# Invest in Yourself Session 1

Uneesa, the speaker, introduced the "Invest in Yourself" course, focusing on Halal investing for Muslim women. She emphasized the importance of financial control and literacy, highlighting her platform Uneesa Finance, which has helped over 10,000 women globally. The session covered key definitions in investing, such as asset classes, liquidity, and diversification. Anissa discussed the prohibition of Riba, Gharar, and Maysir in Islamic finance and the importance of ethical investing. She also outlined the investment journey, including purifying wealth, understanding risk levels, and diversifying portfolios. Practical steps like checking workplace pensions and ensuring they are Sharia compliant were recommended.

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## Keywords

practical week, capital gains tax, KYC process, investment apps, risk assessment, angel investment, automate payments, user experience, gold ETF, premium account, ethical investments, financial audit, personal development, akhira investment, God-conscious choices

## Action Items

* [ ] Sign up for the speaker's weekly investing newsletter.
* [ ] Evaluate your current pension plan and ensure it is Sharia-compliant. If not, transfer to an Islamic pension fund.
* [ ] Periodically rebalance your investment portfolio to ensure diversification across different asset classes and sectors.
* [ ] Reflect on your financial goals and priorities, and how to align them with your Islamic values and principles.

Invest in Yourself Session 1

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**SUMMARY KEYWORDS**

Halal investing, financial control, Muslim women, financial literacy, asset classes, diversification, risk management, emergency budget, debt repayment, Islamic finance, ethical investing, portfolio diversification, long-term investing, financial stability, investment journey

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salams, everyone, thank you so much for joining me today.

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I know a couple of you were thinking that this may be live.

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Unfortunately, it's not not this time around or going forward. Instead, what I've decided to do is record these sessions so you guys are able to take these sessions going forward in your own time, build around your own schedule and hopefully benefit accordingly. Inshallah, so thank you so much for joining me and taking the time out

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to really learn more about not just finance, but investing more specifically and building your wealth, and how to do that in a halal way.

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I'm going to take you through this session, and indeed this course, in helping you to understand and navigate Halal investing, what it means to invest in a halal way, how to create and build the life you want, with as much of risk as possible. And really what we're doing is involving the practical with the spiritual in the form of Islam, and really applying that. So it's not just about theory, but it's also about how this plays out in real life. Inshallah.

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So without further ado, we'll go through a little bit of housekeeping, a little bit about myself, and then crack on with the session. Inshallah. Okay,

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so today is session one of invest in yourself. And the core part, or element, rather, of what, what we at Ayda are about is financial control in your hands, and really developing that further out for Muslim women and what that looks like. So what you might find is we create reports, we create courses, we'll sit on panels, we'll write articles, we'll speak on podcasts, etc. I know a few of you may have heard me back on the overshares just over a month ago now, or just over that. So thank you so much for listening, and I really appreciate each and every one of you who's decided to sign up and join the course and listen to the material and really develop and build their own awareness of financial literacy in whichever way that looks. So a little bit more about myself. I'm Anissa, in case you don't know,

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and I'm really all about elevating and enhancing the financial understanding of Muslim women. If you're subscribed, or you've signed up to my newsletter. What the finance, which comes out weekly,

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what I really talk about is the fact that there are three main loves,

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obviously, not all equal, etc, because we can't

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sort of have anything akin to Allah. But what I start out by saying is, I love God, I love women and I love money. And what I've tried to do is combine all of those loves to really help elevate women and their stance, um, particularly going forward into 2024

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and helping women, just like you curate the life you want.

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So my platform was founded in 2022

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as I mentioned, it really is there to support and facilitate the learning of women through courses, workshops, master classes, content, you know, name it. To date, we've helped over 10,000 women globally,

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which is amazing, and I've worked with so many different organizations to help make that happen, whether that be NASDAQ Dubai, whether that be the FT, and you can also find

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articles I've written or places I've featured in, including the FT, the times, Islam channel, and indeed, Amalia as well.

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So in essence, it's really just about bridging the gap in financial access and literacy for Muslim women in order to give them more clear cut options. Inshallah,

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so a recognized and trusted brand. So these are just a few of the organizations that I've worked with, partnered with,

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to help highlight the understanding and awareness of Muslim women, not just their own awareness and and their own sort of coming of when it comes to financial literacy, but also working with corporate entities to help them understand what Muslim women need and want when it comes to finance so.

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Okay, so just a few housekeeping rules. So this looks a little bit different now,

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by and large, because if I just make that little larger for you guys as well,

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we're now on demand, so things like mics being off won't matter so much.

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So yes, as mentioned, these are personal and private sessions, safe and trusted space. This session, as you know, is recorded so you can listen and have like, have playback as and when you please.

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And these, I can't stress this enough, these sessions are for you and you only.

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I hope you understand that, obviously, as part of building a business, building a brand, and helping to educate women, etc,

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a lot of that is down to putting a lot of blood, sweat and tears into building that content too. So thank you so much again for signing up, and I hope there's an understanding that there's a social contract of catering to and designing content for you and you alone as person who signed up the Q and A session that, in itself will definitely be live and that will be scheduled at the end of the course, I will be sending out an email and keeping you updated on that, as well As part of that email, I'll also be sending out

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a little link to a testimonial, just so as and when you go along in this course, you can fill it out and let me know how you feel about things.

