



HEALING HEARTWORK: PART TWO WITH CH. SONDOS KHOLAKI

GROWTH MINDSET, DETOX, DUAA, AND DHIKR

GROWTH MINDSET

GROWTH MINDSET: WE BUILD AFIYAH, OR EMOTIONAL WELL-BEING, THROUGH RESILIENCE CULTIVATED BY RETAINING A POSITIVE AND HOPEFUL OUTLOOK WHEN FACED WITH HARDSHIP.

SPIRITUALLY SPEAKING, SOME YEARS, WE MAY BREEZE THROUGH RAMADAN AND, OTHER YEARS, WE MAY ENTER INTO AND DEPART FROM THE MONTH IN STRUGGLE. OUR MINDSET OF SPIRITUAL GROWTH OCCURS NOT IN CHECKING OFF BOXES OF "GOALS" BUT IN OUR SUSTAINED, HEIGHTENED SENSE OF HUMILITY WHEN ACKNOWLEDGING OUR SHORTCOMINGS, FLAWS, AND CEASELESS INNER HEART-WORK.

DETOX

DETOX: JUST AS THE ACT OF DRY, INTERMITTENT FASTING SERVES AS A CLEANSE OF OUR PHYSICAL FORM, THE ACT OF TAWBAH (REPENTANCE) AND PRACTICE OF ISTIGHFAR (SEEKING FORGIVENESS FROM GOD) PURIFY OUR SPIRIT OF METAPHYSICAL TOXICITY.

OUR THEOLOGY OF HEALING OFFERS US PERSPECTIVE: HE WHO ALLOWS THE TRIALS AND TESTS ALSO SENDS US THE RESOURCES WE NEED TO MOVE THROUGH THEM.

FORGIVING OTHERS IS AN INTENTIONAL PROCESS, REQUIRES EFFORT, AND IS OFTEN PRECEDED AND AUGMENTED BY OUR OWN HEALING AND HEARTWORK.

DUAA

"I ASK FORGIVENESS OF MY SINS FROM ALLAH, MY LORD AND I TURN TOWARDS HIM."

ASTAGHFIRULLAH RABBI MIN KULLI ZAMBIYON WA ATOOBU ILAIYH

DHIKR

"I SEEK FORGIVENESS FROM ALLAH, THE ALMIGHTY."

ASTAGHFIRULLAH AL ATHEEM

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

