



HEALING HEARTWORK: PART THREE WITH CH. SONDOS KHOLAKI

EMPTYING, GROUNDING, DUAA, AND DHIKR

EMPTYING

RESILIENCE IS NOT ABOUT “POWERING THROUGH” ON AN EMPTY TANK. IT'S ABOUT HOW WE REPLENISH ALONG THE WAY.

SALAH EXISTS TO EMPTY OUR SPIRIT OF ITS METAPHYSICAL BURDENS AND WEIGHT. IMAGINE ANY FEELINGS OF ANXIOUSNESS POURING OUT OF THE TOP OF OUR HEAD AS WE TIP OUR BODY FORWARD IN SUJUD (PROSTRATION), EMPTYING THE CONTENTS THEREIN.

IN WUDU, WITH EVERY SWIPE OF WATER, WE PURIFY OUR PHYSICAL AND SPIRITUAL FORMS OF PAST SINS AND SHORTCOMINGS SO WE STEP INTO SALAH EMPTIED AND READY TO BE REFILLED BY THE MOST COMPASSIONATE.

GROUNDING

THE RITUAL OF SALAH OFFERS US AN ANCHOR OF LITERAL AND SYMBOLIC GROUNDING, NO MATTER THE CIRCUMSTANCES THAT SURFACE THROUGHOUT THE DAY.

IN SUJUD, OR PROSTRATION, WE FIND OURSELVES MOST CONNECTED IN BOTH PHYSICAL AND METAPHYSICAL WAYS — AS THE SEVEN POINTS OF OUR BODY (FOREHEAD, PALMS, KNEES, AND TOES) CONNECT TO THE ENERGY IN THE GROUND, OUR CRUMBLING POSTURE REMINDS US OF OUR FRAGILITY AND HUMILITY.

THE BENEFITS OF SALAH FOSTER RELAXATION, LOWERED STRESS LEVELS, RESTORATION OF BALANCE, AND IMPROVED IMMUNITY.

SALAH AND DHIKR ARE TWO OF THE MOST POWERFUL PRACTICES THAT WE UNDERVALUE.

DUAA

"O ALLAH, PROTECT US FROM THE FIRE."

ALLAHUMMA AJIRNA MIN-AN-NAAR.

DHIKR

"O ALLAH, SEND YOUR BLESSINGS UPON OUR NOBLE MUHAMMAD"

ALLAHUMA SALLI 'ALA SAYYIDINA MUHAMMAD

To read further:
bit.ly/amcli-healing-heartwork