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Okay, so this is just a disclaimer for the start of each session. I've actually I usually do this at the beginning of each session, and I was actually given some feedback

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that it might be wise to just start this at the at the very start of the course, perhaps. So we'll see how it goes, and I'll definitely take on board your suggestions as well as this particular cohort. But

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let's start as you mean to go on so Riz cons its director, volunteers or third parties in connection with the organization are not liable financially or otherwise for any advice taken. All advice provided is based on research, and any advice taken is solely at the discretion of the attendee or user. We strongly recommend attendees carry out their own research before making any financial decisions or otherwise capital at risk now, capital at risk means whatever you choose to invest in, whatever financial decisions you choose to make, of your own choosing, at your own risk,

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and they're your call. Essentially. Risk cons its director, volunteers or third parties in connection with the organization are not Islamic scholars, but will show us, therefore, please take any advice provided as a matter of opinion and consult those with scholarly knowledge regarding fifth rulings and similar.

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Just to reiterate, I have actually shown this course outline, etc, to Mufti. Mufti for ours Adam, he's been on board. He really liked the sort of condensed version of this course, and it's been approved accordingly. But certainly I would recommend you really looking into your own mud hubs, your own fifth rulings, depending on whomever or whichever way you sway, and sort of going according to that as well, or essentially allowing that to feed into your financial decisions as well. So today, today we'll be covering what is investing. We're going to be looking at general definitions. We're going to be looking at what is considered in investment. We'll also be comparing that to Halal investing as well. We'll have a whole array of key terms, a glossary of sort, to really look into. I've just sort of taken a snapshot of a few of those words, including market Halal investing speculation and such,

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where, as mentioned, we're going to be looking at what makes a stock halal, looking at, if we were to screen a stock in a halal manner manually, what that would be,

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and we'll also be looking at the money management roadmap as well. This is just a snapshot of a few things that we'll be covering, but indeed, we'll be covering a lot more. So without further ado, the similar

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I've compiled some key definitions that will we'll be looking at. So just to give you a quick, sort of quick and answer to what we'll we'll be looking at, we'll be looking at things like asset classes and a variation of them. But in this specific

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definition, we're looking at specifically an asset class, rather than asset classes the.

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Pearl. And what that means is it's something of value, and in this case, it's an investment that shares similar traits and are subject to the same regulation. So an asset class, for example, could be commodities, so something like gold and silver, you also can have wheat, oil is also another commodity. Other asset classes might be bonds.

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So financial derivatives, fixed income, fixed income bonds are type of fixed income, and we'll go into that later detail, perhaps in weeks two and three.

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So that really shows you all sort of highlights, sort of

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a myriad of different types of asset classes, and they face the same scrutiny or regulation in their particular asset class. So for example, you can have something like crypto that does not face the same level of scrutiny or regulation. Arguably, it does face a lot of scrutiny, but that's a story for another day, as perhaps Tesla, which is on the stock market. And there are definitive rules and regulations that Tesla has to comply with, whether that be with the SEC in New York, whether that be with the FTSE 100

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or the London Stock Exchange, there are certain regulations that they need to follow, and the same would apply to say Microsoft, or perhaps alphabet, which is a parent company of Google.

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And so in that exchange, what we can understand is they face different regulations, comparatively to crypto. Now that's really hot right now because regulation is beginning to come in, particularly in different parts of the world, including the UAE, but it's definitely something that's being looked upon a lot further. So what you'll find is the FCA, the Financial Conduct Authority, have now come about,

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and really highlighted that this is an incredibly volatile investment. You could potentially lose all your money, and it's really there in bold print, essentially when you sign up to certain platforms.

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And a lot of that has come about because of things like the rise and fall of FTX, which is another platform that has crashed and burned, looking at, for example, binance, which has also faced a lot of scrutiny, and indeed, the founders also under certain charges, as well

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as we carry on. So we've got diversification, investing in loads of different things instead of one to two assets. So diversification is essentially not putting all your eggs in one basket, as the famous love Island trope goes. So it's having a little bit of everything to really minimize

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the level of sort of, perhaps pain or risk you may be exposed to. So, for example, if I had 1000 pounds and I decided to put 1000 pounds in Bitcoin,

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it could be worth 1500 tomorrow. It could also be worth 500 tomorrow, and that's because of the volatility of that particular asset class. If, however, I put my 1000 pounds in

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for example, I put 250 pounds in gold. I put 250 pounds in Sukuk, which is essentially an Islamic bond. I put another 250 in stocks, and I put 250

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in,

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let's say

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angel investing, which is also a different type of risk.

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I basically,

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towed the line such that I've been able to balance the level of risk so having something like Angel investing, which essentially is investing in early startup companies, with the hope that at one point they will

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IPO and essentially go to market, go to the stock market, and they'll go public and sell their shares. It's an initial public offering,

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and I can make my money back, and I'll make loads of money. That's the hope, but it's very high risk and at the same time high reward.

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However, on the other end of the spectrum, you have Islamic bonds, so Sukuk, whereby it almost acts like

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a way in which you can invest in something, for example, government buildings, let's say or or you can also invest in.

