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Uns Foundation

Spiritual Love

*Uns means-'Spiritual Love' and it's through Spiritual Love
we are helping to heal broken souls and hearts.*



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Giving Sadaqah will help with Duas being answered, Sins be erased – Support [Uns Foundation](#)

Briefly about **Uns Foundation**: **Uns** means-'*Spiritual Love*' and it's through *Spiritual Love* we are helping to heal broken souls and hearts. To provide full time professional support for emotional, personal problems, spiritual or physical healing, mentoring therapy or general counselling guidance, provide courses, organises Sufi Retreats and invite non-Muslims to Islam projects. Know that; **“To command to do good deeds and to prevent others from doing evil is Sadaqah-charity.”** This is what **Uns Foundation** is about helping others, by supporting you take full **Sadaqah-Jariyah-ongoing charitable works** of all the work being done and become as the hadith says: the people most beloved to Allah and those are most beneficial.

Hadith of the Most Beneficial ones hadith: O Messenger of Allah (peace be upon him), which of the people are most beloved to Allah? And which deeds are most beloved to Allah?"

The Prophet (peace be upon him) said, "The people most beloved to Allah are those who are most beneficial to the people. The most beloved deed to Allah is to make a Muslim happy, or **to remove one of his troubles**, or to forgive his debt, or to feed his hunger. **That I walk with a brother regarding a need is more beloved to me than that I seclude myself in this mosque in Medina** for a month. Whoever swallows his anger, and then Allah will conceal his faults. Whoever suppresses his rage, even though he could fulfil his anger if he wished, then Allah will secure his heart on the Day of Resurrection. Whoever walks with his brother regarding a need until he secures it for him, then Allah the Exalted will make his footing firm across the bridge on the day when the footings are shaken."

Giving ***Sadaqah-charity will help with Duas-prays being answered, sins be erased, is proof of Iman-Faith, Allah's pleasure is upon you and his Ghadab-anger is lifted from you, it's a shield and protection from problems and sicknesses are sometimes due to sins.*** Thus only through **Sadaqah-charity** this is all accomplished as it's a form of showing **gratitude-shukr**.

Showing gratitude is sunnah and Allah loves those slaves who shows gratitude; gratitude earns more (**ziyada-increase**) favours from Allah, Allah promises increased favours for those who are grateful and (**hates misers see below for hadith**) "**If you are thankful, I will give you more**"(Qur'an 14:7) and "**We shall reward those who are thankful**" (Qur'an 3:45) Allah informs us that one of **Shaytan-Satans primary objectives is to prevent humans from being grateful.**

So show your support and be thankful, take more rewards easily from Allah by helping launch "**The Sufi Healing Project**" through [Uns Foundation](#) and take the **barakah-blessings** of all the **Sadaqah-Jariyah-ongoing charitable works**. And know that giving a small amount of **Sadaqah-charity** monthly is loved by Allah, as mentioned in a hadith; **the most beloved deed before Allah is that which is continuous, even if it is little.**

Yes giving a small amount of **Sadaqah-charity** monthly is continuous giving which is most beloved deed before Allah as mentioned in hadith and know that Everyday 70 problems come our way and **Sadaqah-charity** is a shield to protect yourself and your family. In a well known Hadith it says **“The most beloved deed before Allah is that which is continuous, even if it is little.”** The constant giving of a little is said to please Allah more than the occasional gift of a lot. So if it's in your means to donate a small amount of £2/£3 or more a month and Support **“The Sufi Healing Project”** through [Uns Foundation](#)

Know about the shield of giving: **“Give Sadaqah without delay, for it stands in the way of problems/calamities.”** (Tirmidhi) it says 70 problems that is one is shielded from 70 problems with just a small amount of sadaqah. And that Sadaqah washes your sins away: **“Sadaqah extinguishes sin as water extinguishes fire.”** (Tirmidhi) and that you will be given Shade from Sadaqah: **“The believer’s shade on the Day of Resurrection will be his Sadaqah.”** (Tirmidhi) and that Allah’s Anger is lifted by giving Sadaqah, know that; **“Sadaqah calms the Lord’s anger** and averts an evil death.” (Tirmidhi) and Allah hate misers.

"The generous man is near Allah, near paradise, near men and far from hell, **but the miserly man is far from Allah, far from paradise, far from men and near hell.** Indeed, an ignorant man who is generous is dearer to Allah than a worshipper who is miserly."(Tirmidhi)

Support **Uns Foundation** **“O believers, never shall you attain to true piety unless you spend on others out of what you cherish yourselves; and whatever you spend - verily, God has full knowledge thereof.”** Qur’an 3:92 and **“a good word is sadaqah”** so how about thousands or millions of good words being read as **sadaqah** from the working being done read every day, so be part of it today and Allah will increase it and multiple it too as it says: **“For those who give in charity, men and women, and loan to Allah a Beautiful Loan, it shall be increased manifold (to their credit), and they shall have (besides) a liberal reward.”** Qur’an 57:18.

"Purification is half of **Iman-faith**. Saying '**Al-Hamdulillah'-Praise be to Allah** fills the scales. Saying '**Subhanallah wa al-Hamdulillahi'-Exhalted be Allah and Praise be to Allah** fills the space between the heavens and the earth. **Salah-prayer** is a light. **Sadaqah-Charity is proof**

(of one's faith). Sabr-patience is a shining glory. The Qur'an is an argument either for you or against you. Everybody goes out in the morning and sell themselves, thereby setting themselves free or destroying themselves." [Muslim]

The Door of Sadaqah Hadith: Abu Dhar al-Ghafari said: "The Messenger of Allah (sal Allahu alaihi wasallam) said: 'Sadaqah is prescribed for every person every day the sun rises.' I said: 'O Messenger of Allah, from what do we give sadaqah if we do not possess property?' He said: 'The doors of sadaqah are **takbir (Allahu Akbar), Subhan Allah, Alhamdulillah, La-ilaha-ilAllah, Astaghfirullah**, enjoining good, forbidding evil, removing thorns, bones and stones from the paths of people, guiding the blind, listening to the deaf and dumb until you understand them, guiding a person to his object of need if you know where it is, hurrying with the strength of your legs to one in sorrow who is **appealing for help, and supporting the weak with the strength of your arms**. These are all the doors of **Sadaqah-Charity**.'" [Ahmad]

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