



# MEDICAL RETREAT IN NAJAF



## REPORT 2019

The World Federation of KSMC

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THE WORLD  
FEDERATION  
OF KHOJA SHIA ITHNA-ASHERI MUSLIM COMMUNITIES



The Najaf Medical Retreat proved to be a great opportunity to gain knowledge that we have been in search of, looking at modern medicine with a different, holistic perspective and I'm sure that has added value to everyone's lives. Most certainly I'm going back home satisfied well beyond my expectations! This had become a complete package: it began with Ziyarah of Ameer al-Mo'mineen (as) and the climax was Shabe Baraat in Karbala and I'm sure it was a spiritually uplifting experience for everyone. There was no stone left unturned in the services that were rendered. So thank you especially to Shaykh Nadir Jaffer and all the other Shuyukh and Doctors and we pray for your continued tawfeeq InshAllah.

**DR. ZAINAB ALIMOHAMED, TANZANIA**

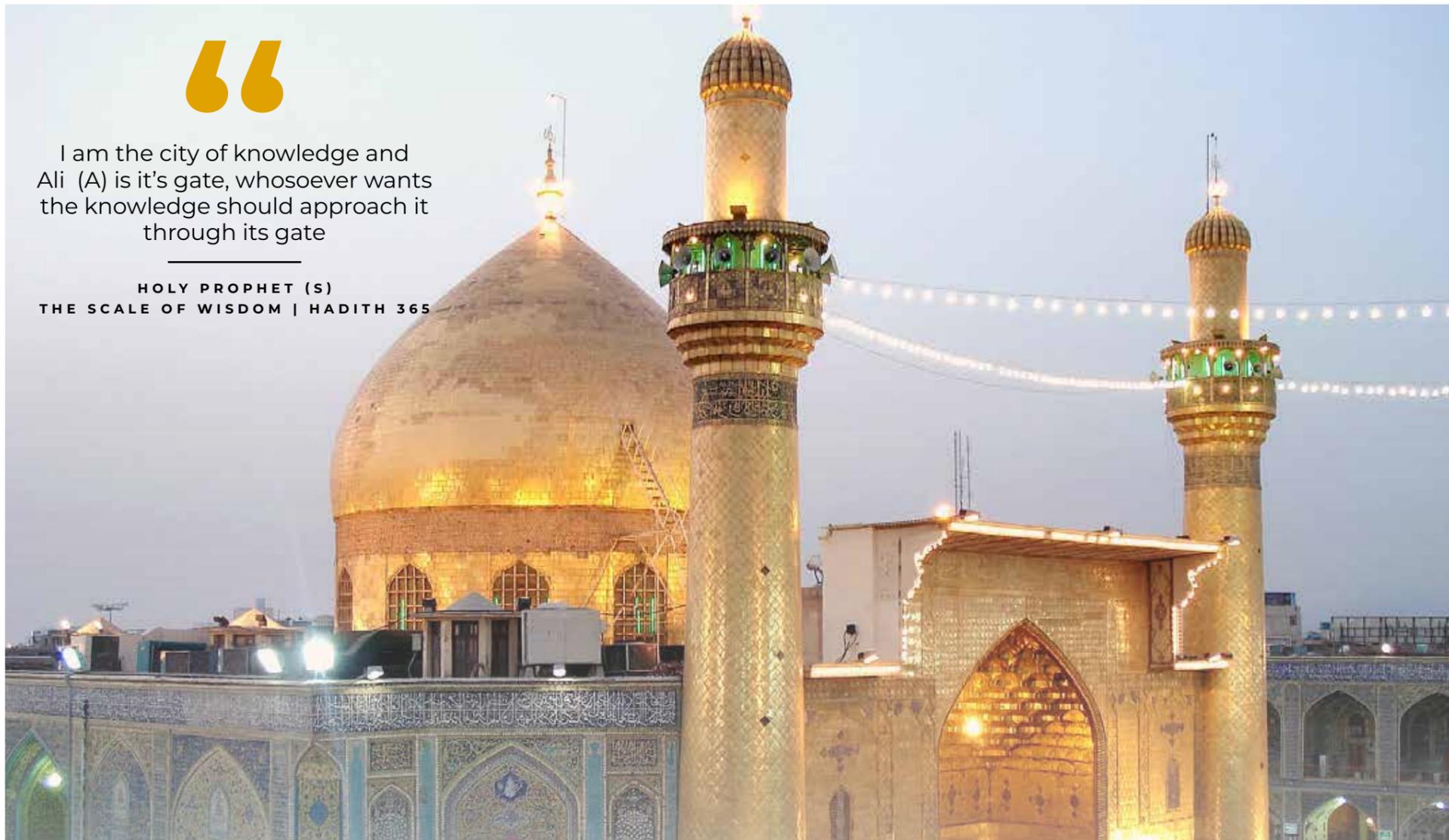
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I am the city of knowledge and Ali (A) is it's gate, whosoever wants the knowledge should approach it through its gate