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Corporate companies

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with the idea that they're, it's, they're essentially taking that money and returning you an investment of, say, 5%

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by a particular time. However, it differs from bonds, particularly because this isn't an IOU. It's instead very collaborative, and it's a form of profit sharing, but we will definitely go on to that in later sessions, and then we've got portfolio that's essentially a collection of assets owned by an individual or company investment putting money into something with an aim that it will grow in value. The act of investing is an action you take with your money to make it grow. Halal is something that is allowed according to Islamic law, liquidity, the ease at which an asset can turn into cash. So how easily can I turn Bitcoin into cash? It's pretty liquid. I could take that money out right now. If I wanted to something that's pretty illiquid, would be, say, real estate. I can't get that money out tomorrow in the same way. So there's a spectrum of which asset classes are liquid and illiquid. Then you got something called short selling. We're definitely going to be talking about this in later sessions, when we're going to be talking about GameStop. But essentially it's a selling of a stock

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that a seller doesn't own, per se. So what you hope to do in that case, if you're short selling, is buying at a really low price,

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essentially acting at a particular business to the point of essentially death, and then hoping that you can then sell it on for a profit.

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We go on to say buy to hold, which is essentially buying assets to hold long term. That's definitely very favorable, Islamically speaking,

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because what we want to do is promote the health and the well being of society, and we're able to do that by holding shares long term as well, to help invest and build communities. We've then got stock. A stock is a type of investment that represents an ownership share in a company. We've got short term investment assets that can be converted into cash or can be sold within a short period of time. That's typically between one to three years. So you it's generally things like stocks, things like

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crypto assets, then you've got long term investments, which you can imagine is the opposite of that, which is more than three years

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by and large, most people would see owning a property as a long term investment, for example,

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angel investing, as I mentioned Earlier, that's also a long term investment, you've got speculation, which involves trading a financial instrument involving high risk in expectation of significant returns. We're going to go into this later, when we look at the backbone of Islamic finance. And then we've got financial market, any place where securities, currencies and bonds, are traded between two parties. So if you think about a market, a market is a place for trade, right, where people exchange goods. When

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we look at a financial market, it's a place where people may be trading currencies,

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like dollars, yen, etc. It may be a place where people are exchanging bonds. It may be a place where people are exchanging stocks and such equities as they're known in the financial market.

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Okay,

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so now we've got your money management roadmap, so it's really important and crucial that I mentioned at this stage, before you embark on investing, it's incredibly important to ensure that you have your emergency budget intact. It's there, it's readily available for you, it's liquid, if you will, so that when something may hit the fan or something may happen, you've got a pot of money that you can go back to to ensure that you you essentially are able to

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prevent any sort of harsh realities coming to fruition. So whether that be a loss of job, whether that be becoming ill, etc, ensuring that you've you're able to budget successfully, and you've got an emergency budget is very important. And I would argue that that needs to take place

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way earlier, and definitely as your first step beyond investing,

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what you need to do is.

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In as well as as your budgeting is also paying off your debts. It's really important to do that. And I would say that it's incredibly important to pay off the high interest debts first.

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So

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anything related to say,

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credit cards, anything related to buy now pay later, anything related to payday loans, those high interest credit

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or debts specifically need to be paid off. I cannot stress that enough,

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otherwise you can end up in a very tumultuous financial situation, and then we get into investing specifically, and why we're here today, and what investing is, is essentially keys to building the life you want, provided you know how to use those tools right in order to build the life you want. And that's why we're here today, ultimately, speaking, so I mentioned earlier

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the backbone of Islamic finance, and what you'll find is many of us know that Riba is haram.

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Some of us might even know that it's mentioned eight times in the Quran, specifically that Riba is haram, and there's good reason for that.

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Riba usury, what we now know as common day interest. It essentially acts as a one of the greatest dividers of wealth, and that by dividers, I don't mean in an equitable fashion. What I mean by that is it helps to widen the wealth gap. It allows the rich to get richer, the poor to get poorer. And it's essentially based on a model whereby that money doesn't even necessarily exist, not even necessarily it does not exist. That money doesn't actually in role raw world terms exist. What happens is, you put your money into a savings account in a bank

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that, let's say you've got 10,000 pounds in the bank. It's just sitting there. It's not doing anything

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other than making the bank money.

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What happens is is, let's say Adam comes to the bank and says, Can I have the loan for 10,000 pounds?

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I want to set up a

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gaming station, let's say so, a place where people can come and play games, etc,

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video games. And the bank says, Yeah, sure, fine. But in order for us to put up the collateral, put up that, that 10,000

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you're gonna need to pay us X amount, you'll need to, going to need to pay interest on top of that as well, and if you cannot make those repayments, then we're allowed to take the business away. We can essentially bankrupt you.

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And that's just sort of the that's the way it is. That's how we've decided that this contract's gonna run. Adam has very few choices, so he decides to take that on board.

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What the bank then does is takes the money you have. It won't necessarily take all your 10,000 and it's not like you you'll never have access to that 10,000 either. It's not like one day you have 10,000 the next day, it's all gone. What happens is they do some calculations in the background in the back office, so which allows them to move money around, and they will pay themselves the interest, and what they'll do is skim a little bit off the top and then pay you that interest, because they're rewarding you for keeping money in the bank and allowing them to essentially make more money

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by loaning out this money to Adam. But you'll only ever make a skimmed version of that. You'll only ever make a few percent.

