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## **The Ultimate Ramadan Holiday Survival Guide for Understanding Ramadan Rules and Ramadan Fasting: Learn The Ramadan Origin and Ramadan Facts (Ramadan Rules ... Ramadan Holiday Ramadan Festival Book 1)**

*By Jenny Husk*



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Most of us have heard the word Ramadan but not all know what it really means. Ramadan is the ninth month of the Islamic calendar. Muslims all over the world consider this month as a month of fasting. This annual event is known as one of the Five Pillars of Islam. The month usually lasts from 29 to 30 days, depending on the visual sightings of the crescent moon.

What does the word Ramadan mean? Ramadan is taken from the word ramad, meaning something which is intensely heated by the sun and the word ramdhaa, meaning the intense heat of the sun. The Arabs had a belief about the sheep that they burned while grazing under the scorching heat of the sun, and they were greatly damaged. So, the fasting is called Ramadan, as it symbolizes the burning of the sins of the believers.

Fasting is fardh (meaning obligatory) for adult Muslims, however, there are several exceptions. Muslims, who are suffering from an illness, pregnant or breastfeeding, travelling, breastfeeding, diabetic or going through any menstrual bleeding, do not participate in fasting. During fasting, the Muslims hold back from using food, drinking, smoking and being in sexual relations from dawn until sunset.

There are also other interpretations, where it is said that Muslims also abstain from sinful behavior, that is swearing, procrastination, engaging in disagreements, etc. The food and drinks are used before dawn and after sunset. During Ramadan Muslims recite the Quran and offer prayers.

Ramadan is a time to be closer to God. It is taught to be the time during which Muslims purify their souls and practice self-sacrifice. It is much more than just not eating or drinking.

Muslims use this month to re-evaluate their lives, their every days on this planet. They try to be closer to the light of Islamic guidance. They try to be outspoken, indulgent and forgiving towards those who were unfair towards them.

During Ramadan each part of the body should be cleaned and refrained. Tongue should avoid gossip, swearing and profanity. The eyes must be restrained from looking at unlawful things, the ears- from listening to idle and obscene words. The hand must not take anything that does not belong to it. The feet should be prohibited from going to sinful places.

Ramadan is a time to cleanse both the body and the soul

## Here Is A Preview Of What You'll Learn...

- Origins and the Essence of Ramadan
- Understanding Ramadan Rules
- Ramadan Fasting
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