

The Islamic Truth



ITS OFFICIAL - MUSLIMS ARE NO LONGER SAFE IN BRITAIN.

What will the new Terrorism bill have in store for Muslims living in Britain? Will the Governemnt throw us in prison if we protested against indiscriminate killings of Muslims anywhere in the world? - It happened with Iraqi students during the Gulf War!

MUSLIMS WARN BLAIR CONCERNING NEW TERRORISM BILL

From Vladimir Putin to Tony Blair, it seems that those in whose hands international politics currently lies see Terrorism as the foremost enemy which needs to be tackled as we turn into a new Millennium. Russia's excuse for creating over 200,000 refugees in Chechnya is that it is fighting Terrorism, similarly the US use Terrorism as the cause of their continued detention of Sheikh Omar Abdul Rahman and the bombing of innocent civilians in Iraq. Britain, eager not to be seen as a haven for Terrorism, have joined the bandwagon and declared that they too have waged a war against Terrorism culminating in the announcement of imminent amendments to the Prevention of Terrorism Bill 1989.

Whereas before Terrorism was defined as 'the use of violence for political ends, and includes any use of violence for the purpose of putting the public or any section of the public in fear' [Blackstones, Chapter 25, p.1890] the new amendments will probably read 'the use of serious violence against persons or property, or the threat to use such violence to intimidate or coerce the government, the public or any section of the public, for political, religious, or ideological ends' Although on the face of it the new bill does not state which religious or ideological ends are being targeted commentators have already intimated that it is likely to cover incitement by foreign dissidents living in Britain such as Dr. Muhammad Al Mass'ari (leader of CDLR) and Sheikh Omar Bakri Muhammad (Judge of The Shari'ah Court of the UK and Leader of Al-Muhajiroun). To put it bluntly these Muslim activists working to overthrow the corrupted regimes in Muslim countries and to liberate Muslim land occupied by foreign forces are now to be the target of a witch hunt by the British government in order to secure its economic, military and political interests in those countries, at the expense of their interests and those of other Muslims who support this cause.

In addition, under the proposed legislation an organisation considered to be involved in Terrorist activities will be subject to further penalties such as having its property confiscated etc. So what is the Islamic response and the response of the Muslim community to these developments? For the average Muslim in Britain Tony Blair has already declared war against Muslims world wide by bombing Iraq and supporting the state of Israel and they will no doubt see that this bill intends to silence anyone who speaks up or acts against such atrocities.

The reality is that Muslims, who make up the biggest proportion of ethnic minorities in Britain, have always supported the military struggle in Kashmir, in Palestine, in Kosova and now in Chechnya as a matter of divine obligation and it is therefore inconceivable that they will now remain silent at such atrocities simply because the government might seek to outlaw such actions since the Messenger Muhammad (saw) said: **"The Muslims are a unique nation among the whole of Mankind: Their war is land, their land is war, their peace is one and their honour is one"**

If the new legislation makes their actions illegal then a new growth of underground Islamic movements will almost certainly arise in order to avoid prosecution, but what is absolutely clear is that the political and ideological struggle against the implementation of oppressive man made law both here and abroad and the military struggle against the occupation of Muslim land, wherever it is, will continue. Al-Muhajiroun, on behalf of Muslims in Britain, made it clear to the British establishment and the Blair government that Muslims will not be deterred from supporting the Mujahideen in Kashmir, Chechnya, Palestine or indeed in Iraq since our belief and ideology is not subject to trade or compromise.

Instead they invite the Government to reconsider its stance on Iraq and Israel, and other unjust wars fought in the name of 'Democracy' and 'Freedom' but which in reality fall more fairly and squarely under the definition of Terrorism than Muslims defending their lives, wealth and honour. Ironically the new bill will force the government to take a stance and side in conflicts such as Kashmir and will therefore unavoidably make them part of the conflict. Those stopped from supporting their causes by the government will consider them co-operating in the oppression and therefore an obstacle in the path of liberation not perhaps quite as much in the interests of the British government as at first seems!

Fitness Warrior

All Praise is for the One who sent his Messenger with the Truth, so that it may dominate over all other religions and sufficient is Allaah as a witness

The Messenger of Allaah (sas) said: **A servants two feet will not move on the Day of Judgement until he is questioned about four (things): His youth, how he spent it, his knowledge, how he acted upon it, his wealth, how he earned it and how he spent it AND HIS BODY, HOW HE USED/WASTED IT.**" [Tirmidhi]

"SubhaanAllaah, I remember it like it was only yesterday. Back when we were in the comfort of our own homes, we would hit the weights hard and we had the attitude that you had better throw everything you've got at us because WE CAME TO TRAIN!"

