

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: **Conscious Act Of Kindness**

You may have heard the phrase "random acts of kindness". It makes me wonder though if an act of kindness can be random. From personal experience I do not recall ever being randomly kind. What I do know is that I cultivate daily a conscious intention to be kind to myself and all of ALLAH's creation.

Kindness is one of the most beautiful intentions one can harbour. Intention requires a conscious awareness of one's thoughts. Having an attitude of kindness is different from having a practice of kindness.

Conscious act of kindness is a daily practice. It is deliberate and comes from a commitment to ALLAH that all of HIS creation deserves to be treated with love, compassion and respect. Kindness does not require money. It requires awareness and a deep, soulful connection to self. This consciousness, also referred to in Arabic as *Taqwa*, is what we strive to attain daily.

Kindness is a daily practice
Your soul is kind
But your body may not always be
When you connect soulfully with others,
Kindness happens
Connect with your soul
Detach from noise and negativity
Practise silence, prayer, gratitude
Practise to willingly give and
Graciously receive
Connect with your soul so that you may
Connect soulfully with others
When you do,
Kindness happens

- Princess Lakshman (Sister Iqra)
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Strategies To Practise Kindness Everyday

1. During Fajr prayer, make an intention to perform acts of kindness throughout the day.

2. Ask ALLAH to help you be kind.
3. Before retiring to bed, reflect on your deeds and thank ALLAH for helping you be kind.
4. Before sleeping, have an intention to be kind tomorrow

In Shaa ALLAH, next week we will explore the topic: **Self-Care Is Not Selfish**

To get a copy of my new E-Book *Muslimah Mind Matters - The Ultimate Self-Care Guide For Muslimah* visit Amazon

<https://www.amazon.com.au/dp/B074YK2Z8V>

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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