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Every Breath is a Gift from God



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Try to think of the blessings
you have and you will have
no time for complaining
about what you do not have.

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A bird sitting on a tree is never

afraid of the branch breaking,

because her trust is not on the branch

but on its own wings.

Always believe in yourself.



Dear daughters and sons!

Being in the spring of life, you are certainly full of hope, freshness, and energy. These are obviously God-given blessings which you should put to the best uses, namely in the way of serving God, helping human beings, and in short, reaching happiness both in this world and in the Hereafter and also helping the others get this true, eternal happiness.

In this regard, let's pay attention to a part of the recommendations presented by the supreme leader of the Islamic Revolution, Ayatollah Khamenei, in his "Statement on the Second Phase of the Revolution". In that statement, the Supreme Leader has pointed out certain significant facts which can serve as lessons for all of you, our young, beloved daughters and sons the world over. One of those lessons is that you can analyze the future within the context of past experiences in order to avoid and overcome past mistakes and shortcomings. This lesson should be learned and put into practice by all of you who want success and happiness for every human being. Past experiences teach us many things if we try to study them carefully. We can find out how to avoid making the same mistakes and how to find better ways, for dealing with problems, if we learn from the past. No doubt, you do not want to spend your time and energy on useless things. So, you need to find ways of directing them towards what is best for you and others. Do not forget that your success in the future depends to a large degree, on your past experiences and the lessons you got from them. In this issue of the magazine, we are going to present articles on the Islamic lifestyle, in the direction of the guidelines offered by the Supreme Leader, for your benefit. Remember that you are to be the builders of the modern Islamic civilization which presents world peace, justice, and well-being for all; both physical and spiritual. And remember to always rely on God.



Mohammad Assadi Movahed

Greetings in the Islamic Way

By: Hussein Aminipoya

The Holy Qur'an: "... *whenever you enter houses, greet one another with a blessed, wholesome greeting by invoking God. Thus God explains [His] signs to you so that you may reason things out".* 24: 61

Salaam (peace) is the desirable word to be uttered upon each meeting. We first say salaam to each other whenever we meet and in this way express our respect and beneficence towards each other.

Have you ever thought about the concept of salaam? And did you know that it is one of the names of Allah - the One and the Only God? It means peace, health, and being a well-wisher towards others and so, this expression should be regarded as the starting word





for constructive, human communication.

The Islamic expression 'Asalaamu Alaikum' (peace be upon you) is, in fact, connected to the Islamic expression – 'Salaamullah Alaikum' (Allah's greetings and blessings be upon you). This expression means that we are praying to Allah to grant peace, safety, and blessings to the person('s) we are saying salaam to.

As we see, the Islamic way of saluting others is, in fact, praying for them and expressing our friendship and sincerity towards them and so this expression is the best one to be used when starting a conversation or meeting other people, and as inferred from the above verse of the Holy Qur'an, (24: 61) by so doing, we are expressing our good-will to the others, telling that we wish them fruitful, prolonged life. (The word Tahiyyat in Arabic conveys wishing good, long life for the others).

In Islamic ethics, it has been emphasized that Muslims should start their words (addressed to the others) with salaam. In fact, in a hadith (Islamic narration) we read that the Holy Prophet (pbuh) of Islam has stated that it is advisable not to reply to the one who has started talking without first saying salaam. The Holy Prophet of Islam (pbuh) and Infallible Imams (as) have repeatedly expressed the significance of uttering salaam and taught



the value of this worthy and yet easy way of conveying good intentions. In 'Mizanul-Hikmah' we read that the Holy Prophet of Islam (pbuh) has advised us to start our conversation(s) with salaam and to end that with asking Allah to bless the other(s). Also, elsewhere in this book, we read this Hadith: "Saying salaam and speaking in a nice manner leads to the forgiveness of one's sin."

Likewise, Imam Ali (as) has been quoted: "There are 70 Hasanah (Divine rewards) for salaam, of which one will be for the one who returns it and the remaining 69 (Hasanah) will be for the one who starts it (who says first).

It is to be mentioned here that as per Islamic teachings, salaam should be said in a clear audible voice. Certainly, we should not say salaam to the others in a too low voice, be it out of shyness or for any other reasons, because the others may not hear our salaam and then resent us and regard us impolite and without manners. Also, we should take care not to return a salaam in a low voice, because the person (whose salaam we are returning) may not hear our salaam and, thus, imagine that for some reasons, we are angry with him/her. If this happens, undesirable feelings may arise which of course we do not want. In fact, the aim and purpose of salaam is, among other things, removing any ill feelings and bringing about good ones among the people and so should be uttered and returned audibly and in the proper manner.

Islamic Teachings for Making Life Better:

"Avoid anger, because anger can cause every harm."
Prophet Muhammad (pbuh)

- Try to avoid judging while you are angry.
- To remove the feeling of anger from yourself, change your position; if you are seated (while getting angry) stand up and walk and if you are standing, sit down in order to calm down and feel relaxed.
- Try not to speak when you are very angry because, in anger, one might speak words, which are improper or impolite.
- Think well before you speak or before you want to do something.



The Treasure

There was a father working on his farm, together with his young son. They ploughed the farm, sowed it with seeds, and watered it. Then the young farmer said to his father, "My dear father! You said we have a great treasure under the ground. So, why don't we dig the ground to find the treasure instead of working so hard?"

The father smiled and said, "Just wait a little! I will show you the treasure soon." And after a while, the farm turned beautiful and filled with clusters of wheat. The father said to his son, "My dear son! Watch the farm! This is that very treasure."

"God-given treasures are there on the earth. To God, no job is more honorable than farming." Imam al-Sadiq (AS)

Food without Salt

Once a mother forgot to add salt to the dish she cooked for her family. Everybody said something about that, including the daughter who said: "We had better thrown this food away. It is good-for-nothing." The mother asked: "Why should we think that it is good-for-nothing just for a simple reason?"

Hearing this, the daughter smiled and said: "Dear mother! Then why do you call me good-for-nothing for just a petty reason?"

Raising a Child as Taught by Birds

A waiting mother dreamed of a kind angel who gave her the good news of the birth of a lovely child and advised her to raise the child properly. The would-be mother asked the angel how she could do that and the angel showed her two birds and said, "Like them. Be very attentive and caring to them until they reach the age of seven. When they are seven years of age, try to teach them life skills little by little and when they reach maturity, start letting them shoulder the burden of life, as birds do with their young ones."

