

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.

Last week we looked at identifying our **PATTERN**, the set of habits and behaviours we inherited from others as a result of conditioning. When we live according to this pattern, we operate on a default mode. Life is a beautiful blessing by ALLAH swt whereby we are blessed with a mind.

Humans are blessed with the mind to live a joyful, kind, caring life. However, when we look around us, humans have not been living a joyful, kind and caring life...one only needs to observe the state of the world currently to see how destructive, unkind and uncaring we have been to ourselves and all of ALLAH's creation. SUBHAAN ALLAH!

The good news is that it is never too late to become aware and make a conscious transformation to break the pattern. To switch off from the default mode of operation and switch on our SOULFUL mode.

Transformation of self does not occur overnight. If that were the case, Muslims across the globe would not be required to pray five times a day. ALLAH swt has commanded these five obligatory prayers to help us understand that we need to connect with HIM and reflect on the hours between each prayer in order to seek guidance for the hours to come.

When we live on a default mode, our prayers also reflect the lack of connection to self and to ALLAH swt. We behave as though it is a chore and we seldom use our minds in the prayer time to truly reflect and genuinely connect. The reason we do that is that we are caught up in the worries of our material world - too anxious to get on with the chores of the day ahead, too fearful to simply embrace the present moment.

The present moment - NOW - is all we have. The awareness of NOW is what transforms the self. If we use our present moment to dwell in fear, anxiety, worry, anger, jealousy or hate, we begin to operate on a negative frequency. As a result, we generate negative outcomes.

Allowing even one negative emotion means to live un-authentically to our true nature in which ALLAH swt created us. Our Essential Selves (refer to my column in newsletter 639) thrive on positivity, joy, kindness, care, compassion and unconditional love. It is absolutely vital to transform negative thoughts to positive ones if we are to live according to the true nature in which we were created.

I recommend a daily practice of **THOUGHT SWITCH**. Here is how it's done. For the purpose of this exercise, I have used the words "pleasant" and "unpleasant" to describe the nature of our thoughts. A pleasant thought always makes you feel joy and love. An unpleasant thought always evokes worry, anxiety, fear, anger, jealousy, hate and doubt.

1. Sit in silence for 2 minutes
2. Notice your thoughts
3. Notice your inner voice
4. If a pleasant thought comes, smile and say ALHUMDOLILLAH
5. If an unpleasant thought comes, IMMEDIATELY think of the beauty of nature, for example, clear, blue ocean; majestic mountains; colourful flowers...
6. Keep thinking about pleasant thoughts, keep smiling and saying ALHUMDOLILLAH
7. Keep switching unpleasant thoughts to pleasant ones by thinking of nature and its beauty
8. Dwell only on pleasant thoughts and smile as you utter ALHUMDULILLAH
9. Do this practice daily for 2 minutes, few times a day.

Practise this daily and In Shaa ALLAH you will feel more aware of your habits and behaviours. With awareness comes transformation.

Next week, we will look at strategies to develop a positive relationship with people. Till then, be kind to yourself and care for yourself. Self-Care starts from Self-Talk, which starts from Thoughts...DO think pleasant thoughts. When you are kind and caring to self then you are able to be kind and caring to all of ALLAH's creation.

If you wish to know about a specific topic with regards to this subject, please email me on info@healingwordstherapy.com



Princess Lakshman

Writer, Clarity Coach, Founder and Facilitator of **Healing Words Therapy - Writing for Wellbeing**
E: info@healingwordstherapy.com Ph: 0451977786 website: healingwordstherapy.com