- US Mujaahid in Bosnia

BE PREPARED TO TRAIN

There are many people who truly believe that they are doing the best they can, but they are holding back. Sometimes it takes weeks or even months before they really understand what an all-out set to failure really is, and the total commitment it takes to do it right. Usually it's a casual attitude and a lack of preparation that holds them back. They are either mentally or physically unprepared to give an all-out effort. To get the most out of your training you must WANT to train HARD. You must seriously prepare for each workout. Training success is a long string of consistent high quality workouts. You take each one at a time while being prepared to make each set as productive as possible.

MENTAL PREPARATION

Clear your mind of problems and other concerns before you begin your training. You need to have all your mental energy focused on battling iron. Talking should be kept to a minimum, and if you do talk, don't jump into your next set without refocusing your mind. Totally concentrate on how you will very shortly be taking your body to the outer limits of its physical capacity. Remember, you should have your mind ready for war when you train.

WARM UP

One of the most neglected and important elements of productive training is a good warmup. Your chance of getting injured is considerably lower if you take the few minutes to warm up. You will also perform better because your muscles will be prepared to go all out. Before you lift any weights, a cardiovascular warmup (stationary bike, skipping, jogging) should be done for atleast 5 minutes to preheat your muscles and elevate your core body temperature. But don't go too long as this is just a CV warmup not a CV workout. Once you're warm and slightly sweaty, after about 5 mins, that's long enough, you're ready to hit the weights. Going longer isn't beneficial and will make your muscles unnecessarily fatigued, it might rob your muscles of glycogen too. This warmup should be followed by a series of 20 second static stretches for the whole body. This should be done before every workout.

METABOLIC/CARDIOVASCULAR CONDITIONING

Your metabolic conditioning is greatly enhanced if you are doing regular CV work. It increases your ability to train hard without excessive rest between sets, for the duration of the entire planned workout and without getting knocked out. Many people, usually x-bodybuilders with no formal education in the exercise field, frequently recommend doing CV training only twice a week. They are concerned with cosmetics and their bodyfat levels, not about training the most important muscle of all, the heart. Twice a week is not enough, three times a week is the minimum for cardiovascular exercise. Three to five times a week is the proper range, this is not opinion, it is fact. Everything you read in these articles is the result of research on hundreds of athletes. Don't lump exercise into one category, strength train-

Five-Point Analysis of the Current Situation in Chechnya

1. Khattab and Basayev do not fear anyone except Allah. If they had carried out the explosions in Russia, they would have said so, without fear of anyone. They both consistently denied and deny any involvement with these explosions, saying that this is not their style of warfare. Their statements, together with the information given by Major-General Vladimir Victorovich, raises doubts on the credibility on some Muslim personalities in the UK who said that the Mujahideen carried out these explosions in Russia.

2. The U.S., Israel, India and other Western countries are secretly helping Russia to pay for this war and outwardly condemning it. The Russian Economy is almost non-existent, the currency has lost value and the country is in debts. How then can Russia maintain an army of over 100,000 troops, with thousands of vehicles, aircraft, food, ammunition, supplies, wages, power and fuel from existing resources? They are receiving financial and military help from the U.S. and Israel.

3. The Mujahideen and the Chechens in general are experienced, combat-hardened fighters. No experienced fighter will remain in houses, schools, mosques and hospitals during heaving shelling and bombardment. They will all take refuge in bunkers, caves, trenches and mountains. Why then are the Russians bombing houses, schools, mosques and hospitals, claiming they are fighting terrorism? What and who are they bombing? Russia is a terrorist nation, that terrorises not only the civilians of its enemy, but also its own civilians.

4. With the exception of the Taliban, NOT A SINGLE MUSLIM COUNTRY has condemned Russian actions in Chechnya. On the contrary, Muslim countries continue to support Russian trade and industry. Thousands of Russian prostitutes continue to earn millions from trade in the Middle Eastern countries such as the UAE and Bahrain. All of these countries are Russia's partners in the fight against Islam.

5. Hundreds of foreign Mujahideen have entered Chechnya to wipe out Russian terrorism and destroy Russian bandits. There are more foreign Mujahideen inside Chechnya now, than there ever were in the three years of the 1994-96 war.