Good things in life

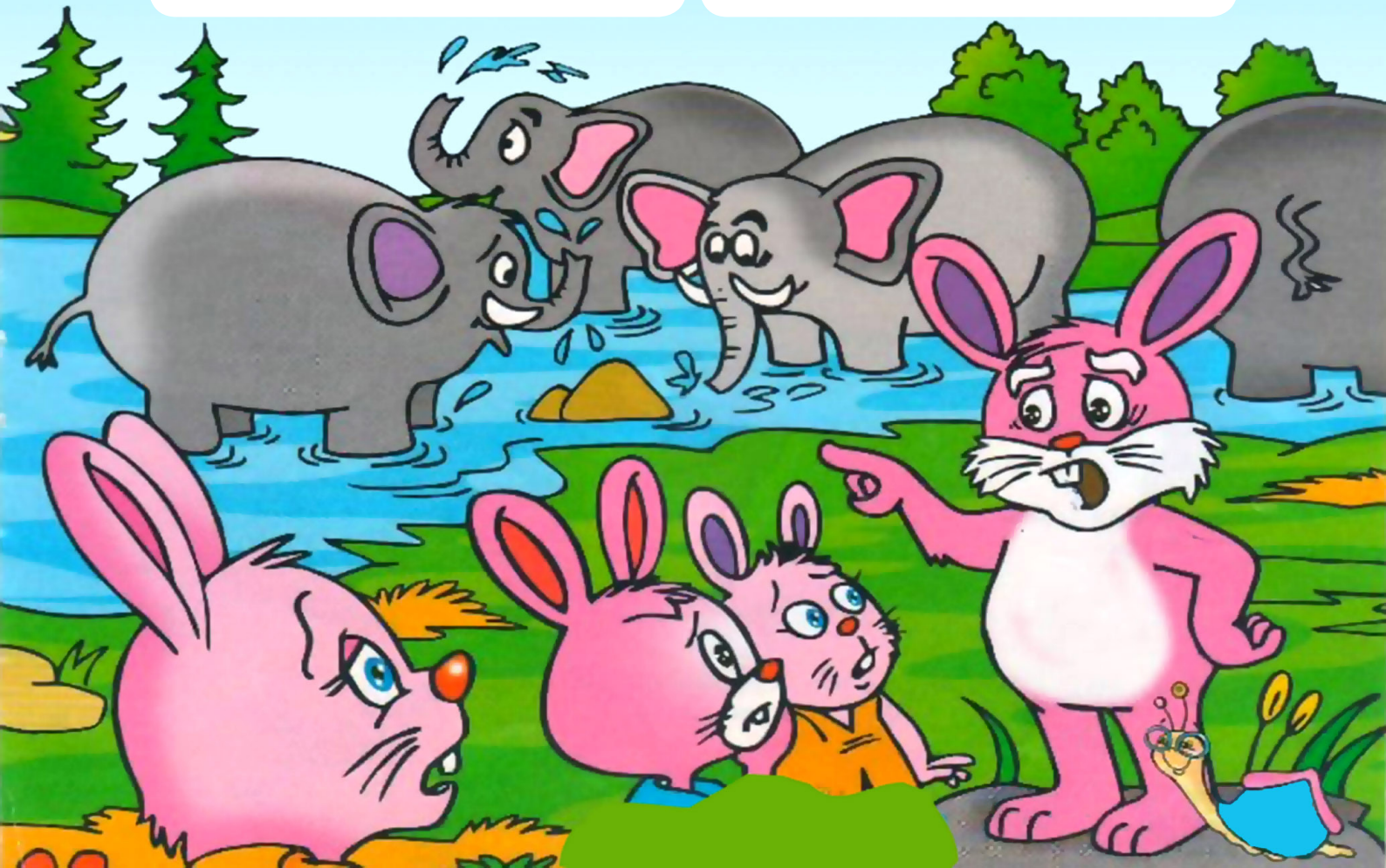
A father had three children. He encouraged and showed appreciation for the works of the three of them; the first for his studying well, the second for his nice drawings and the third for his helping Mom with the housework and shopping. Now the three boys are grown-up and are successful. They have indeed been raised believing that there are many good things they can do in their lives, and feel happy about.

The Rabbits and the Elephants

By: Ayda Mirzaalizadeh Illustrated by: Amirhamed Pajtar

There was once a beautiful forest near a mountain, in which there was a fountain of fresh water. Whenever thirsty, the rabbits living in that forest would go to the fountain of fresh water and so they were very happy to be living there. But one day a group of elephants came and chose that forest for their place of living. They would drink from the water of the fountain and while doing so, they would make the water muddy. This made the rabbits very sad because they didn't want to drink dirty water. So, the rabbits decided to find a solution to their problem. They talked together about that and then the most intelligent of them who was an old rabbit said that he could do something to make the elephants leave that forest forever. He said: "Tonight I will go up the mountain and talk to the elephants. I hope my plan will work with them."

And at night, the intelligent rabbit went to the mountain and said in a loud voice: "O elephants! Know that I am an agent of the moon and have been sent by the moon to talk to you. The moon has commanded that no elephant should come near the fountain because the fountain belongs



to the rabbits and the rabbits are the friends of the moon. So, go away from the fountain, otherwise, the moon will make you blind. If you think I am telling a lie to you, come to the fountain tonight."

The elephants talked together about the words of the old rabbit. Some of them laughed, while some others were afraid. At night, the king of the elephants said: "Tonight we will go to the fountain to see if the rabbit was right or wrong. I will go near the fountain myself first. You stay away." The king of the elephants walked towards the fountain and got close to it. He looked at the water and to his surprise saw the picture of the moon in it. He told himself: "The words of the rabbit are right up to the point." Then he put his legs in the water and was again surprised to see the moon (the picture) moving. He thought the moon was angry and so might make him blind. He said to himself: "The rabbit was right. The moon is angry with us. We had better run away or we will become blind. My eyes are already seeing the moon dull and shaky"

The unwise elephant didn't know that it was his own trunk that had caused waves in the water and not the moon. And he did not know that his seeing the picture of the moon dull was because he himself had put his legs in the water and made it muddy. He quickly went to the other elephants and said: "Friends! The rabbit was quite right. We had better leave this forest just now and look for another fountain."

