

الحمد لله واهب النعم والعطايا، سبحانه هداانا للإسلام، وخصنا بمزيد الفضل والإكرام، أمر عباده بفعل الخيرات، وبارك أعمالهم في شهر الفضل والطاعات، فله الحمد على إحسانه، حمدا يليق بجلال وجهه وعظيم سلطانه، وأشهد أن لا إله إلا الله وحده لا شريك له، رب الأرض والسماوات

وأشهد أن سيدنا ونبينا محمدا عبد الله ورسوله، السابق إلى الله بالخيرات، فاللهم صل وسلم وبارك على سيدنا ونبينا محمد وعلى آله وصحبه ذوي العلى والدرجات.

**All praise is due to Allah, the Bestower. He has guided us to Islam and blessed us further with His favours in Ramadan. We extol Him as is befitting to His glorious sovereignty and status, and bear witness that there is no deity worthy of worship, except for Allah alone without any partners or peers.**

**I also testify that Muhammad is His Servant and Messenger, may the peace and blessings of Allah be upon him, his family, his companions, and all those who will follow them in righteousness till the Day of Judgment.**

## Complete Purification: Spiritual, Physical & Emotional

### Emotional Baggage Hazard – Emotional Detox

**Toxin 1: Holding A Grudge:** Hurt, Lie, Cheat, Abuse – Play Victim – Move On – Learn to let go and liberate yourself. Forgive yourself and others and move on.

*“O son of Adam, were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you” (Al-Tirmidhi)*

*Parents , Spouse, Children, Siblings, Family, Friends*

*Whoever suffers an injury and forgives , God will raise his status to a higher degree and removes one of his sins” (Al-Tirmidhi).*

*Wrestle Your Nafs (ego) fighting inner Evil to purify your heart and mind.  
Overcome innate desire to hold the grudge.*

*“ وَلَا تَحَاسَدُوا وَلَا تَقَاطَعُوا وَلَا تَدَابَرُوا ” - Neither nurse grudges, nor sever ties, or nurse enmity.” (Muslim)*

## **Toxin 2: Anger** – Natural, Motivate/Destroy you/health/life

*“The strong is not the one who overcomes the people by his strength, but the one who controls himself while in anger.” (Bukhari).*

*Accept your destiny, don't blame/fight everyone. Gain control, behave mature . Take ownership of your feelings, stop blaming others. Only you decide whether to be angry or not.*

*Prophet was asked for Advice: “Don't be angry 3x.” (Bukhari)*

*Anger leads to sins, problems, destructive behaviour, disregard for others. Remove yourself from the situation, deep breaths, tawbah, control*



**Toxin 3: Anxiety** – Consumes/overwhelms you – no focus/peace/trust

Affects Faith – Productivity – Immobilised – Due; Past, Present Future

Always have positive opinion of Allah, rely upon Him, Tawbah past, Shukr present, Tawwuz future.

Always remain optimistic in all situations – Allah is your Guardian/Protector

*وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ* – *And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive (2:45)*

**Sabr**  
Patience

صَبْرٌ



**Toxin 4: Depression** – hopeless, helpless, lack of control

Focus on blessings of Allah, increase gratitude, become active, meet friends, exercise, attend lecture

**Toxin 5: Pessimism** – Chronic complainer, stop searching for faults in yourself and others. Accept the reality whatever it may be.

*“How wonderful is the affair of the believer, for his affairs are all good, and this applies to no one but the believer. If something good happens to him, he is thankful for it and that is good for him. If something bad happens to him, he bears it with patience and that is good for him.” (Muslim).*

