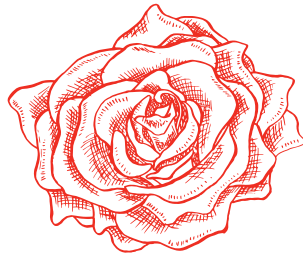


Forward By
Dr. Abu Ameenah Bilal Philips

HALĀL INTIMACY

from the Islamic Perspective

Strictly for Married & Prospective Couples



ABDULLATEEF ABDULLAHI

Medically Reviewed By
Prof. Gafar Abiodun Akanbi Jimoh
Consultant Obstetrician and Gynecologist



Dedication

This book is dedicated to couples who are patiently waiting for the fruits of the womb. May Allāh grant their requests.





Table of contents

Dedication.....	iii
Table of Contents.....	iv
Symbols Directory.....	vii
Acknowledgement.....	ix
Foreword by Abdullahi Ibrahim Teslim.....	xiii
Reviewer’s Note.....	xv
Foreword by Dr. Abu Ameenah Bilal Philips.....	xix
Preface	xxv
Marriage in Islām.....	1
Early Marriage	6
Sexual Hygiene	10
Sex and Communication.....	14
Seduction.....	18



Dressing Sexy	26
Stripteasing.....	30
Erotic Talk.....	36
Sexting	40
Massage	46
Erogenous Spots	49
G-Spot	51
Kissing	53
Oral Sex.....	57
Fingering.....	62
Handjob	66
Masters and Johnson on Sex	69
Sex Styles and Positions	74
Sex Timing.....	85
Sex and Nights of Ramadan	87
Quickie	94
Sex and Fertility.....	98
Sex and Pregnancy.....	109
Sexual Performance.....	115
Masturbation	120
Pornography	128
Sexual Dysfunction	139
FGM and Women	145
Frigidity.....	148
Boosting Libido.....	150
Show Killers.....	156



Sex and Stress	167
Sex and Polygyny.....	172
“There is Love in Sharing”	175
Size Issue	178
Sex Starvation.....	186
Orgasm.....	190
Cuddling.....	195
Holding or Reciting the Qur’ān in a State of Junub (Sexual Impurity)	198
When Janābah Becomes Obligatory.....	202
How to Perform Janābah.....	205
Water for Ghusl (Purification).....	208
Purifying with Tayammum.....	212
Bibliography.....	214





Symbols Directory

ﷻ	<i>Subhānahu wa ta'āla</i>	The Exalted
ﷻ	<i>SālaLlāhu 'Alayhi wassalam</i>	Peace and Blessings be upon him
ﷻ	<i>'Alayhi ssalām</i>	Peace be upon him
ﷻ	<i>RadiyaLlāhu 'anhu</i>	May Allāh be pleased with him
ﷻ	<i>RadiyaLlāhu 'anhum</i>	May Allāh be pleased with them
ﷻ	<i>RadiyaLlāhu 'anhaa</i>	May Allāh be pleased with her
ﷻ	<i>RahimahuLlāhu</i>	May Allāh have mercy on him
ﷻ	<i>RahimahumuLlāhu</i>	May Allāh have mercy on them
ﷻ	<i>حفظه الله HafidhāhuLlāhu</i>	May Allāh keep him safe





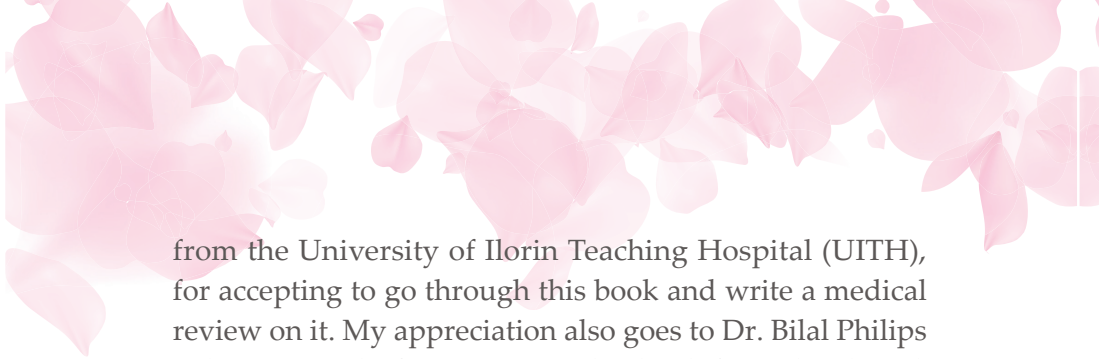


Acknowledgement

I thank Allāh Who has made this work possible. May His Peace and Blessings be upon His Messenger (ﷺ). I thank my parents (Alhaji Ibrahim Abdullahi and Alhaja Haleemat Abdullahi) for training me and spending tirelessly on my education. I thank my wife (Hajia Zainab Mustapha) and my children for their support and understanding. My wife has been very supportive. If not for her patience and understanding, I might find it difficult to achieve this feat. In the course of this work, I sometimes leave home very early and get home very late at the night; her trust and encouragement were motivating factors for me. I thank my Parents-in-law (Alhaji Abdullahi Funsho Mustapha and Alhaja Rahmat Olojoku) for their support and encouragement.