The rabbits thanked the old rabbit for his intelligent plan.



Islamic Lifestyle, Certain Recommendations

Mortaza Afradian

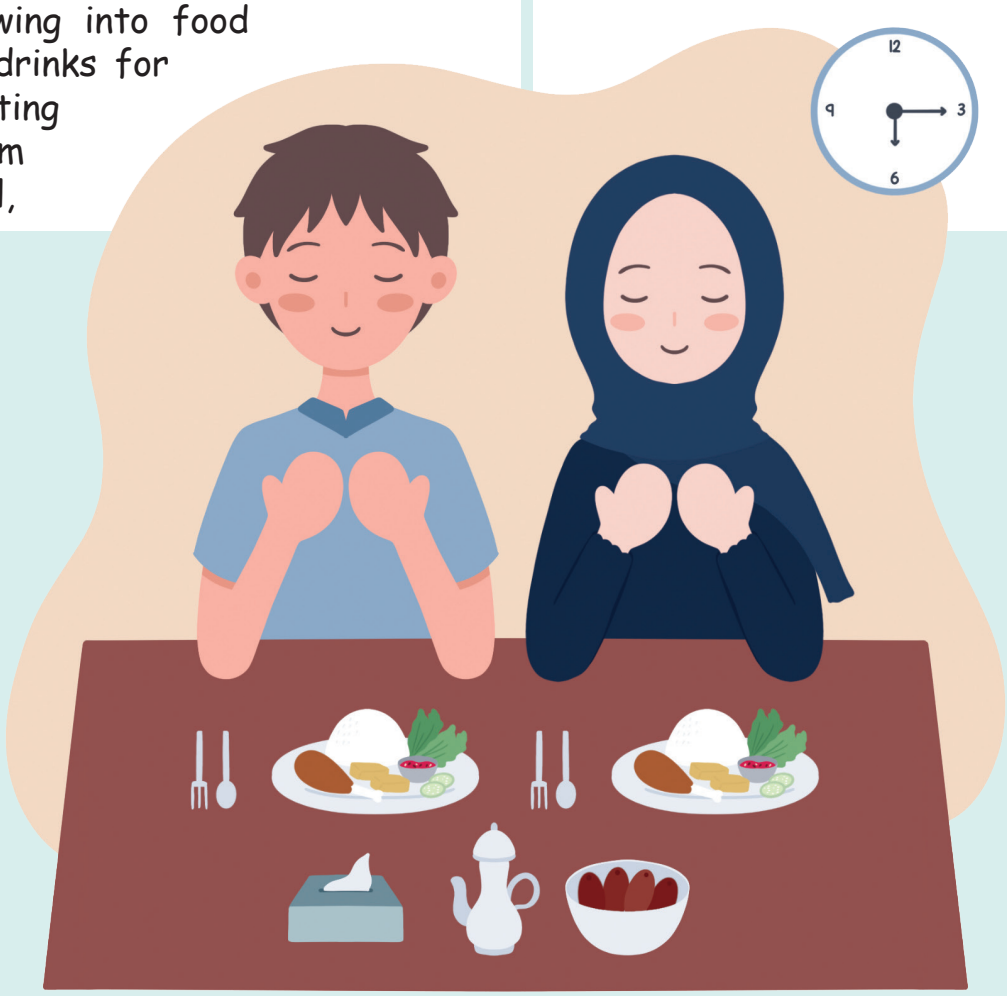
Islam is a perfect religion and has presented comprehensive instructions and guidelines for all aspects of our lives, including for healthy eating, here are some recommendations for you:

- Avoid eating when you are not hungry. Stop eating before you feel fed up.
- Try not to drink water while you are eating.
- Avoid eating too much, since eating and drinking within limits is a must for your physical and spiritual health, as Imam Ali (AS) has pointed out: "Eating less adds to the value of one's soul and also helps one's bodily health." and "When Allah desires good for a servant of His, He makes him/her avoid talking a lot, avoid eating a lot and avoid sleeping a lot."
- Try to benefit from various sources of nourishment. In Islamic medicine, this piece of advice is found, as we read in the Holy Qur'an (2: 172): "*You who believe, eat any wholesome things We have provided you with, and thank God if it is He Whom you worship.*"
- Washing the hands before eating has also been recommended in Islam, as we read in a Hadith: "Wash your hands and do not wipe them before eating (also wash your hands after the meals and then wipe them).
- Do not look at the others' in the face while eating. Instead, look at the food and remember God's favours in order to get the spiritual benefit, too.



- Say Bismillah (In the Name of Allah) before and Al-Hamdullilah (All-praise is due to Allah) after eating.
- Chew slowly and well for better digestion. Avoid haste while eating. Imam al-Reza (AS) has been quoted as, "The time you spend for having meals will not be regarded as part of your life-span (and so not deducted from your life-span)".
- Try to make mealtimes peaceful and happy ones. Islam disapproves of talking about annoying things, and/or doing such things while eating.
- Also, Islam advises against blowing into food or drinks for getting them cool, since it may spread diseases and annoy the people around too.
- Likewise, it has been quoted from the Holy Prophet of Islam (pbuh) that too cold or too hot food or drink is harmful and so should be avoided. The significance of this Prophetic narration and the above recommendation should be emphasized particularly nowadays when the coronavirus has afflicted world peoples. And last but not least, do not forget to brush your teeth after each meal.

Now let's read some other recommendations concerning healthy eating. They are useful for all, especially for young people.



Healthy Eating

To stay healthy and maintain a healthy weight, we need to be physically active and eat the right amount of nutrients to balance the energy we use. A healthy diet can have a profound effect on our sense of mental and emotional wellbeing. Healthy eating is essential for good health, growth, and development. Healthful eating has many benefits for us. It can: stabilize our energy, improve our minds, help us maintain a healthy weight, help prevent mental health conditions such as depression, anxiety, and ADHD. Also, healthy eating can help prevent many chronic diseases, obesity, heart disease, high blood pressure, and type 2 diabetes. Eating well supports your healthy growth and development into adulthood. It's important to remember that nobody is born with a craving for French fries and pizza and an aversion to broccoli and carrots. This conditioning happens over time as we are exposed to more and more unhealthy food choices. However, it is possible to reprogram our food preferences so that to crave healthier foods instead. Here are some tips for shaping positive eating behaviours:

- Limit sugar and refined carbs in your diet

Your body gets all the sugar it needs from the naturally occurring constituents of food. Added sugar just means a lot of empty calories that contribute to hyperactivity, mood disorders, and increase the risk for obesity, type 2 diabetes, and so on. Avoid sugary drinks. Instead,



try adding a splash of fruit juice to sparkling water or blending whole milk with a banana or berries for a delicious smoothie.



