

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ فَرَضَ عَلَيْنَا صِيَامَ رَمَضَانَ وَسَيَّئَنَا فِيهِ
الْقِيَامَ لِلْمَغْفِرَةِ وَدُخُولِ الْجَنَّةِ بِسَلَامٍ وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ
لَا شَرِيكَ لَهُ ذُو الْفَضْلِ وَالْإِكْرَامِ وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا
عَبْدُ اللَّهِ وَرَسُولُهُ خَيْرٌ مَنْ صَامَ وَقَامَ لِرَبِّهِ بِاللَّيْلِ وَالنَّاسُ نِيَامُ
فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ
أَجْمَعِينَ وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah, the Lord of the Worlds. He prescribed fasting and enjoined us to stand for prayer during the night so that we may attain His forgiveness and Paradise in peace. I bear witness that there is no deity except Allah, having no associates. He is the Bestower of favours and the Most Generous. I also bear witness that our Master Muhammad is the Servant of Allah and His Messenger. He was the best amongst those who observed fasting and stood for prayer at night while people were asleep. May the peace and blessings of Allah be upon him, his pure blessed family and companions, and all those who follow them in righteousness till the Day of Judgment.

- The different levels of fasts include fasting with the body, the heart, limbs, and world. There is also fasting as an emotional detox. If you are emotionally & psychologically unstable then you will not benefit from Ramadan or achieve its full potential as your focus is elsewhere.

Emotional Detox # 1 - HOLDING A GRUDGE

- Someone hurt you, lied to you, cheated on you or abused you. You can either play the victim role or you can move on.

Hadith Qudsi : “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”

- Forgive your parents, your spouse, your siblings & anyone else who has ever oppressed you. Realise that there is divine wisdom in everything that happens. Tests in your life that shape you and make you stronger.

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

- It is like a wrestling match with your Nafs (ego) – fighting the evil within to purify your hearts. Overcome your innate desire to hold a grudge.

“God had ordered me to maintain ties with those who sever ties with me to give to those who deprive me and to forgive those who oppress me.”

Emotional Detox # 2 ANGER

- Anger is a natural human emotion which can motivate you to take action. If anger is not channeled properly it can cause health & psychological problems, violence and even divorce. Learn how to control your anger or else it will control you.

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

The Prophet was asked for advice he said “Don’t get angry” – he was asked a second and third time and he repeated don’t get angry. The reason he put so much emphasis on not getting angry is because anger leads to many problems and sins. Don’t react to provocations, deactivate yourself, remove yourself from the situation, time out, deep breathing.

Emotional Detox # 3 ANXIETY

- Don’t feel overwhelmed with situations in life, feel at peace & have trust in your heart. Live in the here and now, don’t worry about the past or future. Believe that Allah is al-Hakeem (the most wise) does everything for a reason, trust Allah and accept your destiny.

“And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive” (2:45)

Emotional Detox # 4 DEPRESSION

- Focus on the blessings you have and increase your Shukr/Du'a, don't think about what didn't happen. Take part in activities, pray together at home/Masjid, Ramadan is about strengthening your mind & soul. Get together with friends, exercise daily & help those in need.

فَاسْتَجِبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ وَكَذَلِكَ نُنَجِّي الْمُؤْمِنِينَ

Emotional Detox # 5 PESSIMISM

- When you are pessimistic you will search for what is wrong in everything and everyone, you will lose all hope and lack enthusiasm for the future. A believer can only be optimistic because they believe in the power of their creator and they are certain that everything that happens is for the best.

“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)

JEALOUSY, LOW SELF-ESTEEM, BEING JUDGMENTAL, TOXIC RELATIONS, HATRED...