

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.

Resolutions

As you embark upon preparing that oftentimes ritualistic annual list of resolutions for the new year, remember to reflect upon your thoughts, words, and deeds.

Remember to include a prayer...

A prayer to be an instrument for kindness, compassion, love, light, peace, courage, joy and justice.

In every moment of the Creator's miracle,

Ask to be an instrument to facilitate healing, empathy, health, wisdom and soulfulness.

Every moment in life's cycle of learning,

Ask to be a student and a teacher.

In life's daily tests,

pray for lessons that

uplift, inspire and celebrate life.

And pray that your thoughts, words and deeds

Be in sync with the Creator's master plan.

The only plan that matters.

I am deeply grateful to you for taking time out of your precious life to read my columns and send me messages of encouragement and constructive feedback.

Almighty Allah bless you and your loved ones with optimal health and wellbeing and give you clarity, courage, wisdom and guidance to remain steadfast in your faith in HIM alone and to ride through the waves of the ocean of life with gratitude and prayer.

Life in this body is temporary. Your soul temporarily dwells in a body with sensory perceptions. This body reacts to those perceptions. In other words, your body is a bag of *Nafs* motivating the Egoic self to succumb to unnecessary fears and want to control outcomes instead of flow with the

Creator's plans for you. As much as possible, remain aware of this and aim to operate from your soulful self, not your egoic self. Insha Allah, we shall connect next year.

Your sister in humanity,
Princess R. Lakshman

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