

ALI-600 Session 2

STRENGTHENING THE BODY, MIND AND SOUL DURING THE MONTH OF RAMADHAN

- **Jurisprudential fasting**
 - Once its offered – box can be checked
 - As a form of training for beginners – getting used to waking early hours
- **Ethical fasting**
 - Fasting with all our senses
 - Thoughts, behaviour
 - Imam As Sadiq “When you fast, let your ears, your eyes, your hair, your skin, and all your body fast too. **Do not let your fasting day be the same as non-fasting ones**”

- **Spiritual Fasting**

- **Fasting/Detach from everything other than Allah swt**

- **“I will reward all rituals of mankind from ten times to seven hundred times save patience, for it is for Me and I am its reward, and Patience is fasting.**

MINDFUL SHAHRU RAMADHAN

IS NOT:	RATHER IT IS:
Fasting only from food and water and desires	Fasting from with the limbs, heart and actions
Overindulging in food preparation and intake	Rectifying our relationship with food to optimize the cultivation of our soul
Adding good deeds without mending our relationship Allah and His Creation	Returning to Allah, mending relationships, and cleansing our hearts first
Being concerned with the quantity of worship	Focusing on the quality and experience while increasing quantity with a balance
Continuously going from one activity to another	Taking time to cultivate personal silence, reflection and mindful transitions
Burning out and losing your best self by saying yes to everything	Setting healthy boundaries to cultivate balance in all different roles

MINDFUL RAMADHAN

- **What are my challenges and distractions in Shahrul Ramadhan?**
- **How will I balance between quantity and quality of my worship and character building this Shahrul Ramadhan?**

CUE triggers your brain to initiate a behaviour

CRAVING motivation behind every habit

RESPONSE is the actual habit you perform (act or thought)

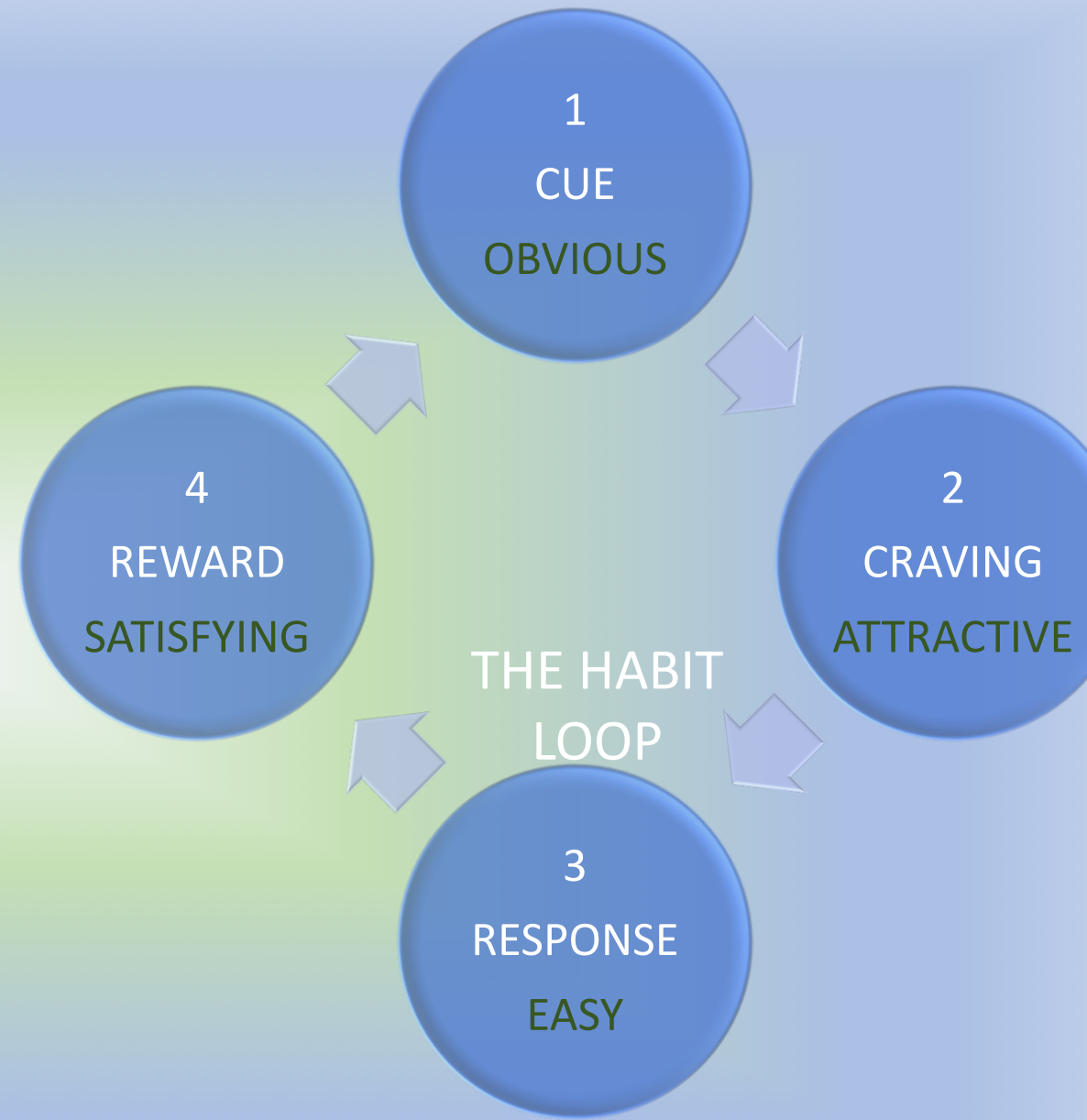
REWARD delivered by the response, the end goal of every habit

