

**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: **Accept, Release, Receive**

Pause for a few minutes and reflect on your past few months. There may be something challenging in your life that keeps happening over and over. You may find you're making dua for it to subside and for ALLAH to give you ease and yet you may feel that it keeps lingering on. Perhaps it briefly subsides only to recur in a few days or weeks.

If you feel you are being tested in the same thing over and over again, perhaps it is time you realised that you have not yet learned the lesson that is coming from that test.

The lesson of SURRENDER.

Surrendering to ALLAH's plans for us requires us to accept without judgement and expectation all that is happening in the moment of now and all that has happened in the past. When you accept what is and has been, you will no longer anticipate fearful outcomes.

Acceptance enables you to shift from fear to faith. It is fear that keeps you trapped in anxiety of false, imagined outcomes. It is fear that perpetuates your inability to surrender completely to ALLAH. It is fear that makes you doubt yourself and dismiss your intuitive voice. When you accept life as it is happening in the now, you start living with complete faith. Faith that shifts you from a restrictive, fearful and doubtful mindset to one where you begin to believe in the positive possibilities of life, where you know that no matter what is happening in your life right now it is only through the mercy of ALLAH that you are learning a lesson so that you may serve HIM better.

In acceptance lies freedom. When you oppose the natural flow of life by unacceptance, you live from a mindset of lack, restriction and limitations. This restrictive, opposing vibration leads to ailments in the body such as anger, anxiety, digestive disorders, to name only a few.

Accepting and surrendering enables you to release toxins from your mind and body. Releasing toxicity brings about clarity and clears the space in your life to receive love, light, peace and joy. It is when we do not accept the moment of now that we create energy blockages in ourselves and bring about stagnation in our lives. This in turn brings about repetitive, negative thought patterns that do not serve us to connect with ALLAH. In fact these negative thought patterns only serve the shaitaan.

How To Accept, Release And Receive

Use the table below to help you understand, accept and release the recurring incidents in your life. Be sure to refer to the Holy Quran to find the ayats that will reconfirm that whatever incident/ event/ experience you may be having, it is temporary. Understanding this will enable you to accept and release. Once you accept and release, you create space in your life to receive love, light, peace and joy. In Shaa ALLAH.

| Makes a list of all the things that you feel are happening over and over in your life | What lesson do you think this incident/event/experience is teaching you? | Find an ayat from the Holy Quran that confirms to you that this incident/ event/ experience is temporary. |
|---|--|---|
| 1. 2. 3. 4. 5. | | |

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In Shaa ALLAH, next week we will explore the topic: **Raising Sons**

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 **Clarity Coaching** phone session, contact me on 0451977786



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