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: **Thoughts Become Things - What You Think About, You Bring About**

Take a few moments and look at the garment you are wearing. Now look at the device that you are reading this article on. Both these items, your clothes and your technology device, were first conceived as a thought in someone's mind before they were physically created.

At times when you worry about the future you may start visualising possible outcomes. You create thoughts in your mind that perpetuate fear and anxiety in you. As a result, you start believing in a false, imagined reality that you yourselves have created in your mind by creating fearful thoughts. Then, you begin to dwell on those negative thoughts and start living your life on "high alert" mode where you try to protect yourself from dangers that you expect life to throw at you due to the imagined, false future. When you live on this high alert, vigilance mode, your present moment, that could have been lived with peace and joy, is wasted in fear, worry and anxiety. Before you know it, these moments become days, weeks, months and sadly, sometimes, years.

Wouldn't it be better for you to think only thoughts that evoke peace and joy?

In the Holy Quran, ALMIGHTY ALLAH gives us a magnificent and vivid description of Jannah. As Muslims, we can use that imagery every single day to visualise and create only positive thoughts for our own lives here in duniya. Instead of creating thoughts of fear and worry, try creating thoughts of peace, love, joy and optimum health and wellbeing for yourself and all of ALLAH's creation.

How To Switch Your Thoughts From Negative To Positive

My clients often ask me how to stop thinking negative. Negative thoughts are addictive and can become a habit.

I recommend a daily practice of **THOUGHT SWITCH.** For the purpose of this exercise, I have used the words "pleasant" and "unpleasant" to describe the nature of our thoughts. A pleasant thought always makes

you feel joy and love. An unpleasant thought always evokes worry, anxiety, fear, anger, jealousy, hate and doubt.

Daily Practice

Sit in silence for 2 minutes

Notice your thoughts

Notice your inner voice

If a pleasant thought comes, smile and say ALHUMDOLILLAH

If an unpleasant thought comes, IMMEDIATELY think of the beauty of nature, for example, clear, blue ocean; majestic mountains; colourful flowers…

Keep thinking about pleasant thoughts, keep smiling and saying ALHUMDOLILLAH

Keep switching unpleasant thoughts to pleasant ones by thinking of nature and its beauty

Dwell only on pleasant thoughts and smile as you utter ALHUMDULILLAH

Do this practice daily for 2 minutes, few times a day.

Practise this daily and In Shaa ALLAH you will feel more aware of your thought patterns. With awareness comes transformation.

In Shaa ALLAH, next week we will explore the topic: **It Takes Two To Argue**

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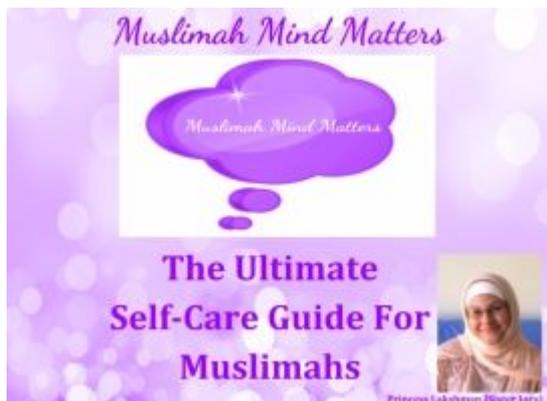
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If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me or visit www.muslimahmindmatters.com. If you wish to have a FREE one hour **Finding Clarity** telephone session, contact me on 0451977786

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