CUE keep verses/duas in musallah, on night stand, set reminders on phone

CRAVING remind yourself of your goal, nearness to Allah swt, His promise of peace

RESPONSE verse a day, passage a day, name of Allah a day, \$1 a day, one message to check up on someone a day

REWARD guaranteed you will feel better, more energized, at peace



H

ear through His remembrance

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Unquestionably, by the remembrance of Allah hearts are assured." (Q 13 : 28)

With every action, ask yourself, where is His pleasure in this?

Result - You will be more **MINDFUL** during the month and moving forward

E

ngage with purpose

وَإِذْ قَالَ رَبُّكَ لِلْمَلٰٓئِكَةِ اِنِّيْ جَاعِلٌ فِى الْاَرْضِ خَلِيْفَةً

And [mention, O Muhammad], when your Lord said to the angels,
"Indeed, I will make upon the earth a successive authority (Q 2:30)

Anything you do, ask yourself what is your intention? What do you hope to gain?

Result - You will be more **PURPOSFUL** during the month and moving forward

A

cheive with gratitude

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

If you are grateful, I will surely increase you [in favor] (Q 14:7)

Fill your days with gratitude, and positivity.

Result - You will be more **GRATEFUL** during the month and moving forward

R

ise with patience and humility

وَالْكٰظِمِيْنَ الْغَيْظَ وَالْعٰفِيْنَ عَنِ النَّاسِ وَاللّٰهُ يُحِبُّ الْمُحْسِنِيْنَ

who restrain anger and who pardon the people - and Allah loves the doers of good(Q 3:134)

Regulate emotions with every action. How should you respond to certain situations?

Result - You will be more PATIENT during the month and moving forward



Thrive with compassion

وَمَا أَرْسَلْنَاكَ إِلَّا رَحْمَةً لِّلْعَالَمِينَ

And We have not sent you, [O Muhammad], except as a mercy to the worlds (Q 21:107)

How can you be helpful to others? What could you do to bring joy to someone's heart?

Result - You will be more **COMPASSIONATE** during the month and moving forward

DURING Shahru Ramadhan:

Beautifying Salah

Reading and Reflection on the Qur'an daily (Verses, Suwar, themes)

Listening to multiple lectures, tafsir sessions a day

Having meals of Sehri and Iftaar as a family

Fasting everyday

Being patience, controlling tongue

Doing a'maals the last 10 nights/days, private conversations with Allah swt

POST Shahru Ramadhan:

Looking forward to Salah daily; strengthen connection with Allah swt

Consistently reciting with reflection with a set schedule

Spending some time everyday to listen and nurture the mind

Be present during your meals, with the family and away from distractions

Fasting the Mustahab fasts more often

Continuing to be mindful our speech and actions

Schedule daily times for silence, reflection and munaajat with Allah swt

- **Verse a day, short sura a day**
- **Portions of a Du'a a day**
- **Choose a theme (patience, love, contentment, tawheed)**
 - **Work on the subject through listening to lectures; looking up verses; ahadith, brainstorm ways to apply them daily**
- **Hadith a day**
- **Stories form the Qur'an**
- **Reflection Journal**
- **Pick a book (akhlaq, theology, spirituality) – reflect on portions everyday**