

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: **How Self-Aware Are You?**

Have you ever experienced a moment where you suddenly became aware of yourself and realised that so many minutes or hours have passed without you actually being aware of that time-lapse? That you were so engrossed in whatever you were doing that you didn't see the world go by, didn't hear the sounds around you, didn't notice any smells, didn't notice your posture or even the way you were breathing?

Self-Awareness is what the new-age gurus are calling Mindfulness. I like to call it self-awareness because it helps me understand that unless I am aware of self, I can't be mindful in my actions.

What is Self-Awareness?

Self-Awareness is to know yourself - your personality, your beliefs, your values and morals - and to also know why you have them, so that you may have conviction in them and act mindfully. Knowing yourself is probably the most difficult thing to do because often you are so consumed by the world outside of you that you barely spend moments with yourself to experience the world inside of you.

When you disengage with the outside world to become engaged with your inner self, you will realise who YOU REALLY ARE by realising who YOU ARE NOT. For example (not an exhaustive list):

- You are not your name, you have a name, but it's not you because it was given to you
- You are not your job title, it's what you do because you got hired by someone
- You are not your business, it's what you are entrepreneuring by providing a service in exchange for money
- You are not your body, it's a physical, sensory and cellular structure that you live in
- You are not someone's opinion about you
- You are not a label
- You are not your bank balance, your material wealth or your bloodline

When you realise the things you are NOT, you will begin to understand what you really are. You will understand that:

- You are a pure soul
- You are here in this realm for a temporary existence
- You are meant for using your sensory perceptions (see, smell, hear, taste, touch) to maintain the purity of your soul
- You are here to glorify and be grateful to your ALMIGHTY CREATOR

30-Second Strategy To Develop Self-Awareness

1. After Fajr Salah, DO NOT GO BACK TO BED.
2. Sit in silence on your prayer mat.
3. Straighten your back and let your upper body feel tall
4. Breathe in slowly and deeply, so that you feel your belly expanding
5. Hold for a few seconds
6. Breathe out slowly
7. Repeat for 10 long, deep breaths in and 10 long, deep breaths out
8. If you have more time, write in your journal and express your true feelings. **(Contact me if you require help with journaling)**

In Shaa ALLAH, next week we will explore the topic: **Foster A Healthy Marriage With Couple Goals**

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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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