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And as mentioned, you're not actually doing anything. You're you're already, in this particular example, wealthy. You're already rich. You're just becoming richer by not doing anything,

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whereas it could really be detrimental to somebody like Adam if he were to go bankrupt. So as you can see, let's say, in this example, Adam then does go bankrupt. It then affects the fact that people are now losing jobs. He's now lost a job. He may now become homeless because he's bankrupt.

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He's still in debt to the bank and having to pay that off. And the cycle continues where it allows for people to become a lot.

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Aura. So those things are the sorts of things that Islam prohibits,

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and for good reason. So

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next on this list, we're looking at gharar. So not ascribing to gharar, which is a risk or uncertainty. Now, this sounds very counterintuitive, considering we're talking about investment, but there's a particular risk or uncertainty that isn't allowed, so buyers should be certain of their ownership. So an example of guar is conventional finance, which includes futures and options. Futures and options are not allowed. Futures and options are essentially the idea that I will buy this. For example, I'm going to buy a box of pens, because in the future, they're going to be worth 10x so if I buy them for five pounds, and I'm saying in the future, they're going to be worth 50 pounds

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with no actual analysis behind it with no actual understanding. Nobody's actually ascribed this value. It's just very much a level of risk or uncertainty that they're banking on,

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and it's based on sort of like predetermined delivery dates set in the future. So if it does not happen, ie, if the this box of pens isn't worth 10x it's not worth 50 pounds, it means you're now having to pay out majorly for it. So something a core tenant of Islamic finance is this idea of profit sharing, of it being very communal, and we're all either winning together, or we're all either losing together, but it's not really half assed in that sense,

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then you've got no Mesa speculation.

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This is more commonly denoted to something like gambling, right where it's there's extreme speculation with something like gambling. So gambling essentially creates potential wealth from chance, rather than productivity, right? Thus eliminating the god conscience, God conscious intention behind wealth creation. So when, for example, when you go out to work and you go and do your job, you're being a productive human being, and you're essentially selling your labor or selling your time in exchange for money, right? So there's, there's nothing wrong with that, provided you're obviously working in a halal job, etc.

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What gambling does is says, All right, I'm going to roll the dice quite literally. I'm putting this all on chance, and I'm putting my faith into something that's not God, it's not Allah. So it can spur unhealthy attachments to wealth, including greed, and it can propel an individual into debt due to its addictive nature as well. So it's for these reasons that Islam is totally out when it comes to gambling. And what you'll find is actually, most recently, I believe it's a CEO of bet 365

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who,

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and this is,

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like I said, quite literally, the other week, gained billions

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in profits,

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and that wasn't including the bonus because of the number of people that are gambling and

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how incredibly popular it is. And when we think about how it prevails in our society, it's on. You know, some of these gambling companies are on football shirts, sponsoring football teams. The ads are always on. Generally around sports, because it's a big one around sports, gambling isn't necessarily just going to the concede Casino. It's about going to betting shops. It's about even

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the way in which we sort of dabble with or or partake in things. Now, obviously there's things that are like extremity, so like, for example, doing a raffle for charity. For some people, they feel like that's a form of gambling. For other people, they don't. So that's something for you to really sit and ponder upon. But essentially, those core tenants are the backbone of Islamic finance. So it's no river, no barar, no speculation, no maisr.

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Okay.

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Now, changing the tune a little, we're going to be looking at a brief history of the stock market, as we only have so much time.

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And essentially the history of the stock market dates back to hundreds of years ago,

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more specifically, 13th century Europe, where we look at things like murder, cantalism, but Well, save the economic history lesson, probably for the for the large, larger course, because it does go on for quite a bit. But.

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But what we know today to be the stock market, it didn't essentially come about until about the 18th century. So today, the performance of various stock markets in the US and around the world

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is used daily to go to health of different parts of the economy. But the history of the stock market is long, is a long, winding road with many twists and turns, and we'll, I'll definitely go in to show you the timeline.

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Of course, when it comes to financial stability, there are many different

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factors and unknown that can essentially destabilize the financial market.

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So it's really important to sort of learn, understand and know what kind of things can trigger or hinder a financial market, what that looks like, and how your behavior can respond to those sort of downturns, and what you can do. It's really important, at this point actually to observe that it's not just about investing in the good times, quote, unquote, so to speak, but also investing in downturns as well. And that's largely because stocks end up being very cheap, because a lot of people are spooked.

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So a stock exchange or the stock market is a physical or digital place where investors can buy and sell stocks, shares, publicly traded companies, among other securities. The price of each share is driven by supply and demand, as well as investor sentiment and domestic and global economic trend. The more people want to buy shares, or demand rises the higher the price goes. When there's less demand, the price of a share drops. Stock markets now exist in most countries, but the first appeared in 17th century Amsterdam. Now what's really interesting is it's because of the it's essentially because of slavery slavery that the stock market as we know it, came to fruition. So the idea of trading spices, trading wheat, trading oil, trading sugar, trading cotton,

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and they would be physical trades that would take place essentially

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built the core tenants of the stock market, and this has obviously changed as time has gone on and developed further to suit and meet the needs of people today.

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So we've got

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do I'm just checking our recording. Sorry, guys. So now we've got the stock market right? So here's a brief timeline of the things that have happened that have really sort of shaken the global stock market to its core. So I'll let you have a Quick skim of that.

