

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: **Are You Living Your Life By Design Or Default?**

Did you know that apart from the five senses of sight, smell, touch, taste and hear, ALLAH subhaanu wa ta'ala has also blessed us with six mental faculties.

Six Faculties of the Human Mind

1. Intuition
2. Imagination
3. Will
4. Perception
5. Memory
6. Reason

ALMIGHTY ALLAH gives us challenges and tests on a daily basis whereby every moment in life one needs to make use of the six faculties of the mind and react or respond to the five senses.

The simple thing to understand is that if you are living your life by default you are operating on a default setting known as **REACTION**. In other words, **HABITS**.

This means that you are facing your tests and challenges from ALLAH in a reactive mode. The result of living on this reactive mode is that you are not pausing to evaluate your life and make sense of your habits, patterns and ingrained self-talk.

You are giving in to your nafs (sensory desires) and hence **Living Life on DEFAULT**.

Now, the ideal Muslim life is to pass those tests and challenges daily that ALMIGHTY ALLAH places in our lives so that we may grow more joyful, kind, considerate and perform righteous deeds which please ONLY ALLAH.

Al-Ankaboot Verse No:9

وَالَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ لَنُدْخِلَنَّهُمْ فِي الصَّالِحِينَ {9}

Verily! Allah is with those who do good deeds.

How To Live Life By Design

Living life by design requires us to pause and evaluate our thoughts, words and actions every single moment and perform righteous deeds that are pleasing to ALMIGHTY ALLAH. That in itself is an enormous challenge.

There are strategies that you may use daily to understand and transform your life so that you are not reacting but responding to life's tests and challenges.

1. **Gratitude** - every morning, upon waking, thank ALMIGHTY ALLAH for the new day HE has blessed you with. Thank ALLAH for making you Muslim, thank ALLAH for your family and loved ones and your health.
2. **Record your behaviour for seven days** - make notes in a journal about how you react or respond to life's daily challenges. Write without judgment.
3. **Analyse your behaviour** - now take each behaviour pattern that you recorded in your journal and analyse it with deep reflection. (Contact me if you require help with this) Usually a timeline of your life can help with behaviour analysis. Noticing what happened in your life helps you understand how those behaviour patterns were formed. For example, it was very early in my life, around the age of five, that I was told that Muslims were "bad people, traitors and cheaters". I only figured this out when I worked on my personal timeline. This phase requires you to use the six faculties of your mind mentioned above.
4. **Challenge your behaviour** - this is the phase that requires you to be completely honest with yourself and tell yourself that your ultimate purpose is to be and remain a Muslim. Challenge your behaviors and ask yourself if they are in alignment with ALLAH's commandments.
5. **Transform your behaviour** - be kind to yourself. Transformation does not happen overnight. It requires a proper strategy, discipline and immense support from people who want the best for you. These people are always very positive and display good, righteous deeds. Seek help from these people to start your transformational journey.
6. **Reflect on your transformation daily** - the best time to do this is after Fajr when your mind is alert. Reflect on your behaviour patterns from the day before and check in with yourself regarding your transformation.
7. **Teach** someone else how to become aware of their habits and support them in their transformational journey. When you engage in being of service to another, you are obliged to practise what you preach.

In Shaa ALLAH, next week we will explore the topic: **Cultivating Joy In Your Marriage**

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