● Find healthier junk food alternatives

Peer pressure and TV commercials for junk food can make getting you to eat well a real challenge. Fast food is typically high in sugar, unhealthy fat, and calories and low in nutrients. Still, junk food is tempting for every one of us, so instead of eliminating it entirely, try to cut back on the times you eat fast food and, on the times that you do, make the healthiest choices possible.

● Start with breakfast:

Eating a balanced breakfast with protein is a great way for your child to start their day. Protein can help them stay fuller longer. It even can help teenagers lose weight. Try one of these for a healthy, on-the-go breakfast: Egg sandwich on whole-wheat bread, Greek yogurt, Peanut butter on whole-grain toast, hard-boiled eggs, toast, and an apple.

● Eat a variety of foods:

Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients. Filling half of our plate with colorful vegetables and fruits (and choosing them as snacks), split the other half between whole grains and healthy protein. Enjoy a wide variety of foods from these 5 food groups: 1- fruit, 2- vegetables, legumes, and beans, 3- cereals (including bread, rice, pasta, and noodles), preferably wholegrain, 4- lean meat, fish, poultry and/or alternatives, 5- milk, yoghurt,

cheeses and/or alternatives. Healthy eating from the 5 food groups (above) is essential for all children.

- Remember that fat is a necessary part of our diet. What matters most is the type of fat we eat. We should regularly choose foods with healthy unsaturated fats (such as fish, nuts, seeds, and healthy oils from plants), limit foods high in saturated fat (especially red meat), and avoid unhealthy trans fats (from partially hydrogenated oils).
- Water should be the drink of choice with every meal and snack, as well as when we are active.
- Water is the best choice for quenching our thirst. It's also sugar-free, and as easy to find as the nearest tap.
- Limit juice - which can have as much sugar - to one small glass per day, and avoid sugary drinks like fruit drinks and sports drinks, which provide a lot of calories and virtually no other nutrients. Over time, drinking sugary drinks can lead to weight gain and increase the risk of type 2 diabetes, heart disease, and other problems.

It's OK to eat small amounts of discretionary foods now and then as part of a balanced diet. But you should try to limit these foods in your daily diet since they can lead to becoming overweight or developing diseases in later life. Examples of foods to limit are sweet biscuits, cakes and desserts, processed meats and sausages, ice-cream, confectionery and chocolate, meat pies and other pastries, commercial burgers, pizza, hot chips, and fried foods, crisps and other fatty and/or salty snacks, cream and butter, sugar-sweetened cordials and soft drinks.

In conclusion, healthy eating in childhood means one will have less chance of developing chronic diseases like heart disease, type 2 diabetes, obesity, and some cancers. It will also mean she/he feel better, look better and enjoy life more.

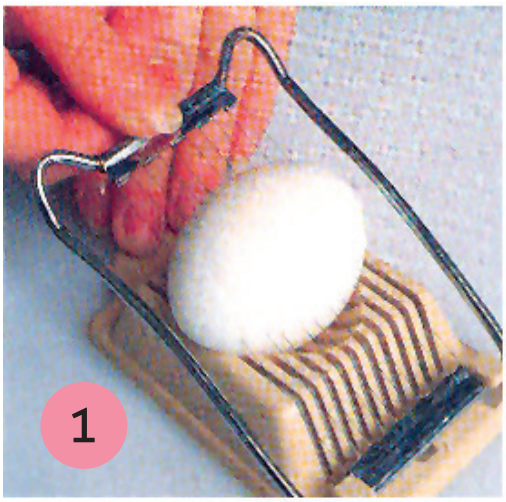
Healthy eating habits are more likely to stay with you if you learn them as a child.



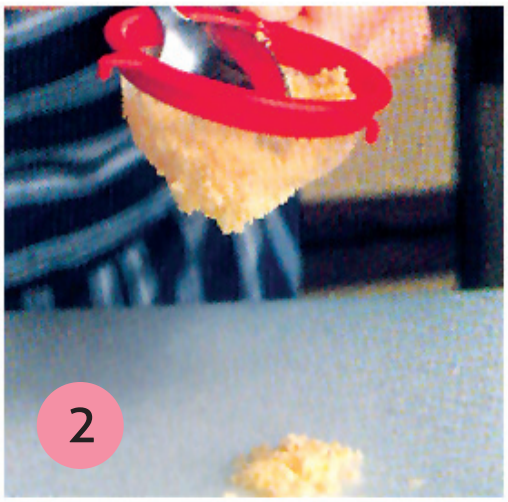
Dear friends, for fun and entertainment, let's learn various forms of garnishing.

Egg Flowers

Use a garnish for: Terrines, pates and mousses, cold meats and pies, aspic-coated dishes



Hard boil one or two eggs, and then plunge into cold water immediately. Using a stainless steel knife, slice or halve the egg according to the garnish required. (The egg is most successfully sliced in an egg slicer – as shown – which will produce even, clean cut slices.)



The whites can then be cut into fancy shapes using aspic cutters, piping nozzles, and serrated knives.



Sieved egg yolk can act as the center of the flower, cut out a round of yolk with a small, plain piping nozzle.



Blanched leek or cucumber peel can be used for bolder stem and leaf shapes. Chive stems and fine herb leaves will produce a more delicate garnish.