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And here's another slide, and I wanted to focus on this one, more specifically the contemporary

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timeline,

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and pick up on a few things now

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we see something like 1929 when the Great Depression happened. So you you'll find that after a decade long of the Roaring 20s,

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speculators made leveraged bets on the stock market, essentially inflating prices that came crashing down, and it really affected the quality life, or quality of life, of people in America,

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more specifically,

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and poverty really struck very much so at the time,

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we've also got the SMP is founded, when Paul's publishing merges with standard statistics. That was incredibly important as well, and that really helped to sort of synthesize a lot of the stock market as we know it as well and provide the core foundations as we see it. Something really interesting happened in 1987 is the corporate buyouts and portfolio insurance help prices in the market run up until October the 19th

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in what became Black Monday. And essentially, $1.17

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trillion was wiped off the market.

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It was, it was pretty insane. And I mean, 1987

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there was still a there was a Tory government in place in the UK. So.

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And

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Margaret Thatcher, at the time, sort of sort of decided to have

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or sort of bury her head in the sand, so to speak. When it came to Black Monday,

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it was just entirely shook the UK and really led to its recession at the time, of course, we got 2008 which is when the

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most recent recession happened, which was essentially the housing bubble,

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essentially coming to bust and

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mortgage backed securities in the financial sector really came down like a ton of bricks and and through that came the fruition of FinTech and really challenging financial institutions as we know it.

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At the time, there were many different reports out, and more specifically,

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government backed or institutionally backed entities, suggesting that banks were too big to fail because our economies largely rely on

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financial institutions to help us prosper, but if the financial institutions then fail, then what is to be done?

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And that was something, and I guess that's still something that people are still looking to answer as well.

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Me, personally, I think the idea that an institution is too big to fail that we have to continuously bail it out to no end. Really shows the hindrance of current economic models, such as capitalist models, in allowing for those that get us into trouble to then be bailed out. I think that's really interesting. And I think it's very telling of the idea of profit over people. And obviously, most recently, we've had the pandemic, and we saw the stock market see a large decline in early 2020, and that's when sort of a lot of Robo advisories really came out to play,

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and we found a sudden surge in a lot of people becoming more interested in investing.

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Okay,

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so what is investing? I'm going to take, or allow you to have a little minute here to scan this particular QR code, because you can sign up to my weekly investing newsletter where you can sort of get the lowdown on the stock market and sort of financial news of the week.

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In as I mentioned earlier, investing is the process of buying assets that increase in value over time

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and provide returns in the form of income and payment or capital gains. So essentially,

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you could argue that investing is investing in any kind of quarter is about giving, right? You're either giving your time away, you're giving your money away, you're in in order for the return to be improving your life in some form or other.

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Earlier this week, I actually wrote this out, or I didn't write it out, per se, but I tweeted about gold as a form of generational investment, particularly for women.

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Hence the picture on the left, and essentially it's there to sort of denote and showcase how women have always been investing, particularly when we look at the global south. Women have used gold as an anchor and

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as a safety net, essentially, whether it comes to moving to another country, whether it comes to having gold being passed down as family heirlooms, etc, whether it be gold coins or necklaces, etc.

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Gold being used as an anchor and traditional investment, almost as a gateway to investing, has allowed so many women to prosper as well. It's really important, at this point, actually, when we talk about gold, to highlight the fact that it hedges against inflation. So last year, this time last year, when inflation was roughly 10% in the UK, many people were taking their money out of the bank, and they were putting it straight into gold.

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And that was also because of the war in Ukraine as well, that was really inflating

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the commodities market more specifically as well. So things like war can really affect financial markets, just as natural disasters, just as political uncertainty.

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T you'll always find the stock market kind of fiddles up and down whenever that it's around election time.

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So those are all things to be wary of. But certainly, gold as a sort of introductory investment has been something that's very much prevalent across so many different families and indeed, for so many different women.

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So we come to what is halal investing. Now, as you can imagine, we've just spoken about what investing is. It's about essentially putting away your money, or time, in this case, your money in the hopes that you'll have a gain or a financial gain in return.

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Now, when we apply this to Halal investing, more specifically, it's prohibits, the core essence of what isn't allowed. So you cannot gain or give interest. So robot is outlined outlawed. You cannot indulge in gambling, and you cannot indulge in extreme speculation as well,

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and that's all under the sort of core tenets of Islamic law, or Sharia law. Before investing in a company, it's necessary to evaluate its business activities and financial statements, to determine where its primary revenues come from and how its balance sheet is managed. So

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we've got a lot of different apps now that sort of cut out the middleman, so you don't have to do this manually. We obviously will be talking about doing it manually as well later on. But I think something that's really important to understand is why you're doing what you're doing.

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And as mentioned, if you're able to read financial statements, if you're able to evaluate a business's activities and really scrutinize something, it really enriches how you view business, how you view finances, and how you make the choices you do.

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So a company that meets certain criteria would be considered halal, and if it doesn't, then it's considered haram. So what are those particular criteria in order for something to be deemed halal?

