

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: **THINK AND RESPOND, OTHERWISE YOU'RE ONLY REACTING**

Nearly four years ago I received a clear sign from ALLAH that completely shook my being. It was on a day where I was truly down, bashing myself up and feeling guilty about the rude words I had chosen to speak to my husband. It was over a silly joke which soon turned into a gigantic trigger propelling me to react in a negative way. He was completely shocked at my outburst. Later, after a decent apology, he forgave me (I mean, of course he had to, no husband wants to go to bed hungry :) Jokes aside, what he did after forgiving me was a blessing. He asked me to reflect on my outburst and understand the motive behind the negative, harsh words I had so mindlessly thrown at him.

All he said to me before we hugged and made up was, "Before you speak, think."

That night as I was writing at my desk, I heard my phone buzz. There was a picture message on a whatsapp forum that was mostly reserved for banter and chats. It was rare that a picture message would appear on that particular chat. I downloaded the picture and found the following words in bold, colourful words:

Before you speak:
THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

It blew my mind. Subhaan Allah. What a timely reminder for me, completely in unison with my husband's advice to me earlier that evening.

So, why don't you pause for a moment and reflect on your day today. Did the words you speak and the actions you perform result from thinking? Or were you on auto-pilot, merely reacting to whatever came your way?

Reactions are mindless. They cripple you into perpetuating a negative pattern that serves as a whirlpool, sucking you deeper into the darkest depths of anger, frustration, self-loathing, aggression and self-sabotaging, sometimes catastrophising behaviours.

When you think, you are forced to bring awareness to the part of your mind that requires processing. Life is how you are constructing your perceptual reactions. Perceptions form the foundations of your choices and judgements about yourself and others. The choices you make must move you forward in life so that you are living a positive, joyful, kind life. Are your perceptive abilities being dumbed down because you are not spending time thinking but rather reacting? Mindful choices require to spend time in silence and become aware of yourself.

9 Steps To Becoming Aware

1. You need to be silent for a few minutes and do an Awareness Scan of your physical self.
2. First take a deep breath and exhale slowly, mindfully.
3. Blink your eyelids and feel the inner lids touching the eyeball.
4. Now, bring your awareness to your neck, your throat, and your shoulders.
5. Become aware of your hands, your fingers and fingertips.
6. Expand your chest with deep, full breaths in and out a few times.
7. Bring your awareness to your abdomen, then to your lower back and your thighs.
8. Now try and feel the softness that is underneath your knee-caps.
9. And finally become aware of your legs down to your feet. Wriggle your toes.

Spend a few minutes daily in silence and become aware. Awareness enhances your ability to respond by thinking instead of react without thinking.

[CLICK TO DOWNLOAD](#) Muslimah Reflections - my new ebook of poetry and affirmations

In Shaa ALLAH, next week we will explore the topic: **UNDERSTANDING YOUR ENERGY**

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https://www.youtube.com/channel/UCepmAVw1x9f0NQZMCToO_rQ

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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