

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: **Listening To Your Intuition**

When was the last time you had a gut feeling about something and you actually listened to it? Most times, people ignore their gut feeling. Intuition is that still, small voice that speaks to you from the core of your gut, the core of your being and acts like a compass to point you to your true north. It's that voice that tells you to hold your tongue when you are really angry with someone and you feel like lashing out at them with unkind words. It's that feeling you get about someone and you know you just have to call them to see if they are okay. It's that voice of absolute certainty that helps you give your final decision on something without any doubt whatsoever.

A common phrase being used by my clients more often now than ever before is "I'm so confused, I don't know what to do."

Confusion happens when you become disconnected from your intuitive compass. Take a look around you and you will notice why there is this disconnection in people nowadays. People are so busy maintaining online connections on several social media platforms, that they are actually deeply disconnected with one's own self. In experiencing this disconnection, you become deaf to your intuitive voice and once this happens, you start feeling confused about things. You lack clarity in your vision of how you want to live this life. You lack clarity in your purpose.

Maintaining clarity in life is vital. Avoiding confusion is essential. Clarity comes when you look within yourself to find your core's purity and then connect with ALLAH in that state of purity. For as long as self-criticism and self-loathing exist in your mind, achieving clarity remains challenging, sometimes impossible.

Connecting with ALLAH and pondering over the verses from the holy Quran are the only ways to find answers to these three questions:

- Who am I?
- Why am I here?
- What is my true purpose?

A Daily Practice To Connect With And Listen To Your Intuition

As you embrace this daily practice and avoid negative patterns, you will notice your inner world will become peaceful, your mind settled, your decision-making ability much better and your beliefs and goals much, much clearer and steadfast.

Do	Don't
Make your surroundings orderly and uncluttered	Situations that are disordered and stressful
Take a close look at stresses that need to be addressed	Push your work time to the limit of exhaustion, mental or physical
Keep away from negative influences	Be tied down by other people's opinions and attitudes
Find a friend or confidante who shares your virtues	Let stress go unaddressed
Centre yourself several times a day whenever you feel distracted or unsettled	Let a good night's sleep slip by more than once a week
Go outside to experience the calm and inspiration of nature	Immerse yourself in bad news and the world's chaotic unrest
Follow a regular, daily routine (salah, dhikr, silence, awareness meditation, exercise, sleep)	Ignore your body's signals; be aware of when it wants rest, nourishment, downtime, and a chance to reset itself through meditation and quiet time alone
Gadget detox - keep all gadgets away from bedroom so that your sleep is uninterrupted	Forget to provide yourself with pure food, water, and air

In Shaa ALLAH, next week we will explore the topic: **Awaken The Brave Within You**