

# WHAT IS ISLAM?

Islam is the belief in one God, translated into Arabic as Allah. He is one Supreme Being without shape and form that we can comprehend.

In the Arabic language, the word Islam has many meanings. It comes from the root letters س (seen) ل (laam) and م (meem), 'Salaam'. From these letters the meaning of 'Islam' is described literally as meaning 'submission', 'surrender', 'peace' and 'safety'. Salaam is also known as one of Allah's attributes.

A Muslim is a person who submits himself to the worship of Allah, therefore making all those who believed in the original message of the oneness of God Muslim; including all the Prophets, from Adam, Noah, Moses, Jesus to Mohammad (may Allah's peace and blessings be upon them all).

Islam has come as a mercy to mankind with a book of guidance called the Qur'an, the word of Allah – revealed 1400 years ago and unchanged ever since. This book, along with the teachings of the final Messenger Mohammad, shows all of humanity how to behave in the way commanded by the Creator in all aspects of life, both material and spiritual.

