

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 meaning of **Silence** and strategies to practise moments of silence daily in your life so that you are able to "hear" the answers to your prayers.

We often voice our supplications to ALLAH, but rarely do we practise silence to hear HIS answers to our questions because we are caught up in reacting to circumstances.

We behave similarly with other people as well. Have you noticed how we talk more and listen less? We sometimes ask people how they are, however we do not spend time in silence to listen to their response. We either walk right past them or busy ourselves with other chores or we start talking about ourselves. Sometimes, when another person is speaking, instead of listening to them attentively, we start formulating a reply to their words to make a point.

Practising daily moments of silence can calm us and make us attentive to people and things around us. Silence does not mean we need to be away from noise. It means that even in the midst of noise we are still able to hear and listen to our inner voice and keep calm.

30-seconds of Daily Practice of Silence

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

We are generally shallow breathers. Repeating long, deep in-breaths and out-breaths supplies oxygen to all the organs in your body. This abundant supply of oxygen energises your mind and calms your nervous system.

Practising moments of silence, whether for 30 seconds or 30 minutes a day will transform your physical, emotional and mental health. Do try it.

Find Clarity with Silence

If there is an issue that is bothering you, ask ALLAH's guidance to find answers to your questions. With each inbreath and outbreath, submit to ALLAH's wisdom and HIS PLANS for you. Let go.

Total submission to ALLAH will enable you to feel calm and joyful. It will bring clarity to your mind and enable you to make decisions mindfully. In doing so, you will live a life of love, compassion, kindness and service to all of ALLAH's creation, including yourself.

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



Princess Lakshman

Writer, Clarity Coach, Founder and Facilitator of **Healing Words Therapy - Writing for Wellbeing & Muslimah Mind Matters**

E: info@healingwordstherapy.com / info@muslimahmindmatters.com Ph: 0451977786

Website: www.healingwordstherapy.com / www.muslimahmindmatters.com