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# How to Eat to Live

The Month of Ramadan  
(The Month of Fast)  
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Messenger of Allah

This month of the righteous' (Muslims') fast, is about to end. As I have said in the issue of December 6, 1968 (Vol. 8, No. 12), fasting is prescribed for us because of the wicked in power. The Holy Qur-an makes it binding upon the righteous Muslims to fast not only in the month of Ramadan, but it also prescribes general fasting for us.

We fast in the month of Ramadan because of Muhammad's receiving the Holy Qur-an in that month. You may then say, "why fast instead of rejoicing?" It is due to the fact that the Holy Qur-an that Muhammad received in the month of Ramadan was received under the rule of Satan, the devil. The nation was still under the power of our enemies. As this Qur-an was given to guide and direct the Muslims into a more strict path of righteousness, repairing them for the end of the devils' time of rule, therefore, the Holy Qur-an teaches, the fasting in the month of Ramadan.

We fast to be relieved of some trouble, sickness, or for advancement in the Divine Knowledge of Allah, and to keep away from being tempted to accept evil that would be offered to us by the devil in his evil world.

When the people are under the rule and guidance of Allah, fasting will not be necessary; there will be no interference with the righteous by the wicked, for there will be no wickedness. So, therefore, we fast today to qualify ourselves for the Hereafter, which means to be qualified to enter in and render a government of righteousness.

We abstain from eating meats from the land when on pilgrimage and in this month of fasting because the land meat thrives on the same foods that we eat, making the flesh coming from the land similar to our own flesh. This is a sign of what is yet to come in the Hereafter—that there will be no land meat eaten, for it shortens the life of human beings. Therefore, we eat food from the world of water—the rivers, lakes, and seas; for this food is produced in a different world altogether (water life). This flesh is produced in the most heavy hydrogen and oxygen of life on the earth.

While under the evil government of this world, fasting is incumbent upon you and me.

Thank you for your fast in this month.