Seven Point Action Plan Required by the General Muslims Worldwide

1. Follow the authentic news of the Jihad in Chechnya from authentic sources. The only three sources of authentic and direct information on the Internet are <http://www.azzam.com/chechnya> (English), <http://www.qogaz.com> (Arabic) and <http://www.kavkaz.org> (Russian). Any doubtful news can be verified directly by e-mailing any of these three news organisations. Muslims are advised not to accept news reports from self-styled Chechen representatives within the Muslim communities, unless they produce signed documents of authority from senior Chechen ministers or known Mujahideen field commanders such as Shamil Basayev or Ibn-ul-Khattab.

2. Spread authentic news about what is happening in Chechnya to Muslims all over the world, through word-of-mouth, Friday sermons, leaflets, posters, friends in the Muslim and non-Muslim media, radio, TV, e-mail and the Internet. Media is an important part of this war.

3. Boycott Russian companies and goods. Enforce all types of sanctions against Russia.

4. For the one who is able, to travel to Chechnya to give physical and financial assistance to their suffering Muslim brothers and sisters. One should NOT travel to Chechnya until he has definite contacts with Chechen groups, organisations, centres or Islamic charitable organisations, who can confirm 100% that a safe route exists into Chechnya. All visas must be obtained prior to travel. Once inside Chechnya, one must join one of the many existing groups helping the afflicted Muslims in the area.

5. Lobby relatives, friends and contacts in Muslim governments to break off diplomatic relations with Russia, expel their ambassadors and shut-down their embassies, unless Russian unilaterally withdraws from Chechen soil.

6. Shamil Basayev is the senior commander of Chechen Mujahideen forces and Ibn-ul-Khattab is the senior commander of the foreign Mujahideen forces. In addition, there are several Chechen fighting groups. It is advisable that all Muslims give support to these two

field commanders as they are known to Muslims all over the world as trustworthy and Islamically-aligned.

7. At the very least, supplicate to Allah to give Victory to the believers and destroy the oppressors.

WHAT CAN WE DO TO HELP JIHAD AND THE MUJAHIDEEN ?

Increasing their knowledge in ALL aspects of Islam and acting upon it

Jihad is a mentally and physically strenuous act of worship, for which a person can only prepare by strengthening his Iman. Allah (SWT) will not give the victory to a people that are continuing committing sins, such as missing prayers, not praying in the mosque, failing to learn how to recite the Quran properly, following the obligatory acts of the Sunnah (e.g. keeping a beard and raising the lower garment above the ankles), having bad character, etc. Umar bin Al-Khattab used to address his Muslim army before a battle such: "By Allah! We do not defeat the enemy on account of our numbers and weapons, because the enemy is stronger than us in numbers and weapons. But we defeat the enemy because our sins are less than theirs. If our sins were equal, then they would defeat us on account of their larger numbers and weapons." Therefore, while a person is outside the land of Jihad, he can increase his knowledge by reading books based on scholars of the Salaf-us-Saalih (Pious Predecessors), listening to audio cassettes given by scholars not inclined towards the oppressive governments. The biggest step in someone really wishing to increase his/her knowledge of Islam is to learn the Arabic language. Indeed, scholars such as Imam Shafi'ee and Ibn Taymiyyah made it obligatory upon EVERY sane adult Muslim to learn the Arabic language. Without this, a person can fall into the ignorance, blind following and hype of ignorant people who call to Islam. The Arabic language equips a Muslim with the ability to refer DIRECTLY to the sources of Islamic knowledge such as the Tafseer, Fiqh and Sharh (explanation) of Ahadeeth. The general ignorance of the Muslims in the West can be attributed to three things: (1) lack of the Arabic language which allows them to refer to direct sources; (2) obtaining knowledge from people that do not base their knowledge on the teachings of the early classical scholars (Salaf-us-Saalih) and; (3) obtaining their knowledge and respecting those scholars who claim to follow the Salaf, but who in reality follow the whims and desires of the government. This third thing misleads the people when it comes to issues concerning Jihad and current affairs. The best and only people who should be consulted when it comes to Jihad and current affairs are the Mujahideen and their scholars. Whoever wishes to legislate about Jihad should stand in the battlefield and legislate about Jihad. Sitting back at home in comfortable dwellings without any problems does not authorise a scholar or anyone to legislate about Jihad. A sincere seeker of truth should ONLY ask the Mujahideen and their scholars about issues relating to Jihad and current affairs in the Muslim world. Scholars who support the governments and incline to the rulers are NOT an authority on Jihad and current affairs, although they may be consulted in other matters such as e.g. belief, wudu, if they have the correct Aqeedah of the Salaf.