Fruits and Vegetables in the Holy Qur'an

"The earth has He laid out for humanity, offering fruit, date palms bearing blossoms, grain wrapped up in husks, and fragrant herbs. So which of your Lord's benefits will both of you deny? He created man from ringing clay just as a potter does, while He created sprites from the glow in fire. So which of your Lord's benefits will both of you deny?" Chapter 55 Verses 10-16

"He it is Who has produced gardens, both trellised and untrellised, and datepalms and field crops whose food [tastes] different, as well as olives and pomegranates which are so alike and yet so unlike! Eat some of their fruit as they ripen, and give away whatever they ought to on their harvest day. Yet do not overdo things for He does not love extravagant people." Chapter 6, Verse 141

"On the earth there are neighboring tracts, and vineyards, cultivated fields and datepalms, [growing] in clumps and all alone, watered from a single source. We make some of them excel others in food value. In that are signs for folk who use their reason." Chapter 13, Verse 4

"He grows you crops by means of it: olives, datepalms, grapevines and every sort of fruit. In that is a sign for folk who will think things over." Chapter 16, Verse 11

"and bananas piled bunch on bunch." Chapter 56, Verse 29

"I swear by the Fig tree and the Olive" Chapter 95, Verse 1

"When you said: "O Moses! We will never stand one [kind of] food! Appeal to your Lord to produce whatever the earth will grow for us, such as its vegetables and cucumbers, and its garlic, lentils and onions." He said: "Do you want to exchange something commonplace for something that is better?" Settle in some city to get what you have asked for!" Humiliation and poverty beat them down and they incurred anger from God. That was because they had disbelieved in God's signs and killed the prophets without having any right to. That happened because they disobeyed and had acted so defiant." Chapter 2, Verse 61

"Shake the trunk of the datepalm towards you so it will drop some fresh dates on you." Chapter 19, Verse 25

The Color of Friendship,

Author Unknown

Once upon a time, the colors of the world started to quarrel. All claimed that they were the best. The most important. The most useful. The favorite.

Green said:
«Clearly I am the most important. I am the sign of life and hope. I was chosen for grass, trees, and leaves. Without me, all animals would die. Look over the country-side and you will see that I am in the majority.»

Blue interrupted:
"You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and is drawn up by the clouds from the deep sea. The sky gives space and peace and serenity. Without my peace, you would all be nothing."

Yellow chuckled:
"You are all so serious. I bring laughter, gaiety, and warmth into the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sun-flower, the whole world starts to smile. Without me, there would be no fun."

Orange started next to
blow her trumpet:
"I am the color of health and strength. I may be scarce, but I am precious for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangoes, and papayas. I don't hang around all the time, but when I fill the sky at sunrise or sunset, my beauty is so striking that no one gives another thought to any of you."

Red could stand it no longer
and shouted out:
"I am the ruler of all of you. I am blood - life's blood! I am the color of danger and bravery. I am willing to fight for a cause. I bring fire into the blood. Without me, the earth would be as empty as the moon. I am the color of passion and love, the red rose, the poinsettia, and the poppy."

Purple rose up to his full height:
He was very tall and spoke with great pomp:
"I am the color of royalty and power. Kings, chiefs, and bishops have always chosen me, for I am the sign of authority and wisdom. People do not question me! They listen and obey."

Finally, Indigo spoke, much more quietly than all the others, but with much determination: "Think of me. I am the color of silence. You hardly notice me, but without me you all become superficial. I represent thought and reflection, twilight and deep water. You need me for balance and contrast, for prayer and inner peace."

And so the colors went on boasting, each convinced of his or her own superiority. Their quarreling became louder and louder. Suddenly there was a startling flash of bright lightning thunder rolled and boomed. The rain started to pour down relentlessly. The colors crouched down in fear, drawing close to one another for comfort. In the midst of the clamor, rain began to speak: "You foolish colors, fighting amongst yourselves, each trying to dominate the rest. Don't you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me."

Doing as they were told, the colors united and joined hands. The rain continued:

"From now on, when it rains, each of you will stretch across the sky in a great bow of colors as a reminder that you can all live in peace. The rainbow is a sign of hope for tomorrow." And so, whenever a good rain washes the world, and a rainbow appears in the sky, let us remember to appreciate one another.



The Holy Guest of Qom

By: Nayyereh Towhidi

The holy sister, her holiness M'asumah (SA), the dear sister of Imam Reza (AS) left Madinah for Qom, for faith.
She was devoted to Allah and obedient to His commands, so excellent in faith.
She was as a celestial garden, full of flowers,
with her coming to Iran, this land received from Paradise flowers.
She travelled to join his dear brother in Iran,
reaching the city of Qom on her way to the Imam – to sun.
She became the holy guest of Qom, like a pearl,
many believe it was just the Divine will.
Then Qom became the holy city of Lady M'asumah (SA),
then Qom became the city of piety and that of M'asumah (SA).
So, Qom received Divine colour, Divine Light,
and Qom will be illuminating through M'asumah's light by Allah's Might.



Qom= A holy city in Iran, where the holy shrine of Hazrat M'asumah - sister of Imam Reza (AS) – is situated.

How to Be an Active Listener

By: Elham Salimi

Being an active listener is an art. Believe me, it is! And, even more than that, it is a necessity. Listening is more than simply hearing what is being said. It involves the ability to take in information, the ability to respond to instructions, the ability to share ideas, thoughts, and opinions.

Successful communication is always a two-way thing – with a speaker and a listener. Both parties have an important role to play if there is to be understanding, one without the other is equally ineffective. Every single day in our life we have to listen to our parents, our teachers, our siblings, our friends, our neighbors, and so on. This is something for everyone to learn how to do better. I am sure we have all been in social situations where we have felt that others didn't



listen to what we wanted to say. We were interrupted and talked over, or the subject was changed to suit the other person – we didn't feel heard or understood. Listening is the ability to understand the meaning of words heard and then to be able to relate to them in some way or the other. When we hear a story, listening allows us to understand it, remember it, talk about it, and even retell it in our own words.

Those who are good listeners often grow up to become good communicators. It's an important skill to develop at an early age and, like a muscle, it needs regular exercise to grow stronger. In order to build relationships, and grow as a person, we need to learn to be a good listener as much as we need to learn to say what we mean when we speak. So, try to learn and practice it on a regular basis:

- Let the others know that you are carefully listening to them and are by no means indifferent towards what they want to say. Even though gazing at others in the face is not quite polite, you may need to look at them when you are listening to them, in order to make them feel you are interested in what they are saying (of course if you find that the person is talking nonsense and /or is taking advantage of your kindness, you can make them stop talking by, for example, telling him/her that you are in a hurry and have no time for talking to him/her).

- When in a gathering, divide your attention among people fairly, so that everybody finds you attentive and polite. This way, unwanted resentments will be prevented too. It has been narrated that Prophet Muhammad (pbuh) behaved this way, so much so that everyone (in gatherings) could feel fine and respected in his presence.

