

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: **Du'a Diligence**

Du'a is the most profound and soulful way to ask ALLAH's guidance on literally ANYTHING that is affecting our lives. It doesn't matter what you need guidance for. Make du'a and HE guides.

Often we don't realise that du'a means to ask ALLAH. It DOESN'T mean to give ALLAH deadlines, conditions, ultimatums or even how you think your du'a should be answered. ALLAH is ALL-KNOWER. You may be going through the worst of challenges and feel that you need to tell ALLAH what is happening and get HIM to fix it for you. I know I have done that in my own life. Our desperation leads us to believe sometimes that we are in control and that life should be a smooth ride with no harsh tests, just maybe some easy ones.

Ask yourself this question...how will we grow in awareness and wisdom if all our tests were easy? How will we ever soulfully connect to ALLAH if every single test was super easy and we had answers to everything? How will we ever submit to HIM without resistance?

Making du'a with diligence is when we persist with patience, every single day, in seeking ALLAH's guidance on how to COMPLETELY SUBMIT to HIS plans for us, instead of telling ALLAH what to do. For example, a mother who is worried for her son's interest in marrying a girl of his choice ends up asking ALLAH to "please make that girl leave my son." Instead of telling ALLAH what to do, perhaps she needs to ask ALLAH to "please guide my son and the girl to be steadfast in the deen and please give us all what is best for us. Ameen." Similarly, a wife who is faced with the trial of polygamy may be tempted to ask ALLAH "to make her husband leave the other woman". Again, that would be telling ALLAH what to do. Instead, make du'a for strength and ability to completely submit to ALLAH's plans for you and to bear with patience all that befalls you.

Making du'a for something specific is fine. However, attaching yourself to that desired outcome would create what I call "conditional du'a". Love for ALLAH must be unconditional. Asking ALLAH to guide you must come

from this unconditional love within you. Yes, by all means, ask ALLAH for specific outcomes. And then surrender to HIS WISDOM of what HE has planned for you. Have faith in HIS wisdom. You may not yet know the actual consequence of what you are asking for. Sometimes what you may ask for may not entirely be moving you towards your purpose in being righteous and doing good deeds. That, ultimately is our ONLY PURPOSE.

“Verily! Allah is with those who do good deeds.”

Surah al-Ankabut

Next time you make du'a, start by asking ALLAH to guide you on how to make du'a that will help you live your life with complete submission to HIS plans.

It is only when we fully submit to ALLAH that we are true Muslims. When we resist, we operate on fear. When we submit, we operate on faith. Fear is from shaytan. Faith leads you to ALLAH. Choose faith over fear. Always.

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In Shaa ALLAH, next week we will explore the topic: **Being Loyal Is Not The Same As Being Faithful**

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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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