



## HEALING HEARTWORK: PART ONE WITH CH. SONDOS KHOLAKI

### REST, EXPRESSED EMOTIONS, DUAA, AND DHIKR

#### REST

IN THESE FIRST TEN DAYS, LET US CONSIDER THE MULTITUDE OF WAYS IN WHICH RAMADAN OFFERS US A MUCH-NEEDED BREAK FROM OUR PURSUIT OF CONSUMPTION.

HOWEVER WE PRACTICE LIMITING OUR CONSUMPTION DURING THIS MONTH, RAMADAN PROVIDES A SPECIAL OPPORTUNITY FOR SELF-COMPASSION BY WAY OF REST.

#### EXPRESSED EMOTIONS

“TEARS ARE A MERCY.” PROPHET MUHAMMAD ﷺ

AS WE PRACTICE SELF-COMPASSION BY LEANING INTO REST, WE MAY ALSO TURN OUR ATTENTION TOWARD OUR THOUGHTS AND EMOTIONS.

WHEN WE ARE HIT WITH A BARRAGE OF EMOTIONS, MURAQABA (SELF-OBSERVATION) INVITES US TO PAUSE, OBSERVE AND NAME THE THOUGHTS AND EMOTIONS SURFACING, LOCATE THEIR SOURCE, AND THEN ENGAGE IN MUHASABA (SELF-ACCOUNTABILITY) TO ASSESS OUR STATE.

#### DUAA

“O MY LORD, FORGIVE AND HAVE MERCY ON ME; YOU ARE THE MOST MERCIFUL.”

\* RAB-BIGH-FIR WAR-HAM WA ANTA KHAIR-UR-RAAHIMEEN. (SURAH AL MUMINUN:118)

#### DHIKR

YA RAHMAN, YA RAHEEM  
(THE MOST COMPASSIONATE, THE MOST MERCIFUL)

YA LATEEF  
(THE GENTLE ONE, THE SUBTLE ONE)

To read further:  
[bit.ly/amcli-healing-heartwork](https://bit.ly/amcli-healing-heartwork)