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So Halal investing screens seek to eliminate so you need to get rid of bonds or other interest based investments, stocks of companies that have high debt, sometimes referred to as highly leveraged. So that means they owe much more than they own, which will be which is something that would be seen as a liability long term, and then also securities of companies in industries that do not adhere to Islamic principles, so anything to do with alcohol, gambling, porn, pork insurance, banks, etc, something. It's really important, actually that I mentioned at this point as well.

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When it comes to what is halal investing and probably what makes something halal? There can be an instance where something is deemed Halal

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in its technical sense, as an investment so it technically fulfills the criteria of being halal. However, it may not necessarily be ethical. Right now, there are overlaps between something that is ethical and something that is halal. But it doesn't necessarily mean that absolutely everything overlaps. So in this case, for example, most recently, there have been apps where they have removed Israeli. Um, sort of

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startups or or particularly those that lions or cyber security etc off their platform,

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because they may technically be halal, but then ethically, would it be right to invest in those companies that are essentially

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promoting and actively engaging in the murder of innocent people? So those are things to think about as well when investing, I think something that often gets mentioned is something like Tesla is technically halal,

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but you may not agree with Elon Musk and the way he carries himself or his businesses, or what he does, or whether he

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you ethically agree with perhaps his buyout of Twitter. That would be an example, for example, an example, example

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that took hold me a little bit. Okay,

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so

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what makes an investment? Hello.

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So we've mentioned Rimba, right? We've mentioned no Riba, no go.

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Are no Mesa cool,

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and that's largely because of its explosive nature.

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Further to that, though, investments cannot be made in into industries that explicitly go against Islamic teaching. So we've covered that as well. We've covered the fact that alcohol, gambling, porn, etc, is an ogozone.

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But why? It's largely because they promote injustice, inequality and disparities

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from gender to societal, harming communities, harming families, harming the individual, something you'll find really interesting. When it comes to Islamic finances, it's not about the individual. It goes back to society. It goes back to communities. It goes back to like the global footprint of finance and what that looks like and how we can all take better care of each other. And that's why you might find that Islamic finance often is labeled as socially responsible as well. It very much fits into ESG without it being labeled as ESG.

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And that differs very much from a capitalist model, which is seeks to make you an individual and really

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immortalize you as an individual, rather than as part of a group, as part of tribe, as part of something much bigger than you. And I think, I think there's something the world. There's a lot to be said about that, certainly, but in this case, it's really important to highlight why Islamic finance and investing in this case, differs completely from a conventional model.

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It's also, however important to recognize that we live in an imperfect world, and not all information will be apparent or readily available,

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as such as consumers, will never be 100% sure of all activities that go on as at a company,

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because how could we? And that's why there are a few key technical points to tip off when considering your next Halal investment, so things like essentially purifying your wealth, which we'll go on into will enable you to really reap the benefits and the barakah that is involved in going down the path of investing in a halal way.

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Before you do that, though, you

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really need to think about your risk level. So thinking about, for example,

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how you feel about money, why you feel the way you do about money, where that story starts, really discovering your money story. Now this is something you could do on your own, and really, then think about, this is also something you can do with a financial coach or advisor and and I would say what difference between a coach and an advisor is largely there. So with an advisor, they're there to make you money. It's not necessary. They're not necessarily there to

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broaden your outlook and the way you see the world and the way you think about things and how your actions commit to a certain type of lifestyle and try and unpick unhealthy habits to help you prosper.

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A coach will probably do that, and that's certainly something I work towards and do. And if that's something that is of interest to you, then certainly we can, we can talk about developing that further, but a large part of that is understanding your risk level and what that looks like.

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I think it's really important to really sit here and and think about how you feel about money and why you feel the way you do, because a lot of the time, people feel that women are extremely risk averse. But in my experience, it's largely a case of, I don't know what I don't know. Women are more inclined to make sound financial decisions provided that they have the reasoning, the logic, the know how and the literature behind them in order to make those decisions.

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It's not off the cuff. In order for a woman to make a financial decision, she really needs to think about what she's doing, and that's why, generally speaking, women are way better than men when it comes to saving. But

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saving isn't where you're going to make your wealth, ultimately, speaking,

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so your investment journey. So this is what the investment journey essentially looks like,

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or as I've roadmapped it out to be. So we're going to be looking at purifying your wealth and what that involves and making sincere da Alberta, Allah. Spano to Allah, divesting.

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From anything that is haram or not within the core tenets of what is Islamically and ethically Okay, calculating and separating from that the HLA from the Haram,

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in order to purify your wealth. Then looking at establishing a risk level. How much are you willing to invest? What are you willing to invest in? How are you going to go about and do that? Then looking at diversifying your portfolio and considering where you're putting your money and what you're putting it towards and at what percentage, and then looking at long term investing, so thinking about your current spend and assessing how much you can part with on a monthly basis to build the life you want

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and to secure your financial freedom.

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So we talked a little bit earlier about

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how to manually screen investments, or more specifically, manually screen screening, and how this differs to apps that are available

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so when we look at Halal financial screening companies, essentially the sort of three top things that they're seeking to eliminate are the following,

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if

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the revenue coming from haram sources, so that if any kind of sales income

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is above 5% from a haram source, it's a no go zone. It's a non negotiable. It's not going to be considered something that you can invest in

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continuing on from that if your if the total debt is more than 33%

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to their market cap, which is essentially just the fancy word, way of saying size

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over the course of the last year, also An ogo zone,

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and continuing on from that,

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if their accounts receivable,

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ie, all the accounts that are coming in are greater than 45%

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when compared to their total assets, ie, what they own, also non negotiable, that is also over a year.

