

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: **Is Money Ruining Your Marriage?**

Let's get one thing straight...Money was created by humans, not ALLAH. Another truth...the lack of money or the abundance of it has absolutely **NO** connection to your peace of mind or your spiritual growth. So why is money one of the most common reasons for marital problems?

Your argument, like most of my clients', may be: But it costs money to do everything and to have a good life. My answer to that is: If you are depending on money to bring you joy, you are living in a deceitful illusion. If your marriage lacks joy and soulful companionship, it has nothing to do with your bank balance but everything to do with your mindset.

See if you identify with one or more of the following issues in your own marriage. Often the problem involving money and marriage revolve around these:

- Couples feeling they don't have enough money
- Couples accusing each other of making poor decisions regarding money
- Cultural paradigm that dictates that husband must earn more than wife
- Cultural and modern western paradigms that dictate that a wife who earns can spend her money however she wants, but a husband's earnings must be spent for the welfare of the whole family
- Cultural paradigm that dictates that your self-worth is determined by the number of material possessions you accumulate (house, car, luxury brands etc.)

The crucial thing to ask on a daily basis is do you want more money or a joyful marriage? When there are arguments in your marriage relating to money, negativity spreads to all areas of your life and soon you begin to notice that the so-called money problems are getting worse.

Understand that arguments are not resolving your money problems but actually aggravating them and ruining your marital peace and harmony.

How To Tackle Money-Arguments In Your Marriage

1. Muslims know and firmly believe that **rizq, sustenance, comes ONLY from ALLAH**. Remind each other of this utmost truth and help each other in submitting to this truth.
2. Have a **weekly sit-down meeting** to discuss and plan the household budget. Focus on joy and harmony, not just money. Need and greed are two different things. Whatever you need, ALLAH provides. Greed may lead to engaging in riba. Riba is prohibited in Islam.
3. **Give daily or weekly sadaqa** from the money you have. Even if it is \$1. The more you give the more ALLAH gives you.
4. If you feel anger or frustration building up within you regarding money, **voice your concerns to your spouse without displaying aggression**. Tell your spouse that you are feeling anxious about your finances. Voicing your concerns makes it easier to discuss solutions.
5. **Do not bring up the past. Everyone makes mistakes**. Perhaps one of you took a poor decision with money. It's not the end of the world. Everything can be repaired with love, care and support. Support each other to repair what went wrong.
6. **Remember that there is a difference between money problems and addictive behaviours**. If either or both of you are always spending money on buying material things and filling the house with "stuff", this indicates that there is a need for deeper self-reflection to address issues such as self-worth. People often buy things because they feel they are not good enough or that they must keep up with others in their friends or relatives circle. Will Smith, a wealthy and well-known Hollywood actor once said, **"Too many people spend money they haven't earned, to buy things they don't want, to impress people they don't like."** Recognise this addictive behaviour to 'buy and please' and seek professional help to overcome this addiction. (Email me if you feel I could be of service)
7. **Find at least ten things everyday to be grateful for and tell ALLAH how thankful you are for the blessings in your life**. Once you list ten things, add five more for good measure :) Do this daily. Being in the practice of gratitude increases barakah in your home.
8. **Remember that your marriage is sacred...money is not**. If all the money in the world were to disappear right this moment, your marriage will still survive, provided you connect with ALLAH and understand that obsessing over money comes from fear. Fear leads to shaitaan. Replace fear with faith. Faith leads to ALLAH.

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In Shaa ALLAH, next week we will explore the topic: **Control Versus Care**

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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