Gaining knowledge in worldly spheres and helping the Mujahideen with it

Many Muslims who are in the West have an excellent opportunity to gain knowledge in a wide range of areas that can be of benefit to the Mujahideen. Examples of these are: management, organisation, computer operation, computer setup and maintenance, computer networking, foreign languages, radio, satellite and telecommunications, medicine, car mechanics, etc. Many Muslims today think, "I am only one person; there's only so much I can do..." Today the situation in the world today is that many of the people carrying the battlefronts for the Muslims are of a basic educational standard. Why is that? Because the ones with the degrees and education are sitting back considering themselves too proud to go, and, besides, they are being told by others in their position, "You have a mind, so use it for the Muslims by getting a good job. To go Jihad is a waste for someone like you." This is exactly what the enemies of Islam want us to think like. Indeed, one educated person has made a WORLD of a difference to the Mujahideen.

The Jihad does not only consist of one person firing a gun. It consists of a large and complex structure that includes: the one who organises the weapons and ammunition, the one who cooks the food, the one who cleans the toilets, the one who looks after the sick and injured, the one who sits in the radio communications room, the one who maintains the motor vehicles, the one overseas who raises the money, the one who brings or transfers the money, the one sitting in a Western country who locates and purchases highly sophisticated equipment such as High Frequency Radios, etc. Education, especially that gained in the West can be a tremendous help to the Muja-

hideen. All one has to do is to visit a land of Jihad for a fixed amount of time and inform the Ameer there that he is able to help in such and such thing. Here he is directly giving his expertise to the cause of Islam, rather than having dreams of changing society by speaking from 'educated' platforms. To teach computers to one Mujahid is better than to teach it to one thousand people who are not Mujahideen. That is because the Mujahid will certainly use that knowledge in fighting the enemies of Islam, whereas the others may or may not.

Two Russian Chemical Warfare Units Deployed and Ready for Action in Grozny

The Russian Government has issued an ultimatum to the residents of Grozny that all civilians and Russian citizens must leave Grozny by Saturday 11 December 1999, so that the Russian forces can commence their chemical weapon offensive against the Mujahideen positions in the capital. This information was given by a Russian Special Forces soldier who was captured in Urus-Martan, who also said that there were two special Russian units with speciality in chemical warfare, deployed around the city of Grozny, with all preparations complete, awaiting the order from Moscow to start using the chemical weapons.

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ing and CV training have different rules. Strength training should be mainly considered as training for your muscles, bones, tendons, ligaments etc. You get minimal CV benefits from strength training. And CV training should be mainly considered as working your heart muscle and burning excess fat. You get minimal strength benefits from CV training. Although any exercise is better than nothing for your heart, in reality you must do both CV training and strength training to be totally fit. Strength training works only the fast twitch fibers and only burns carbohydrates, not fat. CV training works the slow twitch fibers and predominantly burns up excess fat. Just because you train with weights twice a week it doesn't mean that you can subtract from the minimum for CV training. Living a healthy life is a higher priority than adding 5 kilograms to your bench press. Remember, your goal isn't to look big in your coffin!

NO COMPENSATION FOR POOR FUEL

Since you can't use your fat storage for an energy supply during strength training, it's critical that you have a good supply of glycogen stored in your muscles and liver before you work out. You should consume about 300-400 calories of carbohydrates approximately two hours before. People who don't train hard don't need to do this, but if you're doing a high intensity workout you burn a massive amount of calories from carbs. If you've ever had that weak feeling during a workout, like you are "out of gas", it's because you have burned all your carbs and are out of fuel. Top off to tank like you do with the car before a trip. Have some pasta, rice, potatoes etc. about two hours before you train and insha'Allaah you will be breathing steam!!!

EVENTS IN YOUR AREA

Sunday 12th December 1999 from noon, Fiqh, Lessons and Politics of Ramadan Sheikh Omar Bakri Muhammad Judge of the Shari'ah Court UK and Ameer of Al-Muhajiroun & The Way for Unity Saleem Rajack - Member of Al-Muhajiroun, CYCD, Leagrave Road, Luton Call Shahed on 0958 466 593

Sunday 19th December 1999 from 2.00pm, Millennium of Murder, Sheikh Omar Bakri Muhammad Vision of Life under Islam & Nadeem Amin - Member of Al-Muhajiroun, Northgate Community Centre, Barnfield Road, Crawley Call Saleem on 01293 529 628

Wednesday 22nd December 1999 from 2.00pm, Pakistan - Which way forward Iftikhar Ali -Member of the Al-Muhajiroun National Da'wa Committee & Integrate, Isolate or INTERACT! Sheikh Omar Bakri Muhammad, Slough Call Hamza on 0961 187 377

Wednesday 29th Dec. 1999 from 9.00pm, Enjoining Good, Forbidding Evil Avasi Khan -Member of the Al-Muhajiroun National Da'wa Committee Saudi Arabia & State of Shirk Sheikh Omar Bakri Muhammad, Alim Centre, Brunswick Rd, Birmingham Call Shahjahan on 07939 048 427.

