

Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Finding Good in Every Situation**

One could argue that it is impossible at times to find good in a terrible situation. For example, wars or children dying of starvation and many more such realities that are present in our daily lives. My goal today is to help you understand that we really can find good in any situation, every situation and best of all, not only find good but actually turn it into a statement of gratitude and praise for ALLAH.

Our Prophet (SAW) found good in a situation as terrible as his own son's death. SubhanAllah, I shudder at the thought of even a little scratch coming upon my child. May ALLAH give us the same strength and endurance as our Prophet (SAW). Ameen ya rabb.

This Ramadaan, train your mind to always be aware of these verses from the Quran, the book of truth and guidance.

“And certainly, We shall test you with something of fear, hunger, loss of wealth, lives and fruits, but give glad tidings to the patient ones.” (Quran 2:155)

“Therefore, remember Me (God) and I will remember you, and be grateful to Me (for My countless Favours on you) and never be ungrateful to Me.” (Quran 2:152)

“If God helps you, none can overcome you; and if He forsakes you, who is there after Him that can help you? And in God (Alone) let believers put their trust.” (Quran 3:160)

Four Simple Strategies to Train Your Mind to Find Good in Every Situation

Acknowledge that you are a soul dwelling temporarily in a body. You are not your body. Your soul is pure. Events, people, things may have impact on your body through your sensory perceptions. However, they do not have impact on your soul. **Only connection with ALLAH has impact on your soul.** Acknowledge this and remember that events, people and things have no power over your soul. ONLY ALLAH can change your situation. Having faith in ALLAH helps you find good in every situation.

Daily practice of simple strategies can help with reminding yourself about your faith in ALLAH.

1. **No matter what the situation, avoid blame and accept responsibility of your own actions.** Once you identify what role you play in that situation, you can turn it into an act of faith and gratitude. For example, if you are constantly watching negative news regarding Islamophobia and as a result you take off your hijab or shave off your beard because of fear, the strategy to use would be to firstly identify your own responsibility towards your deen. Is living in fear of people part of Islam? No. So, what responsibility do you, as a Muslim, have on upholding the commandments of your deen? Once you are honest with yourself and live by your deen, negativity of situations and people become invisible. Only goodness remains.
2. **Detox from people who are constantly complaining and seeing only negative.** It is challenging but try. People who display negativity can affect the mood of the whole family or community. Avoid spending time with such individuals. Whenever you are in company of such people, use their complaints and turn them into gratitude statements. For example, if someone is always complaining about not having enough money, say this to the person: "Alhumdolillah, Allah has really blessed us with an abundant supply of all the things we really need to sustain ourselves. We are truly blessed."
3. **Consciously find the best possible result of the situation at hand.** Take any given situation that may seem terrible and deconstruct it to deliberately find a positive in it. For example, the ongoing plight of the refugee crisis...as Muslims, we can find good in that situation by reminding ourselves that it is now a must that we commit to our deen more strongly than ever before. We may not be able to physically stop drone attacks, however, we can wake up in the middle of the night to pray Tahajjud salah and beg ALLAH to help these refugees reach safety.
4. **The glass is refillable.** Yes, it is not about whether the glass is half full or half empty...it is about acknowledging that rizk comes from ALLAH alone and that HE has provided us with an abundance that can be used in our daily lives to keep replenishing our lives. If you are breathing, you are alive...that is a start...the idea is to keep breathing and keep being of service. If you are stuck, get help from those who have knowledge. If you are feeling really down, fall in sajda and refill your emaan. You are never alone. ALLAH is with you.

Daily affirmation to help see the good in everything

ALLAH gives me wisdom everyday to be his servant and to practise my deen with love, light, peace and joy. Alhumdolillah

If you look for the bad, you will always find it. So why not look only for the good?

In Shaa ALLAH, next week we will explore the topic: **Practice versus Preaching**

If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me or visit www.muslimahmindmatters.com. If you wish to have a FREE one hour **Finding Clarity** telephone session, contact me on 0451977786



Princess Lakshman

Writer, Clarity Coach, Founder and Facilitator of **Healing Words Therapy - Writing for Wellbeing & Muslimah Mind Matters**

E: info@healingwordstherapy.com / info@muslimahmindmatters.com Ph: 0451977786

Website: www.healingwordstherapy.com / www.muslimahmindmatters.com