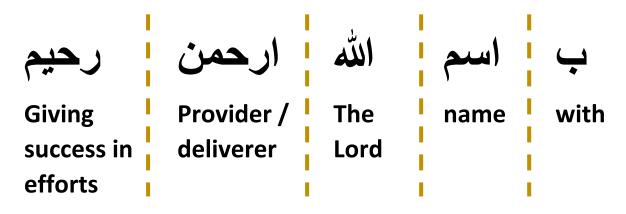




## The Meaning of Bismillah



The sentence is incomplete, so a word (or words) has been dropped/omitted. The sentence is '**mahzoof**'. It does not say "I start..."

Without being a full sentence, when we say Bismillah, we are committing to the entire belief of Islam. That there is one Lord, Who has created the entire universe, that He is the provide/nourisher and rewards all our efforts. We are submitting fully to the requirements of Islam, the perfected system revealed by Allah.

## The philosophy of saying 'Bismillah' before undertaking an activity:

- Acknowledging in our mind that what we are doing is due to Allah (e.g. if we are eating food, it is because Allah has provided the food). Allah is the provider. Whatever we need for life is provided by Allah
- Rahmaan: Allah provides everything needed for our lives/nourishment free of charge, incl. water, light and heat
- Raheem: Allah has created the system that ensures we obtain the results of our efforts