My special appreciation goes to Prof. Gafar Abiodun Akanbi Jimoh, a Consultant Obstetrician and Gynaecologist





from the University of Ilorin Teaching Hospital (UIITH), for accepting to go through this book and write a medical review on it. My appreciation also goes to Dr. Bilal Philips (Abu Ameenah) for reviewing this book from the *shari'ah* perspective. Despite his busy schedule, he took his time to review the book in conjunction with one of his trustworthy students at the Online Islamic University (IOU), Rahla Khan. In the course of the review, I worked very closely with Rahla to ensure that this work conforms to *shari'ah* standards. I benefitted immensely from her expertise. May Allāh reward her abundantly.

I thank Ustādh Abdullahi Ibrahim Teslim, the Founder of the Muslim Married and Singles Platform (MMSP) and Ustādh Sulymān Yūnus Olukodo for motivating me to write on this topic despite its sensitive and delicate nature.

I thank my Qur'ān teachers; Sheikh AbdulGaniy Ameenullahi Alagbede and Sheikh Sa'eed Ahmad Katibi. My profound gratitude is due to all my primary and secondary school teachers, my lecturers at the prestigious College of Arabic and Islamic Legal Studies (CAILS), especially Barr. Adam Toyin Jamiu. I appreciate all my lecturers at the better-by-far University of Ilorin, and especially Prof. A. A. Oba, Prof. A. A. Alaro and Prof. (Mrs.) Nimat AbdulRaheem.

I thank Hon. Justice Abdur-raheem Ahmad Sayi, Kādi, Kwara State Sharī'ah Court of Appeal, Ilorin, Hon. Justice Abdullateef Kamaldeen and Sheikh Suleiman Najmudeen for their encouragement and support. I appreciate Dr. Abdur-razāq Alege (FMC, Katsina); Dr. Bashir Lawal; Pharm. Olatunji Ibrahim; Dr. AbdulMu'min Ya'qūb; Imām



Oritola Kuddus (Dallas, USA); Malam Abdulkadir Hanafi; Ustādh Najmudeen Lanre Assalato; Ustādh Sanusi Lafiagi; Dr. AbdulHameed Badmas Yusuf; Malam Ibn Hamzah Jamiu; Ustādh Abu Imrān Hāroun (Abuja); Imām Sanni K. Yusuf; Abu Abdir-Rahman AbdulQadir Yinka Ambali (and his wife Ummu Kifāyah Bukky Abdurraheem); Ummu Sumayyah Mai (Maryland, USA); Ummu Islāmiyyah Hamdalah Abdur-rahmān-Yusuf (UK), Ummu Ja'far Rawsheedah Akorede (Kim), Dr. Khadijah F. Sanni (KT) and Ummu Zubaydah Habeebah Alege for reading the draft of this book, pointing out mistakes to be corrected and injecting some beneficial ideas into it.

I also thank Dr. Fuad Olabisi Kekere-Ekun; Ustādh Dhikrullāh Abu Sahl Al-Atharee; *Ustādh* Murtala Wale Gbadosi (Abu Sumayyah Al-Afrikee); *Ustādh* Jamal Shehu; Ustādh Farouq Al-Egbāwi, Alhaji Taofik Abdurrahman; Ustādh AbdulGaniy Agbarere; Dr. Yahya AbdulBaqi; Ustādh Ibrahim Dasuki Yusuf; Malam Ismail Eleburuike; Barr. Muhammad Abdullah Tosin; Barr. AbdulHakeem Igho Ohwojeheri; Malam Eseoghene Al-Faruq Ohwojeheri; Malam Sambo Dare Ibrahim; Alhaji Yusuf Abdullahi; *Ustādh* Muhammad Saheed Toyin Alege; Malam Ahmed Oniye; Malam Bisi Muhammad for their valuable advice and support. I equally appreciate the efforts of my editorial crew, starting from Al-Qasas Publications; Malam Ibrahim Alabere and Malam Abubakar Sadiq Bako. I thank Mr. Farid Ullah bin Ahmed Hussain for his indelible contribution to the success of this project and I thank Dakwah Corner Bookstore for the beautiful design





of this book and world class-printing.

Lastly, I thank the Director-General of the Nigerian Copyright Commission (NCC), Mr. John O. Asein and my State Coordinator, Mrs. J. O. Akinwumi for encouraging and motivating me to use my leisure for creative projects. I also acknowledge the support of my colleagues in the office towards the success of this project.

May Allāh reward them all abundantly.

Abdullateef Lanre Abdullahi

19th September, 2020

