

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: **Reboot Your Imaan**

On my journal cover is this beautiful quote by designer Adele Basheer:

“Inside each day we are awakened to a new beginning.

A chance to give, grow and create the life of our dreams.”

Your imaan, your faith, is intangible but it is dependent on tangible things - what you consume. Your choice to consume certain foods, drinks, literature, TV, videos, newsfeeds, gossip, to name a few, all impact upon your imaan. When your computer starts to lag and freeze, you reboot it. You check what's important and what's not and delete folders, uninstall apps, empty the recycle folder, maybe give it an anti-virus scan and then you switch it off completely to give it a rest for a few minutes before you restart it.

Your life is very similar. Rebooting your imaan requires you to reflect on your current lifestyle, the choices you're making, the food you're eating, what you're drinking, who you're spending time with, what you talk about, what you watch, what you read, how you are sleeping, how much you are physically moving, and how often you are sitting in silence. Basically, you need to do a life-audit.

Once you are able to identify what needs to be deleted you can then reboot your imaan. Rebooting your imaan may require that you distance yourself from some people who are not moving you towards your purpose of attaining Jannah. It may be that you have to stop consuming things (foods, drinks, visuals, texts, sounds), that are slowing you down in this purpose.

As we approach the end of 2017 I hear people around me talking about new year resolutions – lose weight, quit junk food, manage time better, pray all five prayers daily, read Quran, learn Arabic, start studying, buy a house, save for a holiday – the usual stuff that people resolve to doing from midnight 31st December. Pretty much every year the pattern is the same. And then they wake up around midday on the 1st of January with a headache from staying up all night the night before, switch on the TV, have a greasy-high fat-high-sugar breakfast, followed by endless hours on the couch scrolling through newsfeeds and incessantly comparing

their own lives with others. Before they know it, precious moments of their lives have been transformed into ingratitude, self-loathing and hopelessness. And then guilt kicks in, giving rise to yet another year of negative choices.

Why do people put themselves through this? And why specifically on 31st December as though the CREATOR has designated this day to be of some special significance which allows foolish promises to be made and later broken with frivolous excuses.

And have you ever noticed how these silly New Year resolutions are so selfishly petty? Ever heard anyone say “Today I commit to doing an act of kindness everyday...Today I commit to stopping and acknowledging the homeless who sits on the bench near Central station – maybe say “Hi, how are you doing?”, just so he knows he exists and that I do see him when I’m walking past him on my way to work everyday. Or today I will smile at five strangers because I want to infect them with a happy vibe that smiles generate. Or today I commit to asking someone at work how he/she is and actually waiting for their response. Or today I commit to spending five minutes of my journey looking out the window, being grateful for the perfection that surrounds me, instead of being attached to my electronic gadget. Or today I resolve to read about something new and try to challenge my belief system about this particular topic. Or today I will breathe deeply and with each breath, feel how I alive I am, how perfect my body is, how precious my life is.

So try this new resolution, not just for a new year but for every single day...a daily affirmation: Today I commit to a new beginning, right now, right this very moment, to be mindful of my choices so that they are constantly and consistently moving me towards Jannah.

Start being grateful. Spend a few minutes in silence and listen to this audio on how to be grateful:

<https://drive.google.com/file/d/1CsJJQCDhwbOa2c43agJ8z4B09PyAVgAc/view?usp=sharing>

In Shaa ALLAH, next week we will explore the topic: **Awaken Your Entrepreneurial Mind**

For Muslimah Mind Matters videos on YouTube, visit

https://www.youtube.com/channel/UCepmAVw1x9f0NQZMCToO_rQ

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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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