

REMARKABLE

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6/21/2011

1. I wake every morning at three-thirty-six with Farrah, her rituals are mechanical. She perform the same acts and movement on the hour, on the minute and to the second everyday for the last three months, I have been observing her.
2. She wakes without an alarm or anyone waking her. Her alarm is primal, she opens her eyes like we see the vampiresses do in the movies when the clock strike midnight. But Farrah is no vampire; she is a Muslim and believes as she prays every night, that Allah awards her, to perform fajar salah.
3. She goes to the washroom and shower. Combine with her shower, she brush her teeth and perform the spiritual bathing she calls "Ghust." Which she describes as a ritual consisting of rubbing water over the hands, face, arms, ears and then the body and her feet last, three times concurrently on each part before moving to the next in accordance with the *Shafi'*: school of Sunni Al-Islam. Honoring her and my guess to America, Farrah allowed me in the washroom a month before the ending of this study and report to observe what she had been describing to me in words the past three months since I've commence this experience.
4. And to experience the spirit of these rituals. I submit myself to project immersion in performing the ritual myself the entire last month. And the rituals alone have a calming affect and a spiritual transformance upon me.
5. Farrah and I perform Sunnah Salah consisting of two rotations or *Rakhs* then we perform "*Fajr*" salah repeating the same acts and forms. And two resolutions.
6. After the first week of doing this with Farrah, we complete this within ten to twenty minute time frame. Though time is meaningless in this deed; from that point, we read the noble Qur'an until the sunrise.
7. Once dawn comes and go. We continue in meditative recitation of the perfect book.
8. At seven-thirty, Farrah wake her three children. Little Mustafa Ajala is the oldest. He's the first one to get woken up. Farrah allows him to perform salah after the sunrise. The other kids are not required, but they playfully join Farrah when she perform the last salah of the day once everyone is home.
9. As Aminah, four and Zanaab eight, fight between sleep and waking. Farrah goes to the kitchen and start cooking breakfast. The children's favorite is bacon, eggs and toast with grape jelly.
10. Once little Mustafa shower quickly and perform salah. He joins his mother in the kitchen in preparing the food. As Farrah goes to complete the wake-up call for the

younger ones, she teach them to wash their face, brush their teeth with water only until after they eat. The toothpaste taste interfere with the taste of their food.

11. The first week I notice how amazingly the children never complained nor put up resistance. As cooperative as children could be, Farrah children were as cooperative as soldiers being awaken for a mission at four a.m. Farrah insist that I eat breakfast every morning with them over my objections. After the first week, I became committed and dedicated to the commual discussions with all of them, from the four year old Aminah, I field most of my questions, she questioned me like the FBI upon my coming home from Africa.

12. Farrah and Mustafa wash the dishes as the other two watch cartoons. Without fail, by nine fifteen we all leave the house. The children go to school and Farrah to the law firm. She is the sole partner in a growing firm she started. The firm handle mainly small suits. But recently Farrah caught her first major class action case. In which she is now interviewing to hire more staff to work with her on.

13. Farrah permitted me to sit in on two of the new cases and to a motion hearing she had to argue that morning. She was amazing for a woman who has only been in America permanently for three years now. She took law classes online for eight years in Libya from Columbia Law School.

14. Farrah prevailed at the motion hearing. The court granted her the time extension to hire more staff to help handle the case.

15. Farrah is a remarkable person and she is a pillar among human beings. She has that quiet strength of a nation. As soon as you meet Farrah you feel that this woman has a powerful and painful back story. The fact that she has *no arms* is compelling enough. But once you learn how and see her persistence of self-determination and independence your heart will melt.

16. Farrah's Back Story: Born in Libya to poor parents. Farrah could not attend school, she stayed home to help take care of her grandmother. Umm ajala. But she would trick the kids in her building into studying with her by faking like she was "*testing*" their knowledge and what they learned that day.

17. At seventeen she married a Libyan Navy Intelligence Officer. He provided the access to the world books and knowledge and the internet. (Farrah Deliciously) read everything. Art, Science, Government Theory from Ancient Egypt to America.

18. In 2010 Farrah lost her first arm when an American *drone* dropped a bomb on Farrah's husband car as she left it momentarily to retrieve some money from the house. The blast was so powerful that it pushed her into the front door where her left shoulder was jammed down to her rib cage. Twenty-two hours of surgery, she lived, but minus a left arm.

