

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: **Are You Being Of Service?**

To be of service is to use your time, mind and body to bring about a positive change to your own life and the life of others. As Muslims, our duty lies in performing deeds that are in service for the sake of ALLAH. In doing so, we become beings of service.

Reflect on your life now and see if you are using your time, mind and body to be of service. Being of service helps us realise the greater meaning of our existence. It makes us more compassionate and empathetic towards others. It brings about self-realisation and spiritual growth. It enriches the ummah. It gives us joy.

Service To Others Starts First With Service To Self

You may have a busy life trying to multitask and ensure that your family is cared for, your income is regular and your needs are met. It may seem impossible to be of service to others when your own life revolves around a hectic schedule. The truth is that no matter how busy your life may seem to be, it is possible for you to take out at least five to ten minutes every day to be of service to others.

Service comes from a place of love and care, not haste and resentment. It must not feel like a chore. Service is self-less not love-less meaning that self-love and self-care are a crucial part of service. If you are not serving your mind with positive input then your thoughts become negative and what you put out to the world is also negative. If you are not serving your body with nutritious foods and water then your body manifests illnesses and depletes your energy to function optimally in your life. When there is lack of energy in the body, you are unable to perform optimally in all areas of your life.

It is vital to understand that to be of service to others you must first be of service to yourself.

Seven Things You Can Do To Be Of Service

1. Call an elderly relative and spend time to talk to them. If you live close by, visit them.

2. Spend time to mentor a child or teenager in your community.
3. Spend time to be with someone who is grieving. Just be there, in silence. You never know when they may want to say something that may help them process their grief.
4. Become a volunteer at an organisation that appeals to you and your values.
5. Buy or cook a meal for a person who is homeless.
6. Help someone achieve a goal. Start with your family members first.
7. Send a personal message to someone to ask how they are.

For more ways to be of service to others, read this inspiring blog

<http://learnthis.ca/2010/02/100-ways-to-serve-others/>

In Shaa ALLAH, next week we will explore the topic: **Thoughts Become Things - What You Think About, You Bring About**

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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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