HOLY PROPHET (S)  
THE SCALE OF WISDOM | HADITH 365



## INTRODUCTION

This April, 15th April - 25th April 2019 (Sha'baan 1440 AH), The World Federation, through its office in Najaf led by Br Shabbir Dharsi, took a momentous step by organising a one-of-a-kind Medical Retreat in Najaf al-Ashraf. Participants from all over the world attended the course. The course took place over a span of 10 days and hosted a total of 26 participants from 11 different countries of Europe, Africa, Asia, North America and Australia. The participants came from various professional backgrounds such as medicine, nursing, pharmacy, biomedicine, speech therapy, acupuncture and midwifery. Lectures were organised in the Holy City of Najaf over a span of 8 days on different aspects of medicine covering the religious and spiritual point of view. The participants were blessed to perform ziyarah in the Holy City of Karbala on the auspicious eve of 15th of Sha'baan (one of the most recommended occasions to visit Imam al-Husain (as)) known as Shabe Baraat. Furthermore, they also had the tawfeeq to spend an entire night in the Sanctified City of Kadhmayn and successfully accomplished the ziyarah at the Sacred Town of Samarra.



## The Medical Retreat Course had the following objectives:

- Create a platform of networking for medical professionals from around the world. Many may feel isolated in their struggles to find the right balance between their religious and medical responsibilities. This course would enable professionals to come together on a common ground to support each other.
- Empower the various healthcare professionals with the correct Islamic view on practicing medicine. With the constant advancement of treatment methods, the already thin line between right and wrong becomes even thinner.
- Bring together the physical, psychological and spiritual aspects of healing and in this way provide a holistic approach to medical practice.
- Benefit from the spiritual environment in Holy Cities. What better setting to learn from than the 'bab' - door to the city of knowledge himself: Ameer al-Mo'mineen (as)
- Provide the participants the opportunity to visit and pay homage to the various holy cities within Iraq, bringing religion, culture and education all together.

# LECTURERS



## Dr Madad Ali

NEW JERSEY, U.S.

He is a practicing Gastroenterologist at St John's Hospital Springfield, Illinois. Dr Madad Ali completed his residency and fellowship at the Albert Einstein College of Medicine, Bronx NY. He lived in Tehran for a few years lecturing at the S.B. University, Tehran and also worked in the Imam Husain Hospital. Awarded Membership in American Academy of Educators in 2015 and has been the primary investigator in Clinical Research. He also has a string of publication to his name.



## Shaykh Nadir Jaffer

QUM, IRAN

He is from Madagascar and migrated to Qum for Hawza studies at the age of 17. Speak 8 languages. Specialized in Islamic philosophy and Irfan. Travelled to more than 30 countries in 4 continents for Tableegh. Manager of WF Qum Office between 2007 and 2017 for 7 years and now head of External Tableegh. Specialized also in Tibb al-Aimmah and the different therapies used in alternative medicine. He was involved in the set up of WF-Najaf Office in August 2018.



## Shaykh Mohammad Khalfan

QUM, IRAN

He is from Kenya and one of the most senior scholars from our community, who has specialized in philosophy and mysticism. Shaykh has authored several books in English such as "The sacred effusion", a commentary on Ziyarat Ashura in 2 volumes, "seeking light" on the physical and spiritual aspects of Wudhu, "divine invitation" on the holy month of Ramadan, "manifestations of the All Merciful" which is a reflection of the well-known supplications recited daily during the month of Ramadhan and is now working on the commentary of the precious Duas of Saheefa al-Sajjadiyyah. One of his books is entitled: "Prescriptions for Physicians", which looks at the status and religious duties of a medical doctor.



# ARRIVALS

The participants arrived in Najaf, over a span of a few days, eager and in high spirits to embark on this unique journey. They were grateful to have reached the Holy lands and ready to be pioneers of this exciting venture.



There was a lot of focus on the effects of food both physically and spiritually

Among the things discussed, were inspirational real-life events where people have been cured by using the tibb al-ma'sumeen.

Everything in Allah's (swt) creation is in perfect harmony and balance with the universe and so is the food. If we were to adhere to the advice of our Masumeen (A.S), we would not only be healthier but prevent many diseases.

Being medical practitioners, we often forget the importance of the psychological and spiritual aspect of the patient's illness and focus all our attention on the physical. This session brought to light the beauty of our religion and how there's a prescribed prevention and cure for every illness.

## COURSE OUTLINE

The first 8 days were spent attending lectures conducted by three highly learned scholars. Lectures took place daily and some of the topics on discussion included:

- Common gastrointestinal diseases and their treatments
- Prophetic medicine
- Nutrition in Islam
- Food as treatment for various diseases
- Spiritual approach of a Medical Doctor

- Some prescriptions given by the Ahlul Bayt (as) for curing diseases
- Introduction to Acupuncture
- There was an interesting discussion on Jinn and their life style; where they live, what is their diet and what their beliefs are.
- An insight on the different temperaments of the body and its need for a suitable diet.

