

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: **Enrich Your Life**

Pause for a few seconds and reflect upon your life. Ask yourself some tough questions. Most times people ask themselves questions that are focussed on material enrichment, for example, how much money do I have? Is it enough? Should I get another degree to get a better job? Am I earning enough? Should I stop renting and buy a house to keep up with societal expectations, even if that means paying riba to the bank? Should I buy this or buy that?

These are actually what I call the "**band-aid questions**". Answering these band aid questions will merely cover the deep, unaddressed yearnings of life and keep you enslaved to objects. So, how about you ask yourself the real questions that will open your mind and let you enrich your life with spiritual abundance? Questions like, are you satisfied with how you are responding to circumstances? Are you content with your behaviours? Are you in complete submission to your Creator? Are you a better individual today than you were yesterday?

These tough questions require immense self-reflection and not everybody is ready to confront the revelations that come about from self-reflection. The best part about self-reflection is that you will not only experience a breakthrough in terms of finding crystal clarity about all the things that may be unclear with your life presently but you will also become so much closer to ALLAH.

Enrichment of life comes through self-reflection, followed by self-transformation into a better person, a more enlightened being, who responds to situations with absolute faith and submission to the flow of the Creator's plans. A being who fully accepts that this life is temporary therefore all accumulated material objects is also temporary and meaningless. A being who appreciates and expresses gratitude to ALLAH rather than complains and compares about their life based on other peoples' meaningless material possessions or social status. A being who understands that solutions to life's challenges, such as, marriage, family, workplace, national politics, and so on, come not from intimidation and retaliation but from respect and understanding and from a consistent daily practice of peace and kindness to self and others.

How To Enrich Your Life

Understanding where you are today and examining how you arrived at that place in your life will help you understand what you really want. Take each of the four primary areas of your life and examine them.

<p>Health</p> <ol style="list-style-type: none">1. How do I feel in my physical health?2. Why do I feel this way?3. How do feel in my mental health?4. Why do I feel this way?5. How do I want to feel in my overall health?6. What can I do right now to achieve my health goals?	<p>Relationships</p> <ol style="list-style-type: none">1. How do I feel in my relationships?2. Why do I feel this way about my relationships?3. Who are the people that bring out the best in me?4. Who are the people who trigger negativity in me?5. What do I need to do to enhance my relationship with positive people and minimise my relationship with negative people?
<p>Spiritual Growth</p> <ol style="list-style-type: none">1. How often am I connecting with ALLAH in silence?2. How do I feel when I connect with ALLAH?3. What can I do right now to connect more with ALLAH?4. How am I being of service to my community?5. How do I feel about the way I practise Islam?6. What can I do to become a better person today than the person I was yesterday?	<p>Work/ Business</p> <ol style="list-style-type: none">1. Is what I do for work or in my business fulfilling me?2. How do I feel about my work/ business?3. Why do I feel this way?4. What does my ideal job/ business look like if I visualised it in my mind right now?5. What can I do right now to start the process of attaining this ideal job/ business?

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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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