

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 "**Live from Abundance**".

In recent times, due to an increase in popularity of New Age Philosophy, certain words have been trending on social media with a purpose to motivate people into living better lives. Words such as Mindfulness, Gratitude and Abundance, to name a few. Whilst motivational quotes may be poetic and profound, their purpose is only fulfilled if the one who reads them truly understands the essence of these words and actually practises them by having a mindset that aligns with these words.

Abundance (plenty) is a mindset. Living from Abundance is a conscious practice.

As Muslims, when we ponder on ALLAH's creations, we realise that HE has actually blessed us with ABUNDANCE. All limits or lack that we perceive are self-imposed.

For example, how often do relationships suffer due to arguments concerning money? Or the lack of it? How often do we find ourselves feeling anxious because we fear we may not have enough - enough courage, enough money, enough knowledge about a subject, enough physical beauty, enough intelligence, enough children, enough material possessions?

Notice, it is only humans who have this fear. ALLAH has created this entire planet for our benefit and yet we live from fear. Unless we open our minds to embrace this abundance, we will go on living from lack.

If you take a teaspoon to the ocean, you will fill only a teaspoonful of water. The abundance of the ocean remains before you and yet you only fill a teaspoonful. Similarly, ALLAH has blessed us with an abundance of joy, kindness, love, creativity, peace - all in nature within us and outside of us - yet we present our own limiting vessels (our closed minds) to capture only a fraction of this abundance. Furthermore, we begin to believe that the vessel is the source and its limitation gives us an illusion of a false security. All along, the one and only source - ALMIGHTY ALLAH - bestows us with an abundance that we reject because we begin to live in fear of the lack of space in our own vessels.

Let us transform ourselves right this moment and cultivate a mindset whereby we live from abundance.

How to change mindset from "Lack" to "Abundance"

1. Praise ALMIGHTY ALLAH for all that HE has already given you. Write down a list of everything you are blessed with.
2. Now, Praise ALMIGHTY ALLAH for all the things you wish you had but don't have. Believe it or not, there is goodness in all that you don't have.
3. Consciously choose positive words when talking about your situation. The more you affirm your life positively, the more positive outcomes arise from situations. Refer to examples below:

Situation	Negative Self -Talk	Positive Affirmation
Money	I don't have enough money yet.	Thank you, ALLAH, for my financial abundance.
Marriage	It's not going well.	Thank you, ALLAH, for my joyful marriage.
Disobedient children	What more can I do? They are so ungrateful.	Thank you, ALLAH, for making my children healthy and joyful and keeping them on the straight path.
Job	I hate my job.	Thank you, ALLAH, for the opportunity I have to provide service to others.
Body Image	I don't like my body.	Thank you, ALLAH, for my healthy body which unconditionally breathes for me and allows me to accomplish righteous deeds that may please you.

Someone wise once said, "When you change the way you look at things, the things you look at change."

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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



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