



Princess Lakshman

Muslimah Mind Matters, in collaboration with Islamic Women's Association of Queensland, is hosting a FEMALE ONLY live event - Self-Care and Clarity of Mind Program - on Saturday, 25th February at IWAQ Hall, 11 Watland Street, Springwood from 12:30pm to 4pm.

Tickets are \$49 pp and can be purchased online from [Eventbrite](#).

Self-Care and Clarity of Mind Program helps Muslimahs gain awareness of the vital practice of self-care. It helps Muslimahs gain an understanding of their mind and how to cultivate a practice of joyful living through daily self-care, mind awareness and most importantly, awareness of any negative thoughts and how to immediately switch them to positive ones.

This event is facilitated by Princess Lakshman, writer, Clarity Coach and founder of Healing Words Therapy - Writing for Wellbeing.

Princess Lakshman, also known as Sister Iqra, is an engaging and interactive facilitator of Muslimah Mind Matters and Healing Words Therapy workshops. Her rich life experiences and her craft of creative writing have equipped her with empathy and skills that are vital for facilitating such workshops. She speaks five languages and has worked extensively with culturally and linguistically diverse communities in Australia and overseas.

By the grace of ALLAH she has survived a traumatic childhood, a violent marriage, depression and a brain tumour. In February 2012, Princess and her daughter embraced Islam. She dedicates her life now to social work, writing and coaching about well-being. Princess volunteers as an English teacher at South Bank TAFE and as a Mental Health Support Worker for RBWH outpatients.

Princess is a qualified journalist, workshop facilitator, published author, freelance writer, Clarity Coach, qualified Trainer and Assessor, a Bicultural Worker, and a Remedial

Massage Therapist. Her debut novel, 'The Girl Child', was launched in 2007 in India, Australia and New Zealand. Princess was nominated for Best Screenwriter in the HotMedia Film Festival in Washington D.C, USA, for her original screenplay for a short film, about a girl who finds the joy of life after recovering from brain injury, entitled 'Butterfly Wings'.

Princess's workshops are mainly designed for women and children however she also designs and facilitates workshops for NGOs and corporate organisations.

Muslimahs and NGO groups who have experienced Sister Iqra's workshops speak highly of them. Her workshops are fun and informative.

*"The workshop that I attended was very beneficial and therapeutic. I was able to reflect deeply and write about my feelings about past events and situations. I look forward to attending another workshop perhaps in the future."*

(A. Ishaq - Social Worker - Qld)

*"Attending Sister Iqra's workshop provided a safe nurturing environment to explore perceptions, conditioned responses and gave the freedom to uncover true inner feelings. Princess is a worldly woman with a strong faith who facilitates interactive activities and guides you to let the pen take you on a journey of self discovery. She encourages you to share within a supportive group but only if you feel comfortable to do so. There is no pressure just a sense of peace. I was surprised what came forward for me - another layer on my self development journey."*

(J. Edwards - Natural Therapist - Qld)

*"It benefited me both by being able to tell my 'story' to myself, to other sisters in Islam, and most of all it lead me to a place where I could feel mercy and forgiveness for those who hurt me, as well as myself, and to feel deeper reliance on our Creator in all situations."*

(A. Mrazek - Teacher - Qld)

*"Princess Lakshman created a validating and trusting group environment and managed interactions between participants in a professional and gentle way. I would recommend her workshops to any multicultural, recovery, domestic violence and mental health programs and service providers."*

(Mandy Cox - Multicultural Programs & Community Development Coordinator - Community Qld)

Princess's passion in life is to advocate for a life of positivity, love, light, peace and joy. She believes that a joyful person is able to serve the greater community with joy, compassion and kindness.

Says Princess, "Freedom from the prison of an oppressed mind comes from awareness. If you don't know you are in a prison, how will you ever walk out of it? Domestic violence is one such prison. Depression, anxiety and poor self esteem are examples of oppressed minds. Becoming aware is the first step to transformation of self. Self-care and clarity of mind is vital for everyone. A positive, joyful Muslimah prays on time and practises deeds of service for all of ALLAH's creation, including herself."

To know more about Sister Iqra's workshops, visit the [healingwordstherapy](http://healingwordstherapy) website.

For further details about this event, contact Nora from IWAQ on [nora.cams@lwaq.org.au](mailto:nora.cams@lwaq.org.au) or Princess Lakshman on 0451977786 and [prlakshman@yahoo.com.au](mailto:prlakshman@yahoo.com.au).

This is a FEMALE ONLY and NO MUSIC event.



## Muslimah Mind Matters

