

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: **You Are Not Your Experiences**

No matter where you are right now and what circumstances you have been through, remember this very important truth about yourself: You are a pure soul temporarily dwelling in a physical body. The moment you had consciousness of your existence, you began perceiving the world through your five senses of sight, smell, hearing, touch and taste. You also perceive the world with your intuitive abilities, such as having a "gut feeling" about something.

All your experiences are stored in your body and mind and you have the ability to replay them on your mental screen as though it is a movie. The more you play a certain memory over and over in the cinema of your mind, the more you begin to identify yourself with that experience.

When you have an unpleasant experience, you tend to play that in your mind and dwell on it. Sometimes, you may even believe the negative words that someone says about you. Whatever experiences your body is having, you begin to use them to identify yourself (your soul).

Understand that you are not your experiences. Your experiences do not define you or identify you. Experiences are there to show you exactly how you are travelling in life. If the experience is positive, it tells you that you're on the right track and to keep doing what you're doing. If the experience is negative, it tells you that you need to re-evaluate your behaviours and beliefs and make necessary changes. Experiences occur as a result of your beliefs and behaviours, meaning that you have the power to create positive experiences if you choose to do so with the free will that ALLAH has you blessed you.

When you take ownership of your experiences and use them as lessons in order to pass the tests of life, you become empowered. But when you use your experiences to control you and define you in every situation, you become a victim.

Experiences will continue to play like a movie in the cinema of your mind. Choose to be the hero of your film, not a victim.

Daily Affirmation

Use this affirmation daily to remind yourself that you are a pure being.

Alhumdolillah, I am a pure soul created by ALLAH
I live in the present moment
In this present moment, I choose good thoughts
In this present moment, I choose good words
In this present moment, I choose good deeds
Alhumdolillah, I am Muslim.

In Shaa ALLAH, next week we will explore the topic: **The Art Of Saying Sorry**

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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



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