

الْحَمْدُ لِلَّهِ الَّذِي خَصَّ شَهْرَ رَمَضَانَ، بِالْفَضْلِ وَالْإِحْسَانِ، وَالْعَفْوِ وَالْغُفْرَانِ، وَالْعَتَقِ مِنَ
النَّيْرِ، وَأَنْزَلَ فِيهِ الْقُرْآنَ، هُدًى لِلنَّاسِ وَبَيِّنَاتٍ مِنَ الْهُدَى وَالْفُرْقَانِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا
اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، ذُو الْفَضْلِ وَالْإِنْعَامِ، وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ

فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ وَالتَّابِعِينَ وَمَنْ تَبِعَهُمْ
بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ

Praise be to God, who singled out the month of Ramadan, with benevolence, excellence, forgiveness and emancipation from the fire, and revealed the Qur'an, a guidance for mankind the criterion. And I bear witness that there is no God but Allah, alone with no partner, the bountiful and graceful, and I bear witness that our master Muhammad is His slave and His Messenger

O Allah send blessings and peace upon the Prophet Muhammad and his family and his companions and followers and those who followed them in truth until the Day of Judgment. Amin

Month Purification: Spiritual, Physical & Emotional

Toxins: (1) Holding A Grudge (2) Anger (3) Anxiety (4) Depression (5) Pessimism

Toxin (6) Jealousy – Fire Raging – Prevent Peace/Contentment.

Origins comparing yourself – feel inadequate, unattractive, poor, unfortunate, miserable.

Reasons: Ignorance of Qadr – Allah distributes wealth, health, status – implying Allah got it wrong.

Understand: Disease, focus on blessings, stop comparing yourself.

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِن كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

“And remember when your Lord proclaimed, 'If you are grateful, I will surely increase you in favour; but if you deny, indeed, My punishment is severe.'” (14:7)

Realise: Every blessing is a test, withheld by Allah as a mercy, protect you from going astray

Toxin 7: Low Self-Esteem – Destructive negative thinking. Start thinking positive and walk with positive people. Seek opportunities and celebrate your successes.

وَلَقَدْ كَرَّمْنَا بَنِي آدَمَ وَحَمَلْنَاهُمْ فِي الْبَرِّ وَالْبَحْرِ وَرَزَقْنَاهُمْ مِّنَ الطَّيِّبَاتِ وَفَضَّلْنَاهُمْ عَلَى كَثِيرٍ مِّمَّنْ خَلَقْنَا تَفْضِيلًا

“And We have certainly honoured the children of Adam and carried them on the land and sea and provided for them of the good things and preferred them over much of what We have created, with definite preference.” (17:70)

Toxin 8: Being Judgmental: push people away, clothes, behaviour, activities, all create barriers. Don't look for spiritual drones, look for good humans.

More Religious – more tolerant, forgiving, accepting and loving.

Toxin 9: Hatred – harbouring bad feelings release poisons, kills your spirit and makes you cynical.

Understand reasons: overcome by accepting your destiny and trusting in Allah. Only when the hating ends can the healing begin.

Action: Fill your heart with love, mercy, supplication and compassion.

وَعِبَادُ الرَّحْمَنِ الَّذِينَ يَمْشُونَ عَلَى الْأَرْضِ هَوْنًا وَإِذَا خَاطَبَهُمُ الْجَاهِلُونَ قَالُوا سَلَامًا

خُذِ الْعَفْوَ وَأْمُرْ بِالْعُرْفِ وَأَعْرِضْ عَنِ الْجَاهِلِينَ

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

“Which of the people is best? One who is pure of heart and truthful in speech. It is a heart that fears Allah and is clean. There is no sin in it and neither aggression, malice, or envy.” (Ibn Maja)

If The Body Is Full, The Soul Cannot Be Nourished

3 Actions To Perform:

Dhikr: The purpose of reading Qur'an every day is to feed your *Ruh*, to feed your soul, while your body is fasting from food. Develop the habit of nurturing our spiritually.

Fikr: Contemplation, deep thought and reflection. It's not enough for us to constantly read the Qur'an, and not ponder and reflect on what the Qur'an is saying.

E.G. Chicken – Raised, Cared For, Farm, Store. Lettuce/fruit, harvested, transported, purchased, consumed? Design/Designer.

Tawbah: Sincere repentance, regret and resolve to change.