19. As if she had not suffered enough, after losing her husband and left arm in the drone attack. Farrah lost her right arm in another drone bomb attack when NATO dropped two bombs on a hotel that Mummar Qaddafi allegedly was having a meeting with his supporters, that Farrah stayed in.

20. When Farrah's story of unfortune was spread across the world on the Al-Jazzire. I started making calls to the State Department and my representatives to get Farrah over to America and get her some of the new state of art robotic arms that our military personnel receive.

21. So that's why Farrah is a remarkable woman. We could not get her the robotic arms, so Farrah learned how to wash, cook and care for her children by using her *feet*.

22. When we wrapped the documentary on Farrah and I went home to my husband and two children. I was emotionally exhausted yet filled with elation. As always, I brought home gifts for my girls. – guilt gifts for being away overnight for an extended period of time. A ritual we developed after they were born and my first assignment away from home.

23. At dinner the girls and Carl debrief me on the documentary.

24. Still in sequence with Farrah, I woke before the kiss of dawn out of habit. Instead of going back to sleep, I decided to take a warm shower. After the water was running loud enough for no one could hear, I broke down and curled up like a baby in the nook of the shower bed. Both laughter and cries coming out of me like a volcano.

25. We never know how bless we are until we try to observe life and the struggle and trials of others and from their point of view. That night, I could not sleep, so I unconsciously walked through the house mentally logging all potential safety hazards I previously did not consider.

26. I used Farrah's safety standards as a frame of reference. She had a fire extinguisher in every major section in her house, I had none. She had smoke & gas detectors in strategic places that the Fire Department recommended. I had two smoke detectors that came with the house.

27. She had grades A. B. and C fire extinguisher in her customized van. I had none in either mine or my husband car and van.

28. Farrah has discussed with her children in depth what her children are to do in case of a fire and emergency. So much so that they could teach safety classes to kids their own age. My girls don't even know what 911 means, though they know not to talk to strangers.

29. Of course, I'm aware that Farrah standards are more rigorous because she have no arms. I know I would not have to have a foot deep and five feet long tub of water laying

on my kitchen floor. When I first saw it, I thought it was for a dog. Perhaps to play and bathe in, but as the day passed I notice there was no dog. I had meant to ask what it was for.

30. It became pellucid to me what the tub was for when that night, I saw Farrah cooking dinner sitting in a chair pulled up to the stove using her feet to stir the food. Little Mustafa handle the foods far as anything that had to be touched and handled by hand. But Farrah had managed to do a lot. Because some spices could not be put into the food until it was on the stove. Mustafa would put everything in these spoons or ladles. Anything dangerous she would not let Mustafa close to it, even though he felt he could do it and wanted to do it for her. She always told him once he turned fifteen she'll turn things over to him.

31. The ungodly image of Farrah engulfed in a gas fire flashed in my head and her running over to the foot deep tub laying in it, hoping by the grace of Allah that it will stop the burning as the kids or Mustafa ran for the fire extinguisher to shower her down. I blocked my mind from visiting anything worse, like one of the kids being on fire. It became immaculate clear to me why Farrah had the fire extinguishers in almost every room of her house.

32. With no arms, the most needed things in all human activities and in a crisis situation. She is at a disadvantage and being the best prepared as she can, increase the odds of fate in her favor. But Farrah looks at it as Allah providing her with foresight and knowing the limits by knowing the nature and elements of her milieu. I notice how when she is cooking, Mustafa position his chair away from the table and next to the extinguisher. And like a sentry protecting his queen, Mustafa watch her every move and will not leave the kitchen if she is still over by the stove.

33. He is the same way when she drives; he sits in the front as her second set of eyes. He moves as she moves, mashing the floor as if he is stomping the break pad. His future wife will have a very good man. But she better be simpatico to his mother, for he will not move too far away from her, if he leaves home at all. His burden or, as he sees it. Duty is also to shield the girls from worrying and allowing them to have some normalcy. They work together well; on the passenger side is a cut off switch so Mustafa can kill the motor if need ever come.

34. Not only is Farrah remarkable as a mother and independent woman, but her children are remarkable too.

35. And what make Farrah all the more remarkable is the fact she is not angry nor mad at the people who took her arms and husband. In part because she believes as the Qur'an teaches. Nothing happens good or bad, but by the leave of Allah.

36. And I say because Farrah is remarkably magnanimousness.