

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: **Comparisons Are Pointless - The Grass Is ALWAYS Greener Where You Water It**

Social media has become a platform for comparisons. In my nature of work, I meet many people struggling in relationships, careers and battling with self-esteem issues. However, when they show me their social media pages, their pictures tell a different story. Upon delving on the issues surrounding their struggles, the most commonly identified feelings are:

- I'm not good enough
- I wish my life was like so an so
- How come everyone else has a better life than me?
- Why is Allah punishing me?

These feelings all revolve around a very common whisper that shaitaan practises causing a divide, competition and jealousy among people - COMPARISONS.

The only place where comparisons have any validity is in scientific research studies where the researcher has knowledge of all the variables of the experiment and is able to logically analyse results by comparing and contrasting those variables.

Humanity is not a scientific experiment. We are not comparable. Why? Because when you compare yourself to another, unlike the researcher in a lab experiment who knows everything about all the variables of the experiment, YOU DON'T KNOW EVERYTHING about the people you are comparing yourself with. From the start, it is a pointless exercise to even put any effort into.

ONLY ALLAH knows everything about everyone and yes, there will come a day where HE will compare deeds and judge us all. Your comparisons are baseless, pointless, not to mention a complete waste of your precious energy that could be spent in ways to please ALLAH.

Comparisons are shaitaan's way of taking you away from the practice of gratitude to the practice of constant fear and complaints.

The Grass Is ALWAYS Greener Where You Water It

Water the garden of your soul...do not waste time wishing for a different soul.

If you compare yourself to others, somehow you are wishing for their life. Your soul needs nourishment, it needs watering so that you can see the abundance from ALLAH.

Your self-esteem is based on how you value yourself. If you really feel the need to compare, compare yesterday's self with today's self. The beauty about Islam is that ALLAH has given us five daily prayers where we can pause and reflect on ourselves to better ourselves from the time we finish one prayer to the time we begin the next so that we are constantly growing. Compare your behaviours, your response or reaction to situations, your gratitude meter, your complaints meter. The more you affirm your life positively, the more positive outcomes arise from situations. Here are some gratitude statements to help you switch your mindset from comparison to gratefulness.

Situation	Negative Self -Talk	Gratitude Statements
Money	How come I don't have as much money as so and so.	Thank you, ALLAH, for my financial abundance.
Marriage	I wish my marriage was like...	Thank you, ALLAH, for my joyful marriage.
Disobedient children	Why aren't my kids like theirs?	Thank you, ALLAH, for making my children healthy and joyful and keeping them on the straight path.
Job	I hate my job. I wish I had a different job.	Thank you, ALLAH, for helping me realise I am not happy in my job. Please help me find my purpose.

Body Image	I don't like my body. I wish I was like...	Thank you, ALLAH, for my healthy body which unconditionally breathes for me and allows me to accomplish righteous deeds that may please you.
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Someone wise once said, **“When you change the way you look at things, the things you look at change.”**

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In Shaa ALLAH, next week we will explore the topic: **Listening To Your Intuition**

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 **Clarity Coaching** phone session, contact me on 0451977786



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