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So if a company fails, the screening process is considered an unacceptable investment, investment. However, halal investment screening is not always straightforward. When considering whether an investment is halal, it is necessary to look deeply into the company's business activities to discover its core sources of revenue or how it actually makes its money. That's very true. You can always the

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devil is in the detail. You can always find how a business maneuvers, who they're doing business with, etc, in their annual report, in their financial statements, you can find this in

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pretty much any 100

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S, p5, 100, Dower Jones, etc, any of these companies will have websites which have investor relations as a part of their website, as a web page, and you can download those reports and essentially Control F, there you go. And start looking ahead at what, what the

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financial standing is like

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purifying your wealth. So from a practical standpoint, if you remember the roadmap that we looked at earlier, we talked about the first step being purifying your wealth. So from a practical standpoint, here's a few things you can do

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if you've got a workplace pension.

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Do you know who your pensions with? That's the first question. If you do know who your pension is with,

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and they are an as compliant pension, brilliant. Skip to the next thing. If not, it's time to divest. It's time to put it into an Islamic Sharia compliant investment,

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or pension, rather. And if you don't know who you you your pension is with in the first place, or you don't have one,

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I strongly suggest you speak to HR and

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essentially come up with an assuria compliant pension that you can invest in. And there are loads on the market. This is a particular session that's part of my finesse your finances, but I'm happy to sort of answer any questions about this as well, but essentially, it's difficult to know where your money is being invested, if it's not in a Sharia compliant pension fund. What you might find is you may be investing in arms companies, for example, which would be considered haram or.

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You may be investing in

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tobacco companies, for example,

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or alcohol companies, so it's really important that you divest and you transfer to an Islamic pension ASAP.

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Deal with the Haram now. Do not wait 40 years until you retire. So what you want to do is purify that money, essentially,

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and give in sadcar and then essentially start now. So it doesn't necessarily mean, and I've had this question asked to me before, that you need to purify the that specific fund, by and large, the people who have taken on this course are not over the age of 55 so cannot touch their pension, but you can donate from another. So perhaps your the money who you have in your savings, perhaps any liquid cash you have on you,

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but it's really important that if you do this, sooner rather than later, you won't have to pay off such a hefty chunk accumulating haram wealth, which you will have to purify later on, thus being a larger cost to you. As mentioned, make sure the stocks you pick are halal in the first place. That's a no brainer. That's why we're here today,

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and what about Halal stocks, the 5% rule. So here specifically you, as mentioned earlier on, you won't know exactly what that business is doing, who they're doing business with, exactly, etc. It might be something that's off the books. So to cover your base to cover your ground. It's always a good idea to purify that, give 5% off into sadcar and make dua for that. Baraka.

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Now

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we've got

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diversifying your portfolio.

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So something that's really important to mention

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is it's not just about

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investing. For example, have investing in all sorts of different stocks. If I might invest in Tesla, I might invest in Apple, I might invest in, I don't know, an ETF, I might invest in alphabet, etc, all well and good, but if I'm investing in Tesla, I'm investing in Microsoft, and I'm investing in alphabet

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that that's not diverse, for a start, they're all stocks. Secondly, they're all, by and large, part of the same industry.

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By and large, they're of a similar ilk in terms of size and stature. They also all sit on the same stock market. So I haven't there's no actual, real diversity to that when I start unpicking at it. Now, when we talk about diversifying a portfolio, what we're actually saying and doing and thinking about is, am I invested in commodities? Am I invested in equities? So the stocks and trades, am I in commodities being things like gold, silver, precious metals, essentially, oil, wheat, whatever it may be. Am I invested in crypto? Perhaps that might not be to everyone's liking. Choosing, once again, that's dependent on your own risk

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level, and that's something you'll have to think about. Am I invested in the tech sector, the healthcare sector,

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you know,

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perhaps media, perhaps

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angel investing, etc. Am I invested in halal, ETFs?

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What are the sizes of these companies? Some might be big, some might be small, some might be medium size. Am I investing in the London Stock Exchange, NASDAQ in New York, or NASDAQ in new Dubai? Dubai financial market.

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It might also be the Saudi stock market. May also be the Japanese stock market, etc, it's always good to have a good range and understanding a good hack here is, if you don't know a lot about a particular stock market.

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So case in point,

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Abu Dhabi is set to do a 50 believe it's a 50 million deal with India. So I, for example, might not know an awful lot about the Indian stock market, but I might know

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a few things about ETFs. It might be worth starting to look into that. What that does that look like? How does that shape up? Etc. I.

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On the other hand,

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let's say that they are all halal and everything's absolutely above the line. I might not choose to invest in that particular market because I disagree with their handling of

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particular situations, whether it was the Gujarat uprising, whether it be the way that the

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current government treats the Muslim minority, whether it's the way the current government treats Kashmir or the plight of Kashmiris, etc, etc, where, whether it might be India's unwavering support for Israel, whatever that might look like, that may also be an obstacle.