- Remember that you do not have to sit or stand in a motionless condition while listening to others. In fact, you need to take on a relaxed bodily state in order to make the speaker feel he/she is not bothering you with his/her words.

- Respect the speaker, this means you need to put aside your thoughts about their dress, their mannerisms, their presentation style and focus instead on the fact that they have something to say. Respecting the other person is a principle we need to live by – and conversations gives us a very good opportunity. A comment to encourage or a round of applause, for example, will reassure the speaker and validate their opinion, ideas, research, or presentation but most importantly we want to validate the person. In conversation, you can show your appreciation for their words by actually telling them (when they are finished) not only how much you appreciate their words, but how those words have impacted you. Using fine manners helps a lot in this connection; you can smile when listening to a person who is talking to you in a jovial way and you can also use encouraging words to make him/her feel more relaxed with you. As a matter of fact, you may be able to learn something useful from a speaker, of course, provided you have developed the ability to distinguish between what is right and what is wrong. For example, if someone is talking to you about his/her having had a nice picnic with family members, you may find certain points from his/her words about how to have a nice time with your own family, how to behave in a pleasant way outdoors and the like. Let them finish what they have to say. It is quite okay to disagree with a speaker, but it is disrespectful to let your opinions be known before they have finished speaking. Yet if you find that the speaker is a liar, you do not need to encourage him/her to talk more.

- Control your body language. Body language gives signals to the speaker that we truly are engaged and interested in what they have to say. When we are listening, our body leans forward slightly and maintains eye contact. We need to keep our face mobile – showing expressions as appropriate to really listening, our emotions also need to be appropriate to the topic at hand.

- Stay focused on what is

being said, instead of letting your mind wander around thinking of other interesting things. In this way, you will also discipline your mind. It is tempting to let your minds wander, even if you are interested, but you need to listen with your whole mind when someone is speaking. Though it is helpful to have a question to ask the speaker, we need



to be careful not to spend our focus on formulating such a question, lest we actually miss what is being said.

- Asking questions in a proper, friendly manner can also help you in your communication with others. Questions show that you are interested. Once we ask the question we need to be ready to actively listen to the answers! But a warning here – don't be so keen to ask questions that you forget to really listen. Your questions should not be among those which need lengthy answers and/or those which might cause embarrassment to the person whom you are talking to.

- Avoid communication with rude, inconsiderate, and arrogant people, since they will make you feel humiliated, depressed and bored. This is, in fact, one of the Divine lessons. And as you know we have two ears and one mouth, which in a way means, we are supposed to listen more and talk less.



Fun and Frolics

Riddles

What did one eye say to the other eye?

Between you and me, something smells.

What did the teacher say when it rained cats and dogs?

Be careful not to step on a poodle!

What is even smarter than a talking bird?

A Spelling Bee!

What do you call a worm with no teeth?

A gummy worm!

What day do fish hate?

Fry-day.

What is a bear with no ears called?

B!

What time is it when an elephant sits on your fence?

Time to get a new fence!

What is the strongest animal?

A snail. He carries his house on his back!

Jokes

We should laugh with each other, not at each other.

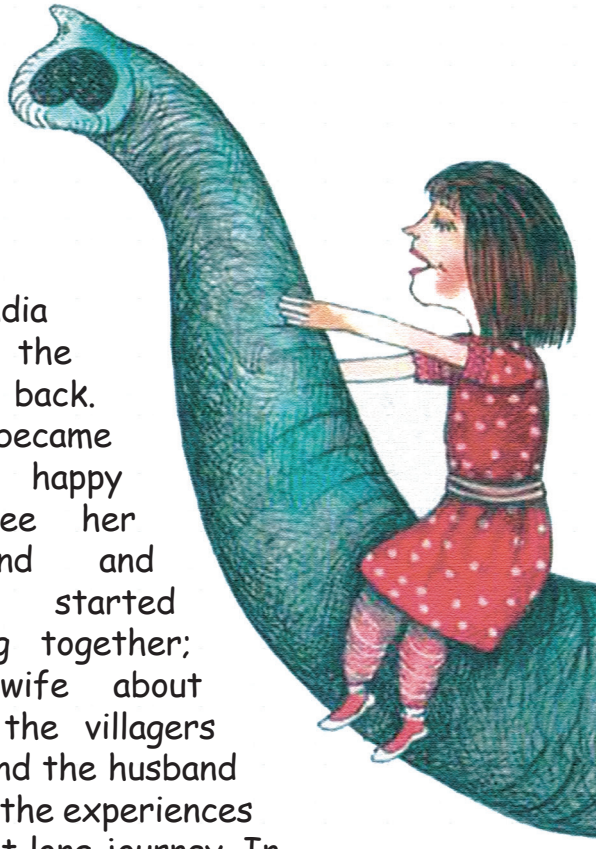
Teacher: How old are you?
Student: 15.
Teacher: Last year you were in the first grade and were seven years old. So, you must be 8 years old now that you are in the second grade.
Student: I told you the truth because if you add 7 to 8, you will get 15.

Man: There is a dead fly swimming in my soup.
Waiter: How can a dead fly swim at all?

