

## 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: **Religion And Children...Why Parents Need To First Display Virtues Before Preaching Them**

In my clarity coaching sessions with families, one of the recurring issues discussed is parenting. And the most persisting parenting challenge identified in these sessions is how to guide children to imbibe Islamic virtues. As a parent of a teenage daughter, I face the same challenge, more so because I am also learning Islam everyday, since embracing Islam in February of 2012. It's highly challenging to try and balance Islam and culture, depending on your cultural perceptions of life. Over time I have come to understand that **children do as we do, not as we say**. It is vital to first display Islamic virtues ourselves before we preach them to our children.

Take a moment and reflect on how you are displaying Islamic virtues in your home...or ask yourself if you are in fact displaying these virtues at all...unless we as parents display and model behaviours that are in alignment with these virtues, we can't expect our children to imbibe them. **The virtues of righteousness, generosity, gratitude, contentment, humility, kindness, courtesy, purity, good speech, respect, wisdom, tolerance, justice, mercy, dignity, courage, frankness, hope, repentance, patience, perseverance, discipline, self-restraint, balance/moderation, prudence, unity, frugality, sincerity, responsibility, trustworthiness, honesty, fairness, spirituality.**

The best part about being Muslim parents is the direct guidance from our Holy Quran. Spend a few minutes on reading this valuable link to inspire yourself with how our Holy Quran's verses can help you imbibe these virtues. ( <http://www.30factsaboutislam.com/islamic-virtues/> )

**Daily Practice**

Spend a few minutes to reflect on a daily deed you can perform in order to practise these Islamic virtues. Invite your family to fill out this table and agree on displaying these virtues every single day. Islam is a daily practice. It's easier when we are all in it together as a family.

Virtues	My Daily Deed To Practise These Virtues
righteousness	
generosity	
gratitude	
contentment	
humility	
kindness	
courtesy	
purity	
good speech	
respect	
wisdom	
tolerance	
justice	
mercy	
dignity	
courage	
frankness	
hope	
repentance	
patience	

perseverance	
discipline	
self-restraint	
balance/moderation	
prudence	
unity	
frugality	
sincerity	
responsibility	
trustworthiness	
honesty	
fairness	
spirituality	

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[CLICK TO DOWNLOAD](#) Muslimah Meditation Moments - audio files for self-awareness meditation

In Shaa ALLAH, next week we will explore the topic: **Why Trying To Change Someone Else NEVER Works...Change Comes From Within**

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](http://www.muslimahmindmatters.com). If you wish to have a FREE one hour **Clarity Coaching** phone session, contact me on 0451977786

Princess Lakshman

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