

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: **Awaken Your Entrepreneurial Mind**

It was 2pm on a Wednesday afternoon in November of 2016 when it dawned on me that I must rise above the oppression of my then toxic workplace and walk out forever. I didn't have a job to go to. I didn't have any savings as I lived from pay week to pay week, a fortnightly cycle of existence. I recited Surah Fatiha, begged ALLAH for strength, took a deep breath in, exhaled with total faith that ALLAH would open a new door for me to earn a halal income. I collected my personal items and left quietly, never to return to that toxic setup.

An hour later, as I was riding home on the train, shaytan's whispers, like an incessant fear-mongering track, began in my mind: What have I done? I'll never be able to survive. Where is the money for rent, food and bills going to come from? I'm such a stupid, idiot for leaving a permanent job. Go back, go back.

These whispers gnawed at my conscience like a hungry mouse devouring a piece of cheese. I started shaking with panic. One of the strategies I always use in times of panic is to bring my awareness to the present moment, the NOW, and breathe deeply, slowly and exhale slowly. So, I closed my eyes and started breathing, with each breath, reciting Allahu Akbar. As I breathed and recited, I started reminding myself the meaning of Allahu Akbar. Tension started to melt away, I could breathe better.

When I got home, the first thing I did was pray my salah. Then I showered, turned my phone off and slept. Upon waking, I began affirming these words to myself: I am free. I am free. I am free. The positive energy in me increased. And then the doorbell rang. It was my teenage daughter, home from school. One look at me and she knew there was something different.

"You okay, mum?"

"Alhumdolillah, baby. I am free. I am free to work for myself now."

"Are we okay with money, mum?" she asked, concerned. I realised I had imposed my own fears on my child regarding money and sustenance.

"Ar-Razak, Allah Provides," I reminded us both.

That evening I poured my heart out to my husband, who was at the time caring for his ill father overseas. He listened patiently and reminded me that I had been through worse situations and this was one more step towards my growth. Alhumdolillah.

In my reflective journal that night, I wrote about the time in India several years ago when I was working for myself as a full-time freelance writer and writing therapist. I wrote down, in dot points, all my skills, my qualifications and my yearnings. I took each one of those points and wrote out a possible way to turn it into an income generator.

Next morning, I sent a bulk email and text message out to people offering my services. Alhumdolillah, within minutes I began getting messages enquiring about my English tuition services, just one of the many services I was offering. Soon, my diary was booked for two weeks to teach English to a sister who was preparing for her IELTS exam.

I knew I was on the right track. I knew I had more in me to share with the world. I prayed for a miracle, begging Allah to guide me so that I could start living my purpose. While taking a walk in the park and being in complete silence I heard my intuition, my soul's voice. I saw an image in my mind - a purple thought bubble and three 'M's...and I thought what could these mean? I started making dhikr and asked Allah to give me a more specific guidance so that I could decipher this image. This time, almost immediately after I made this duaa, I clearly saw the words flash in my mind "Muslimah Mind Matters".

Muslimah Mind Matters celebrates one year anniversary this month. I am grateful to ALLAH for awakening my entrepreneurial mind.

Eight Steps To Awaken Your Entrepreneurial Mind

1. Write down what you enjoy doing most, what gives you peace and joy.
2. Write down what is fulfilling in your current job and why. Are you growing in your current job? How?
3. Write down what your skills are.
4. Write down what your hobbies are.
5. Which skills and hobbies relate to each other and can be matched? For example, if your hobby is swimming and your skills lie in teaching, they could be matched up as "teach swimming". Or if your hobby is cooking and one of skills is graphic design, how could you match them up?
6. Ask yourself this question and write an honest answer: **If money, age, traditions and location were not my barriers, what would my ideal job look like?**

7. Write down what you can do every single day to make this ideal job become a reality.

8. Write down what you can do today, this very moment, to make a start towards making your ideal job a reality. It could be a simple thing like making a specific dua to ALLAH.

Do not be stuck in a life that is not moving you towards your purpose. You are a joyful being and your life is precious. You are blessed with abundance. Remember to be grateful to ALLAH for this abundance. Rizq comes from ALLAH. If you are not joyful where you are right now in your life, take charge and do something about it. Fear is from shaytan...Faith is from ALLAH. Choose faith.

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In Shaa ALLAH, next week we will explore the topic: **Duaa Diligence**

For Muslimah Mind Matters videos on YouTube, visit

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

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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