

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: **Being Loyal Is Not The Same As Being Faithful**

There is a significant difference in the words **Loyal** and **Faithful**.

Loyal means to stay true to a particular group or cause to which one belongs. For example, being loyal to the constitution of your country, being loyal to your marriage, being loyal to your family traditions and culture. In times of need, it is your loyalty that fuels your passion to fight for the survival of the group or cause to which you belong. Loyalty **does not** focus on whether the intentions of the group or cause are righteous. Loyalty only focuses on allegiance.

Faithful means to harbour and show unconditional love, trust, honesty in a personal relationship with someone or with your creator. For example, having unconditional love, trust and honesty in your relationship with ALLAH. Another example is when you have unconditional love, trust and honesty with your spouse. Being faithful revolves around your feelings, unlike being loyal which revolves around terms and conditions set by the senior members of the group.

Being loyal is NOT the same as being faithful. And this is where you as a Muslim, must reflect on your personal choices and deeds and find clear distinctions between where you are being faithful and where you are being loyal. A deeper self-reflection would enable you to understand where your choices to be loyal may be getting in the way of you being faithful to ALLAH.

How Does Loyalty Affect You From Being Faithful To ALLAH

Loyalty does not focus on whether the intentions or deeds carried out by the group (country, family, sect) you are loyal to are righteous.

The way to understand where your loyalty lies and whether that is affecting your faithful relationship with ALLAH is to answer the following questions with complete honesty:

1. Make a list of all the groups and causes that you have loyalty towards. For example, your family, your in-laws, your country, your mosque/imam, your school/ college/ committee.
2. Beside each group, write down the values and beliefs of that group.
3. Now take each of these values and beliefs and answer Yes or No to the question: Is this value or belief in alignment with ALLAH's commandments?

To make this reflective exercise easier, you may use the following table:

	I am loyal to	What are their values and beliefs?	Yes, this value/belief aligns with ALLAH's commandments	No, this value/belief does not align with ALLAH's commandments
1	My family			
2	My in-laws			
3	My work/ school			
4	My friends			
5	My mosque/ imam			
6	My country			

Once you have a clearer idea on how your loyalty is affecting your faithful relationship with ALLAH, you will make better decisions so that your own thoughts, words and deeds are ALWAYS in alignment with ALLAH's commandments. THIS IS YOUR ONLY PURPOSE...to be a Muslim, to be in alignment with ALLAH's commandments. Sometimes being loyal can deviate us from this purpose. Is it worth deviating from your purpose when you have been told the following ayats?

And no bearer of burdens will bear the burden of another. And if a heavily laden soul calls [another] to [carry some of] its load, nothing of it will be carried, even if he should be a close relative. You can only warn those who fear their Lord unseen and have established prayer. And whoever purifies himself only purifies himself for [the benefit of] his soul. And to Allah is the [final] destination.

(HOLY QURAN TRANSLATION - VERSE 35:18)

Whoever is guided is only guided for [the benefit of] his soul. And whoever errs only errs against it. And no bearer of burdens will bear the burden of another. And never would We punish until We sent a messenger.

(HOLY QURAN TRANSLATION - VERSE 17:15)

Whoever does righteousness - it is for his [own] soul; and whoever does evil [does so] against it. And your Lord is not ever unjust to [His] servants.

(HOLY QURAN TRANSLATION - VERSE 41:46)

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In Shaa ALLAH, next week we will explore the topic: **THINK AND RESPOND, OTHERWISE YOU'RE ONLY REACTING**

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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 **Finding Clarity** telephone session, contact me on 0451977786



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