Thursday 30th December 1999 from noon, Annihilation of Israel Abdul Aziz - Member of Al-Muhajiroun & Closeness to Allah Sheikh Omar Bakri Muham-

mad, Derby Call Tahir on 0976 350 744

Thursday 23rd Dec. 1999 from 8.00pm, Lives of the Sahaba Zaheer Ali -Member of the Al-Muhajiroun National Da'wa Committee & The Fiqh of Jihad Sheikh Omar Bakri Muhammad & Fear of Death Saleem Rajack - Member of Al-Muhajiroun & The Future World Order Sajid Sharif -Member of the Al-Muhajiroun National Da'wa Committee, Turnpike Lane Masjid, Hampden Rd, North London Call Salim on 07939 258 238

Saturday 25th Dec. 1999 from 8.00pm, The Need for Islamic Groups Sijeel Shahid - Member of Al-Muhajiroun & From Badr to Chechnya Sulayman Keeler - Chairman of the Society. of converts to Islamic Freemasons, Dajjal and Kufir Regimes Sajid Sharif -Member of the Al-Muhajiroun National Da'wa Committee & Why Khilafah is the Solution Sheikh Omar Bakri Muhammad, Canning Town Masjid, Barking Road, East London Call Iftikhar on 0956 124 278

Sunday 26th Dec. 1999 from 8.00pm, The Khilafah Rashida Zaheer Ali -Member of the Al-Muhajiroun National Da'wa Committee & The Need for Sacrifice Zahid Qureshi - Member of Al-Muhajiroun Rules of Enjoining Good, Forbidding Evil Sheikh Omar Bakri Muhammad & The Way for Revival Avasi Khan -Member of the Al-Muhajiroun National Da'wa Committee, Hounslow Masjid, Wellington Rd, West London Call Baaber on 0961 372 644

Monday 27th Dec. 1999 from 8.00pm, Islam in the 21st Century Hakan Volcan - Member of Al-Muhajiroun & Lessons from Previous Prophets (as) Anjem Choudary - UK Leader of Al-Muhajiroun Chairman of the Society of Muslim Lawyers & Jinn..... Sheikh Omar Bakri Muhammad Islam & The Only Way for Peace Sijeel Shahid - Member of Al-Muhajiroun , Woolwich Masjid, Plumstead Rd, South London Call Altaf on 01322 442 967

Circles every Friday, Saturday and Sunday before Tarawih, Regents Park Mosque, London ,For information on other events in your local area, please call 07970 059 709

Discussion Circle held every Friday by HIZB-UT-TAHRIR, Ilford Main Library, Nr Town Hall and Exchange Shopping Centre.

Western Powers plan World War III

"If you assume that the European contribution to the Kosovo air campaign could have been raised to, say 30 per cent, you [the Europeans] are still not going to be able to start world war three on your own," says Lord Robertson, the former UK defence minister who has just taken over as Nato secretary general. The Financial Times Nov 25, 1999.

The US is forging ties with NATO, building a military presence in Europe, the Middle East and within the Muslim lands to plan an offensive against ISLAM. If we reflect upon this century, the US and her western allies have fought and humiliated the Muslims by staging battles with the direct help of the regimes planted in Muslim lands. As more Muslims are waking up to the reality that these puppet regimes are working for the interests of their western masters, the US and Britain who illegitimately hold claim to Muslim resources are getting ready to quench any Islamic uprising which may develop into Al-Khilafah (Islamic State).

O'Muslims wake up, we are supposed to rule the world as witnesses to mankind on earth. Allah(swt) commands us to do this as we are best of Nations. Why should we let falsehood continue to rule Allah(swt) earth? - Find out your obligations before it's too late!

Send Zakah, Sadaqa donations to following reputable groups:

Azzam Publications, BCM UHUD, London WC1N 3XX , UNITED KINGDOM, Internet website: <http://www.azzam.com/>, E-Mail: info@azzam.com

Local Events - Increase your Aqeeda!

Al-Muhajiroun at Regent Park Mosque, London - Circles every Friday, Saturday and Sunday before Tarawih For information on other events in your local area, please call 07970 059 709. Further listing of events will be published in the next issue of *The Islamic Truth*.