

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: **How Conditional Is Your Relationship With Your Spouse?**

Divorce rates are pretty high nowadays. More and more people are jumping into relationships with unrealistic expectations and soon after, finding themselves in situations that are no longer loving and romantic. One fine day, the romance, cuddles and compliments fly out the window and you realise you are angry, upset, insecure and lonely because the one whom you thought completed you is no longer the same person he/she was when you first met.

REALITY CHECK!!!

No one completes you. ALLAH has created you in a complete state. You are enough. You are fine. Even when you think you are lonely, think again, because at that precise moment ALLAH is with you and HIS angels are with you. Another thing that is with you at that time is shaitaan's on-going whisperings. However, ALLAH has equipped you with a free will to choose whether you want to dismiss those whispers or fall for them.

Take a moment today and do a relationship stocktake. Make a list of all the conditions you have placed upon your relationship with your spouse. Ask yourself - do I love him/her unconditionally? Understand that there is a difference between loving someone unconditionally and being loyal to someone unconditionally. Often in domestic violence, people choose to unconditionally remain in toxicity due to loyalty and fear.

Once you understand the conditions you have placed on your relationship, decide if you really actually love your spouse or do you simply 'approve' of him/her because he/she is meeting most of your conditions. And now, take a moment and ask yourself this: Do I merely approve of myself or do I actually love myself unconditionally? Unless you are completely and unconditionally accepting and loving of yourself, you can't practise it on another.

Unconditional love is rarely practised today. People are engrossed in measuring their own worth and their spouse's worth by material yardstick such as financial success, family status, education and so on. Sadly, this is due to our cultural conditioning from childhood. We have been taught to value materialistic accomplishments over virtues such as kindness, generosity, peaceful, helpful, pious and joyful. Truth is, it is only when your relationship can thrive on virtues such as these that you will feel joy with your spouse. Anything other than these virtues will always bring about conditions such as not enough money, too busy, not enough time for me and the kids, too loud, too quiet, too fat, too lazy, too insensitive, too sensitive...too this, too that.

How To Embrace Unconditional Love

The only strategy to practise daily in order to shed conditions and embrace unconditional love for self and others is to completely surrender to ALLAH and equip yourself with knowledge and positivity so that you are able to see the difference between what brings your relationship love, light, peace and joy and what brings it darkness and depression. Awareness is key. Unless there is awareness, there is no transformation. Stop reacting, start being aware of what is causing you to react. Manage those triggers. Work on yourself. Daily.

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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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