The lectures provided a deep insight into recognising medicine as a holistic science and the undeniable connection between body and soul. In the modern medical world, it is typical for healthcare professionals to present factual and materialistic solutions to their patients, yet hope and faith play a paramount role not only in recovering patients but even those who are terminally diagnosed.



# CULTURAL & SPIRITUAL PROGRAMME

The Medical Retreat lived up to its holistic outlook and so besides attending lectures the participants were also blessed with visits to cultural and historical sites. They were granted the opportunity to meet with prominent scholars and pay their respect at the various Shrines and Mosques around Iraq. These were:

## MOSQUES

- Masjid of Kufa and the house of Imam Ali (as)
- Mosque of Sahla
- Mosque of Hannana

## SHRINES

- Muslim ibn Aqil (ra), Maytham al-Tammar (ra), Kumayl ibn Ziyad (ra) and Hani ibn Urwa (ra) in Kufa
- Sayyid Muhammad al-Mujaab (RA), son of Imam Ali al-Naqi (AS) in Balad

## MEETING WITH ESTEEM SCHOLARS



AYATULLAH SYED ALI  
HUSSEIN AL SISTANI



AYATULLAH ISHAQ  
AL FAYADH



AYATULLAH SYED  
SAEED AL HAKEEM



AYATULLAH SHAYKH  
BASHIR NAJAFI



## GRAVEYARD OF WADI AL-SALAAM

## CLOSING CEREMONY AT AL-KHOI INSTITUTE



The much-awaited meeting with Grand Ayatollah Sistani finally took place. His office is in close vicinity to the Haram, which carries a strong symbolism. When you see this personality walk in the room, tears roll down your cheeks. A man with so much knowledge and so many followers around the world is so simple. His voice is soft and humble. Despite this, his personality is so powerful!"

# PLACES OF ZIYARAH



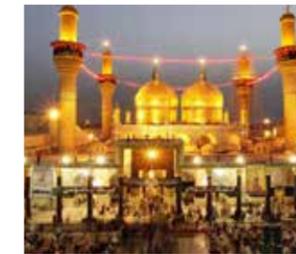
## NAJAF

The sacred month of Sha'baan opened its gates of mercy to the attendees for it was nothing short of mercy that they found themselves attending classes in the city of Najaf al-Ashraf enjoying close proximity to Ameer al-Mo'mineen (as). The retreat partakers were encouraged to visit the Haram during their free times. Some enthusiasts took this precious advice and made a point to recite their daily prayers there. Many significant visits were accomplished during this time.



## KARBALA

The peak of this journey approached with the coming of 15th Sha'baan, a heavenly blessing on the heavenly plains. The participants spent the night of 15th of Sha'baan in Karbala al-Mu'alla, performing ziyarah of Aba Abdillah (as) and Qamar bani Hashim, Abal Fadhl al-Abbas (as). At the request of some of the participants, the management kindly organised two more ziyarah trips to Karbala, one of which occurred on a Thursday night.



## KADHMAYN

It was approaching evening as the group reached Kadhmayn, setting their eyes on the majestic twin domes, elated at having reached Bab al-Hawaij, Imam Musa al-Kadhim (as) and his grandson Bab al-Murad, Imam al-Jawad (as).



## SAMARRA

The participants took on a day trip in order to perform the ziyarah of Imam Ali al-Naqi (as) and Imam Hasan al-Askari (as). This is also the burial place of Sayyida Narjis Khatun the esteemed mother of our living Imam (atfs) and his glorious aunt Sayyida Hakima Khatun (Peace be upon them all). Another historical site within the same vicinity, that they visited is Sardab of Ghaybah, the place where our living Imam (atfs) was last seen before going into the major occultation.



Before returning to Najaf near Ameer al-momineen, we made a stop to perform Salaat al-Maghribayn with an Iraqi family who opened their home with a very warm welcome. It was a touching moment which underlined love and a very powerful devotion for the zawaars of our Aimaahs.

This day was wonderful. We reminded ourselves to reflect on the aim of our lives and our preparation to serve Imam Mahdi(atfs). 1 hour of meditation is better than 70 hours of Ibadah and the whole day was full of meditation as we paused at all the heavenly places we visited, Alhamdulillah.

# ACKNOWLEDGEMENTS

All praise belongs only to Allah (swt), Lord of the worlds. Its only due to His Infinite Mercy and Grace that we are given continuous opportunities to organise such courses. The first ever Najaf Medical Retreat came to fruition with the blessing and guardianship of Imam al-Muttaqeen (as).

The World Federation Islamic Education Team would like to thank the, scholars, lecturers, and volunteers who helped make this course a great success. We are especially thankful to sister Masuma Ismail who stepped in voluntarily to help with the management during the course and sister Sumanah H Ladha for compiling the report on the course.

We also extend our gratitude to the participants; they too were fundamental to the success of this course.

If this course interest you, please stay tuned on our social media accounts as we will announce our next course soon

We are planning to hold more retreats in Najaf al-Ashraf in the future, insha'Allah.

**Stay tuned on our social media pages @WFKSIMC for announcements.**



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