commands its adherents not to allow their bodies to become "mastered" by anything. ***"Everything is permissible for me—but not everything is beneficial. Everything is permissible for me—but I will not be mastered by anything"*** (Corinthians 6:12).

In Judaism, some Rabbis have ruled that since the dangers of smoking are known it is forbidden to smoke. They point to several biblical concerns such as ***"take heed to thyself and take care of thy life"*** (Deuteronomy 4:9)

Of smoking by Hindus, Swami Amarananda of the Hindu Centre of Geneva, says, ***"tobacco is traditionally seen as a vyasana or an unhealthy dependence. So a vyasana matches ill with a spiritual life."***

Smoking and drug taking is banned in Sikhism and using tobacco is listed in the Sikh Rehit Maryada (Code of Conduct) as one of the four transgression (Kurahits).

Islam as the Final Revelation to mankind has condemned smoking and Muslim Jurists have ruled it to be either Makruh (detested and undesirable) or Haraam (forbidden) on the basis of causing harm to one's health (Qur'an 2:195 & 4:29), danger to your family's health and the environment (Qur'an 33:58), inconvenience, harm and discomfort to others (Hadith), waste of money (Qur'an 17:26-27) and possible ingestion of Haraam ingredients (Quran 7:157).

And uniquely, it has also provided a perfect lifetime training regimen with the institution of the annual thirty day Fasting in the month of Ramadaan where Muslims cannot partake of any food, drink or a quick puff from dawn to dusk, the most crucial time of craving for a smoker. Observations have shown that even the heaviest of smokers will never compromise their fasting for the nicotine fix. This year the fasting of Ramadaan will commence on 12th August, 2010. Set that as your quit date and let your body, family and friends rediscover the healthy you, smoke –free and recharged by the blessings of the Mubarak month of Ramadan, InshaAllah (God willing).

#### Useful tips

1. Take a calm look at the facts on smoking, the costs and its harmful effects on your body. Consult this regularly to reaffirm your determination to quit.

(Click here for articles and cost calculator):

<http://www.sanha.org.za/flashnews/flashn37.htm>

<http://www.sanha.org.za/flashnews/flashn38.htm>

[Cigarette calculator](#)

2. If possible rope in family and friends who also want to quit so that you can support each other.

3. Do not hesitate to seek help from your Doctor or Imam who by training and inclination will support you.

4. Change your lifestyle with exercise, a new hobby and frequenting the Masjid daily.

5. Download or write for your free copy of the booklet ***"Kicking the Habit"*** by Moulana Yunus Patel Saheb. <http://www.sanha.org.za/ebull/Kicking-the-Habit.pdf>

6. Contact the National Council Against Smoking for telephone counselling and free Literature. Tel: **011 720 3145**.

Our Duaas for perseverance and the support of family members to help you quit, Aameen.

**Quit smoking now - the butt stops here.**

**Your Duas, constructive comments, criticism and feedback is truly appreciated**

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