



We all constantly complain that there is no time and we are sick and tired. Where have we gone wrong? Many women have servants all around them. Some women even have a separate servant to take care of the home - from dressing beds to cutting up her meat and vegetables, while another servant is employed to take care of the kids - from feeding them, changing diapers, giving them night baths, and tucking them into their beds! What then does Madam do? Well she is very busy shouting at the servants and instructing them. She is always displeased and complaining about the work they do. Often madam forgets that the servants working for her also have feelings of their own. We need to address our servants in a manner that we would like to be addressed. The irony of it all is, after having all our work done by others we still complain that we are tired and feeling weak!

The women of yesterday carried out the domestic work themselves to the highest standard. The physical labour that they undertook had a positive effect on their health. Imagine if we had to collect the wood or carry pails of water from a distance before preparing a meal, what would have been our plight! In any case, where does one get the energy to do what is required? Simply . . . from the remembrance of Allah Ta'ala. In particular the daily recitation of tasbeeh e fatimi before going to bed is a source of physical energy and strength.

Once Faatimah (radiyallahu anha) had requested Rasulullah (sallallahu alaihi wa sallam) for a slave (servant) to assist her with all the difficult chores of the home. Rasulullah (sallallahu alaihi wa sallam) said to her and Ali (radiyallah anhuma): "Should I not show you something better than what you asked for? When you retire to your bed, recite Subhanallah 33 times, Alhamdulillah 33 times and Allahu-Akbar 34 times. This is better for you than a servant" (Saheeh Bukhari #3705).