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So it's really about rebalancing your portfolio periodically as well, and understanding your needs today, your needs going forward in the long term, and building towards a future you want. And the way you understand your needs is by really sitting down with yourself and asking yourself these hard and difficult questions about what your life looks like, what you want it to look like, where your ethics lie, what are non negotiables for you and building out accordingly.

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As mentioned before, it's really important to understand the factors that impact a financial market. So what you might find, for example, is

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there were about seven to eight weeks where the US stock market last year, just before the last week of December, was doing really, really well, and it was week in, week out, really outperforming. And it was essentially coming out of a really dark spell.

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However, prior to that, when the US and the UK stock markets weren't performing particularly well,

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the golf stock markets were doing really well. So it's really and that's largely because they're not as affected by things like the war in Ukraine. However, since

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the current war in the Middle East in

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Palestine, these patterns shift, so it's really important to be aware of what's going on.

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Why do I need to learn how to invest so you're probably here because a you want to be which is great, and you want to learn how to develop a core life skill. You want to develop the life you want. Perhaps you want to lead a different life to the women

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of of your past, of your lineage, of those around you, or you might just want to learn these skill set to then pass them on to your own relatives, etc, and the women in Your Life.

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And that's all well and good,

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and I totally support that. I think something that's really important to mention is how this manifests in your life, financially speaking, as well,

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as well as from a religious perspective. So

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essentially, by learning how to invest, you can offset rising financial costs, so things like inflation or the cost of living. As I mentioned earlier, a lot of people this time last year in the UK were taking their money out of the bank, putting it into gold, and that was to hedge against inflation, to make sure that they weren't losing money.

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When you leave money sitting in the bank or you just leave money on the table, so to speak, it's not growing. It's not actually working for you or doing anything you've ascribed it no value and no action. And by ascribing no value or action to that money, it will depreciate. It loses value, quite literally, it does depreciate. But also because it's you could be there's an opportunity cost to that. You could be doing something with that, instead of letting it essentially sit there. Now, costs are rising.

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If you have 1000 pounds in the if you had 1000 pounds in the bank in january 2023,

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it would be worth it would have depreciated by 10% so that's not to say that suddenly you've only got 90 pounds. That's not it. You still have the 100 pounds. But because things have increased in in terms of

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how much things cost, so the value of such it means it's devalued the your buying power with that money by 10%

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so as as mentioned, gold is a safe haven investment. It hedges against inflation. By and large, they have an inverse relationship. People also dabbling in the stock market. People also.

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Putting their money in basically anything but the bank. At that point, it was also largely because the cost of living was absolutely insane, as it still currently is, but not to the same degree. Because inflation is currently at roughly 4%

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that doesn't suddenly mean everything's gone cheaper. It costs are still rising. They're just not rising at the same speed as they were prior to that. So another reason to learn how to invest better returns than saving opportunity costs, as mentioned, needing a large nest egg for retirement. People are living longer. So if you're living to like 100 now, you need to find a way to financially account for that as well. You're not going to be working till the age of 100 so you need to think about how you're going to build for retirement or build when you're unable to work. Financial Freedom is another reason why people learn to invest, and that's to build the life they want to no longer have to work, to be able to spend their time doing the things that they truly love,

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if they're not doing so already. And once again, as I mentioned earlier, people work, they exchange their time for money, so why not use that money

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passively speaking into the stock market, which can then make more money, so that you can then free yourself faster.

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Essentially, it's about building better or wiser financial decisions. It's about building a skill set, a core life skill,

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you alone, we worship and You alone, we ask for help. I think

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something that's core in our deen is how much we call out to Allah subhanaw taala, how much we speak and gravitate towards Allah, Subhanahu, taala, when it comes to things like Ruz, when it comes to things like barakah, when it comes to things like not just asking for something, but really pursuing and full well, knowing that Allah will provide and will answer our duas, it's important that when we're pursuing this, and the reason you have joined this course is not just to learn how to invest, not even just to learn how to invest in a halal way, but it's how do I bring ALLAH SubhanA Taala

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to the center of what I'm doing? And I constantly go back to the center, and I realize, and I recognize and I prioritize that Allah subhanho wa Taala is at the core, is at the center of everything I'm doing. So

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what I would love for you all to really consider and think about is

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you're on this course because not only do you want to learn more or do more or know more? But it's also because you want to put Allah at the center of what you're doing. And it can be everything from anything as mundane as doing the dishes to going to work to, you know, going to your best friend's wedding to investing. It's about putting Allah at the center and knowing why you're doing what you're doing. All of these actions are an act of ibadah. It's about self reflection, self improvement in the way of Allah. So when we come back to you alone, we worship, and you alone, we ask for help, we know Allah is the only one who can answer our prayers is the only one who is able, who who has the power of changing our lives, and that action can be through the so it's really important to really prioritize and think about that when it comes to your risk and when it comes To enveloping yourself in as much Baraka as possible,

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and that comes to the humble Wow.

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That's us at the end of our session.

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JazakAllah khair for turning up today, guys,

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you can find me on Anisa, dot finance on Instagram. You can also find me at Anisa finance on Twitter.

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I really hope you've benefited from this session today Inshallah,

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and I really can't wait to see and hear and learn more from you guys inshallah in the coming weeks. JazakAllah, her for attending as ever, as I mentioned, I will be sending out an email with full details. Okay, masala and enjoy the rest of your week until next time. Inshallah, bye. You.