

# Ramadan a good time to adopt green habits

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- NSTP/DANIAL SAAD

**LETTERS:** While abstaining from food and drink is a well-known aspect of Ramadan, Muslims partake in fasting not only to experience hunger and thirst, but also to better themselves in the principles of faith.

Thus, Ramadan, which encourages Muslims to fully embrace the universal principles of mercy, compassion and respect as taught by Islam, also provides an ideal opportunity for them to re-evaluate their lives, reflect on their relationship with surroundings, and review the impact of their actions.

Fasting is a method of self-purification and self-discipline of the mind and body. It has the ability to modify behaviour and shape lifestyle in ways that enhance the environment.

An empty stomach can teach a person to reflect on the luxuries of life and learn to be grateful for all that nature has provided him.

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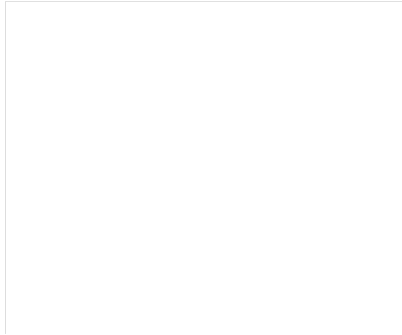
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you and threaded roads for you therein and has sent down water from the sky: With it have we brought forth diverse kinds of vegetation. Eat and

pasture your cattle; verily, in this are signs for men imbued with understanding."

Muslims' relationship with the environment is guided by Prophet Muhammad's lifestyle.



The ultimate goal of the Prophet's mission is to build a well-balanced Muslim personality by enhancing harmonious relationships with God, fellow humans and surroundings.

The Prophet taught people to live on less, eat modestly, protect animals and plant life, share generously, serve the community and to worship the Creator by being merciful to creation.

During Ramadan, Muslims can make positive changes by adapting a "green" life through acts of living moderately and sustainably.

This is important as human beings are losing connection to nature, and the impact of climate change, ecosystem destruction and over-consumption of resources are affecting people worldwide.

Thus, Muslims can seek the opportunity to obtain rewards for other good deeds, such as avoiding wastage and extravagance, living harmoniously with their surroundings, and showing compassion towards nature and all its elements.

These include not wasting food when breaking fast, practising recycling and energy-saving measures, and making a conscious effort to conserve water during ablution.

Even planting trees is considered as act of charity in Islam. According to the Prophet: "If a Muslim plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, it is regarded as a charitable gift for him" (Al-Bukhari).

Muslims must take the opportunity that Ramadan offers to adopt commendable behaviour and an environment-friendly lifestyle. Without doubt, adopting green habits is not only a social responsibility, but also a religious duty in Islam.

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