An Elephant in the Dark

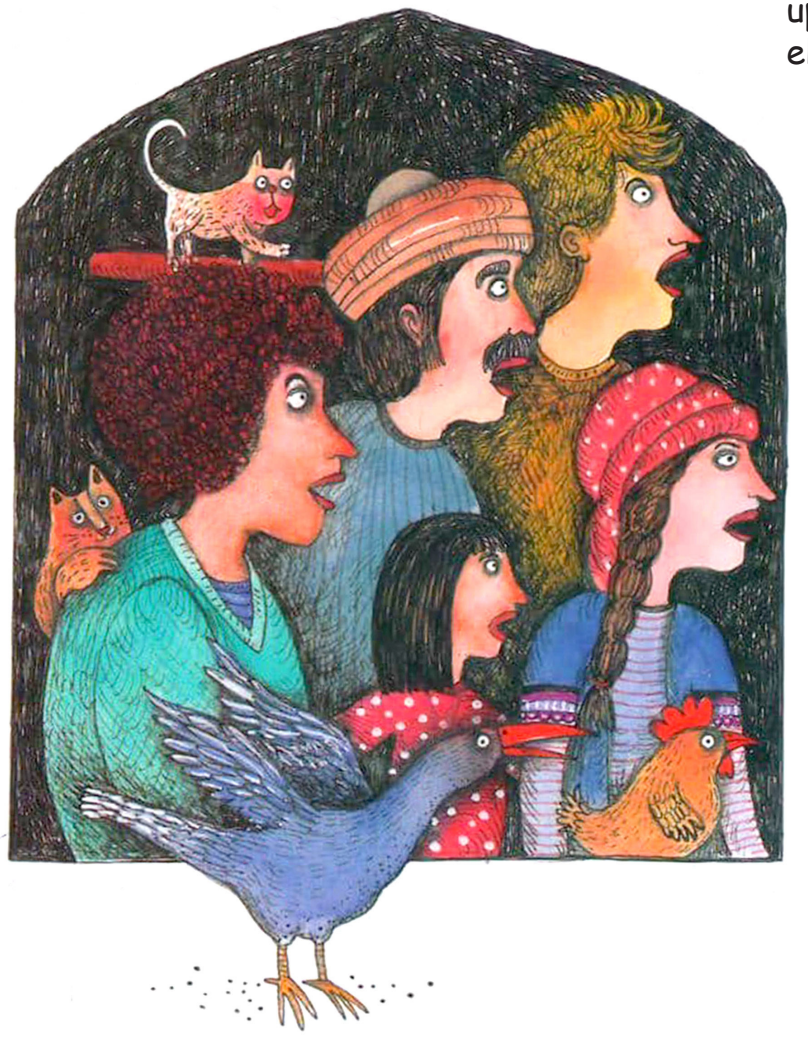
There was once a farmer living in a small village. His life was simple and good. One day a merchant from India came to their village, sold his goods to the people there and upon returning to India, asked the farmer to accompany him, since he had many camels and needed help. The farmer accepted the offer, left the work on the farm to his kind wife and started his journey to India together with the merchant.

Several days, months and years passed, but the farmer still hadn't returned to his village. People thought that he would never return, but his wife was hopeful and would tell them that she was sure her husband would come back. At last, on a dark night the farmer returned to his village. He had bought an elephant and had put all the things he had brought from India upon the elephant's back.



His wife became very happy to see her husband and they started talking together; the wife about what the villagers said and the husband about the experiences of that long journey. In fact, he wanted to share with the others what he had learned in this journey.

The next day, the people of the village received the news of his return from India and gathered



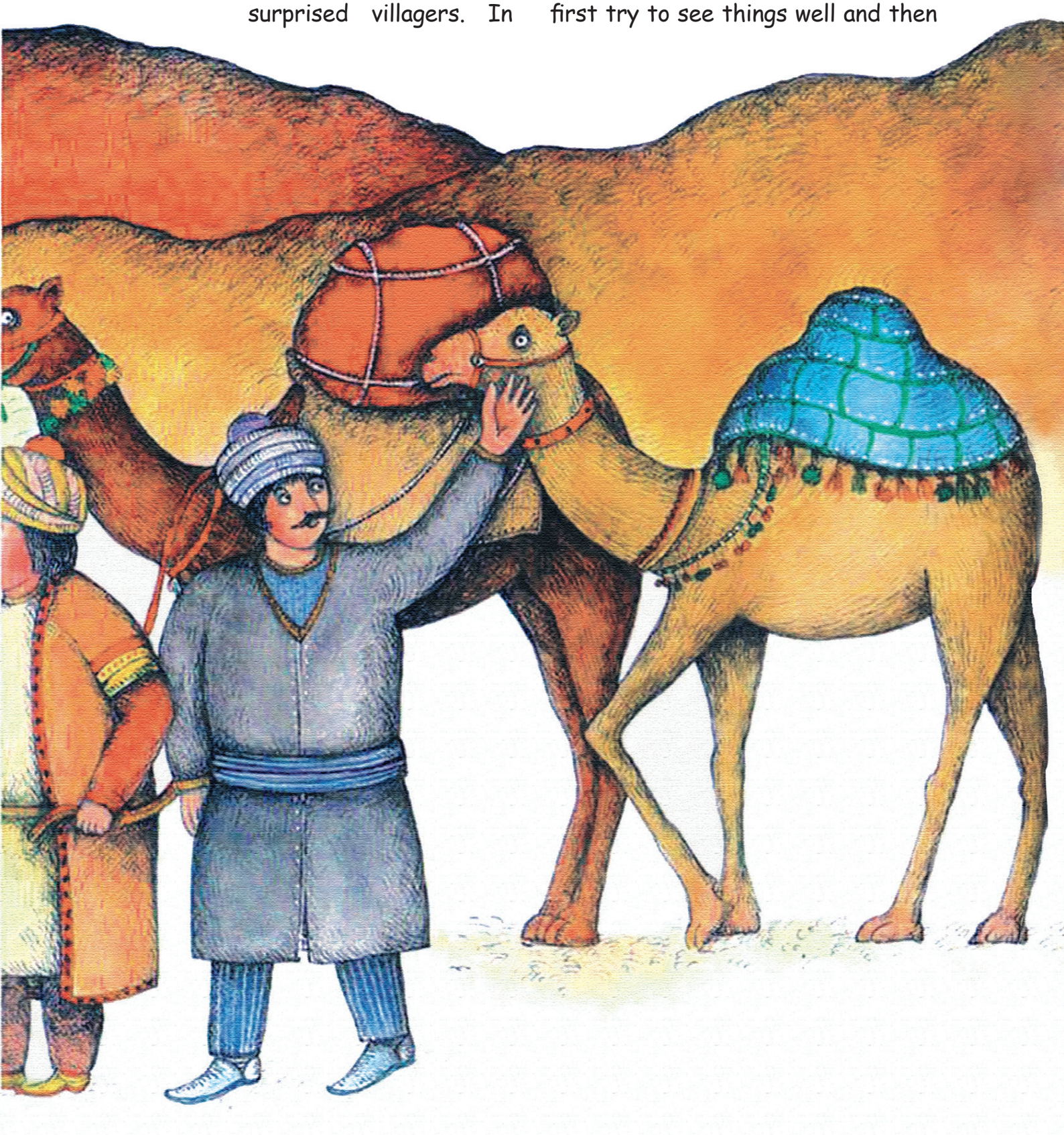
around him, asking him questions about India. One of them asked if he had brought anything special from India and in reply, the farmer who was looking for an opportunity to teach them something, said: "I have brought a very big thing from India. It is now in the stable. Do you know what it is? If you want, you can go to the stable and find for yourself."

