

## **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: **Forgiveness of Self and Others**

As we enter the holy month of Ramadan, we ask Allah subhaan wa tala to forgive us for our the errors we commit knowingly and unknowingly. Ramadan is a great time of reflection where we are able to learn from our thoughts, words and deeds and practise patience and forgiveness towards self and others.

Trusting in Allah's judgment day and knowing that true justice is promised on the day, will help you to let go of any grudges you may be holding onto. Remember, letting go of grudges even when you haven't received an apology is true forgiveness. It liberates you and frees you from the burdensome grudge that weighs you down.

### **What is true forgiveness?**

1. True Forgiveness is when you can no longer feel a person's or incident's control over your response to life's situations.
2. True Forgiveness is when you no longer blame a person or circumstance for how things are turning out in your life.
3. True Forgiveness is when you no longer NEED an apology because you have decided to have a NEW PERSPECTIVE of the situation - the perspective that lets you be FREE from carrying a grudge or resentment of any kind whatsoever.
4. Forgiveness does NOT mean you need to start having dinner parties with that person or start re-connecting. NO.
5. Forgiveness is to NOT LET THEIR PAST BEHAVIOUR AFFECT YOUR PRESENT LIFE.

### **Four steps to practise true forgiveness**

Step 1 - Think of the person who has hurt you, the person you need to forgive.

Step 2 - Now think of this person in a child form as if they were a little girl or little boy.

Step 3 - Now, in your mind, say to this child : “I forgive you; you did what you because someone hurt you too. I forgive you”.

Step 4 - Now imagine this person back in the adult form and in your mind, say to him/her: “I forgive you. You have no power over me. Your words and your actions have no power over me. I release you from my mind. I forgive you. ALLAH guide you to the path of love and peace.”

## **Forgiving Yourself**

Sometimes we feel guilty of something we have done and we find it difficult to forgive ourselves.

Try practising this affirmation to yourself. Close your eyes and say:

“I forgive myself and set myself free. I seek refuge in ALLAH’s mercy.”

[CLICK TO DOWNLOAD](#) Muslimah Reflections - my new ebook of poetry and affirmations

[CLICK TO DOWNLOAD](#) The Ultimate Self-Care Guide For Muslimahs

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[CLICK TO DOWNLOAD](#) Muslimah Meditation Moments - audio files for self-awareness meditation

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](http://www.muslimahmindmatters.com). If you wish to have a FREE one hour **Clarity Coaching** phone session, contact me on 0451977786



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