The villagers started entering the dark stable one by one. One of them happened to touch the trunk of the elephant and said that it was a spout. Another touched the elephant's ears and said it was a big fan. The third's hand hit the elephant's back and so he thought it to be a big bed. As for the fourth, he said



that the thing in the dark stable was a big pillar because he had happened to touch the elephant's legs.

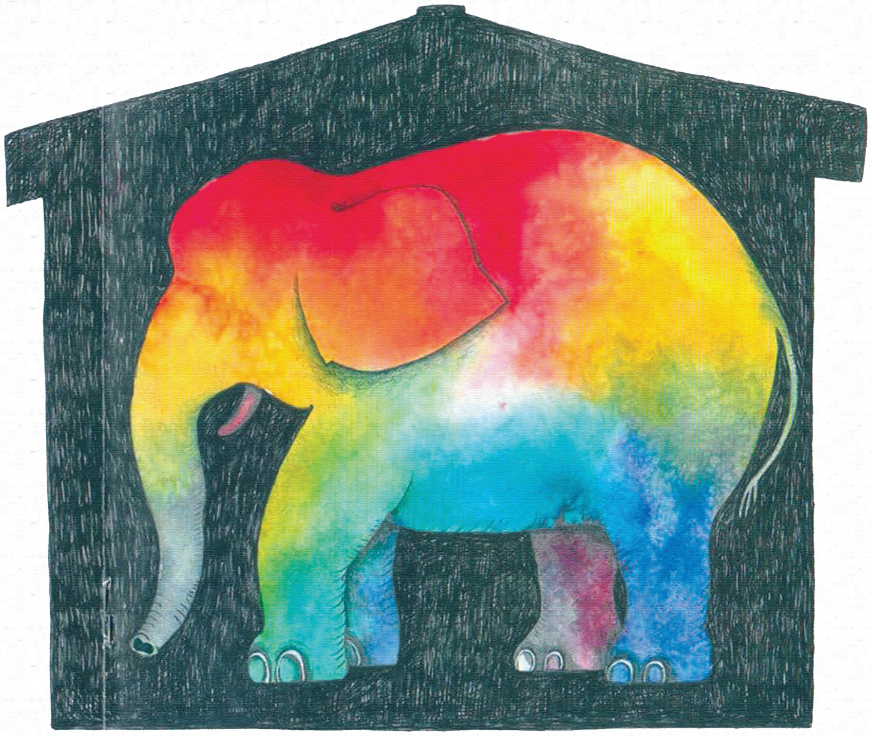
In short, none could find that it was a big animal. Now the farmer went into the dark stable, took the elephant out and showed it to the surprised villagers. In fact, they had not seen any elephant before. Then the farmer said to them: "Dear friends! You could not see the elephant in the dark and each of you touched one part of its body and made a guess which was wrong. The fact is that one should first try to see things well and then



speak about them and that for seeing well, one needs light. One cannot see things in the dark and so one should use a light in order to be able to find the truth about everything."
Certainly, by 'light', Mowlana has meant the light of knowledge and understanding.

A story from Mathnavi written by Mowlana Jalaluddin Mohammad Rumi, the well-known Iranian poet.
Simplified by: Hussein Fattahi
Illustrated by: Bahar Akhavan







Health and Coronavirus

Compiled by: Amirhossein Seifizadeh



The world is pretty topsy-turvy right now, because of the global panic around coronavirus (COVID19-). You hear lots of advice from many sources about what it takes to live well and keep your body in good working order. If you're feeling overwhelmed or stressed by it, be reassured that this is a very normal response. However, it's important to go easy on yourself and to take time for self-care. To stay on a healthy path, try the following recommendations:





Stay active

It's pretty well known that exercise is really good for both our physical and mental health. There are a lot of different types of exercise you can do at home. Your workout shouldn't be a form of punishment, but rather something that makes you feel good, and is a celebration of what your body can do! Don't force yourself to run on the treadmill if you can't stand it. The key is to find a workout that works for you!



Chat with your friends

Try to stay in touch with your friends via text, Messenger, WhatsApp, and so on. Ask them how they're feeling and share your own experience if you feel safe to do so.









Make homemade meals
Good nutrition is always important, but during stressful times there's nothing better than a tasty, healthy homemade meal – especially if you make it yourself (of course with the help of an adult). Get family and friends involved in cooking. For many people, it may be challenging to get some ingredients at the moment. If you're running low or not able to get certain things, it's totally fine to keep it really simple. You could also get creative with substitutions or Google '[ingredient] substitute' for ideas.

Take a break from the news
Between the news and social media, we're all feeling saturated by coronavirus updates right now. It's important to stay informed, but try to limit your media intake to a couple of times a day and use trusted news sources. If you catch yourself turning to social media because you're feeling isolated, take a break and spend time on another activity.



Watch or read something inspiring
Distraction can be a good thing. Watch something that you find inspiring and allow yourself to zone out from what's going on in the world. There are a lot of good books for children and teenagers which are waiting to be read!



Learn something new
Have you wanted to get into drawing or learning a new language? Now is a great time to make a start. If you want to learn a new language, Duolingo is an awesome free language learning program you can access from your computer or phone.



Stay Hydrated
Water makes up about %75 of our body, so it is important to make sure that you're giving enough of it to your body.

Don't forget to laugh
What does laughing have to do with being healthy? Well, nutrition and emotions are very tightly tied together for most people; you may notice this in yourself. Many times, when we are feeling overwhelmed with emotions or lacking self-care, our nutrition becomes unbalanced and it's difficult to reach our nutrition goals. Spending time laughing is a form of self-care!

Get plenty of sleep
Sleep is not something to be forgotten. A lot of people are surprised by how sleep can impact your ability to reach your health goals.

Remember:
• Learn how to deal with uncertainty during the coronavirus pandemic.
• Hear other young people>s stories about how they>re coping with coronavirus.
• Check out our tips for dealing with coronavirus.




Sometimes
You just have to
create your own
sunshine

Live simply.

Love generously.

Care deeply.

Speak kindly.

Leave the rest to God.

