



Mind's Faculty

All those will be in trouble who are unaware (ignorant), they will be in danger who know (literate) but not performed virtues, they will be in a dilemma who performed virtues but did not try to please the Almighty, and those, who thought they have pleased Allaah, are deepened more into danger.

- ❖ The intelligent Mind (**Vision plus Awareness of consequences**) should identify the Tricks of Satan (devil) when it takes the heart (Wisdom) towards deceptions of people and wrongs (bathil). O Allaah, I do not wish to understand things in the wrong manner. Give me the strength and ability to think right. Remember World is a place of deception and Test, if we are not sincere Nafs will stab us from the back.
- ❖ The worst is the darkness of the heart, once it's surrounded by darkness; all the other thoughts, intellect, soch-samaj, talks and actions will automatically be misled and be wrong. You may not understand this right now, but I have been analyzing it for years. Its why I've always asked you to beg for 'Enlightenment' (Divine Light) and its thorough protection from Darkness (Gumrahi).
- ❖ Concentration towards Almighty Allaah is very important because Allaah guides the Righteous and Bless with good thoughts. Always ask Him (Dua) for Help, Mercy and Blessings; He is there to help us.
- ❖ Train the Mind to have Sabr, Patience, tolerance, those who do not do so, certainly will face humiliation.
- ❖ The moment we try to concentrate or get focused towards an achievement, immediately numerous useless thoughts, the past memory, laziness surrounds the Mind like a honey bee, mainly to block the priorities or responsibilities so that we leave that work instantly, this is the Satan, weak minded people often fail here but the strong minded continue to go on and eventually succeed.
- ❖ Just remain fully focused **towards present work at hand and follow correct knowledge and principle** of that particular work. Mind means the Nafs in Islam, Make sure that at any point you are not diverted towards non priorities. Do the work of Dawah to achieve the Noor of Iman, Sunnah and Zikr. Then Allah will reward you two precious gifts "The Fear of Allah and Peace and Calmness in the Mind and heart" (Wisdom). Once you get these, control tongue and stop indulge gossiping about third person, it's very true that Satan & Nafs diverts the Mind and focused towards useless and non priority subject during all performance leaving behind the main issue. wasvasa and excess thoughts destroy Noor from the heart.
- ❖ Since childhood, the cancer of useless Thoughts and wasvasa has developed in our Minds; they need to be burned or destroyed with the Radiation of Zikr's Noor (Divine Light), fear of Allah, Sunnah and calmness. Mind slavery of self oriented thoughts and slavery of Nafsani khawish (harmful desires) can be destroyed and controlled through the work of Dawah, Commands of Allaah, Sunnah of Prophet SWS, consultation, Pious company, proper knowledge, focusing to proper strategy for priorities, responsibilities, present sufferings and dedicated hard work. This way Iman and Yaqeen will automatically develop in the heart with Quran and Hadees. The worst thing is that often some evil originates from the heart which connects the thoughts, moods, attitudes, irrelevant past memories and then the heart, intellect, talks and action –all act baseless.
- ❖ Scarcity makes values.
- ❖ Organized Mind. The Mind and Heart will never be organized until and unless the Body does good deeds (Amaal).
- ❖ Smart Decision makers but believes in Action. Wrong calculations mean loss and sufferings.
- ❖ Enough Knowledge, application of Commonsense
- ❖ Fully focused to present work, Priority, sufferings, Rights and Responsibilities. (Very important)
- ❖ Positive Attitude because attitude decides altitude, appropriate approach, just perfect presentation
- ❖ Appreciation and Gratefulness but be careful about exploitation and abuse.
- ❖ Enough Self Control from all Negative issues and evils.
- ❖ Strong Mind, plan before you Act so that the job is well done. Maintain professionalism
- ❖ Maintain Secrecy to protect evil eyes (Bad Nazr).
- ❖ Not lazy but loving hardships, remember one thing whatever we work for, the same thought develops in the Mind (Pre- recorded message flash), let's work for wellness and well being from today onwards.
- ❖ Transformation and Reformation (Islah) is a must but they are tough. Good things grow in a proper environment.
- ❖ Balance and Moderation is very important aspect of life.
- ❖ Trust Quran, Sunnah and experienced, honest Professional's Guidance, to avoid all chaos sufferings and repentance.
- ❖ Free from all Greed's, Junks & Addiction
- ❖ Identify Own Short Comings not others and don't react instantly wait for a suitable moment to point out.
- ❖ Not a Revolutionary, criticizing Mind.
- ❖ Do not Haste and do not waste Time. Biggest crime is the waste of time.
- ❖ Do not waste a minute, a rupee and a calorie of energy.
- ❖ No Obsession for any material world and people but Justice is to be done.
- ❖ Understand one's own limitation and jurisdiction.
- ❖ Avoid gossiping about Third person
- ❖ Speak softly, we are very loud people. (Apne aapko hamesha chota samaj na hai)
- ❖ No useless, loose Talks and Prejudice, we often speak on non priorities.
- ❖ Fire of Hell is hidden in the tongue, controlled it, in front of others, Keep yourself busy, free minds are Devils hub.
- ❖ Know how to switch off and On and ignore things to get Peace and satisfaction.
- ❖ Not Selfish, do not Act if you are not trained, authorized and instructed.
- ❖ Good protection from Haram and Sins, the more we practice, the more self control develops.
- ❖ Accept others excuses, forgive people for their faults for your own Peace of Mind.
- ❖ Not egoistic, Irritated and short circuited Mind, do not try to convince the arrogant, let him hit the wall.
- ❖ Cheerful with a Smiling Face, **inspiration to start, habits to continue.**
- ❖ Not proud but be polite and humble in all Actions. Clean and transparent towards all dealings and transactions. **Think! What lessons people are learning from my actions?**
- ❖ Manner Etiquette of Prophet Muhammad SWS (www.wisdominlife.net)
- ❖ Remember the Day of Judgment, collect Good Deeds as quickly as possible for Hereafter, Fear Allaah at all situations' silence and calmness are the best strategies to handle all critical situations.
- ❖ Make sure that the Mind is not pre set with arrogance, blocked or confused. Remain fully focused with pending work. Outside distraction should not create hindrance.
- ❖ Peace of Mind is very important but the Life is related with too many people, SITUATIONS and material world, (such as good, bad, ideates, arrogant, cheaters and hypocrites) that is why it is very difficult to fix life with Peace, that is why it is important to forgive people and to have limited access with people and things and of course simplicity. Try to do things by your own hands to avoid irritation.
- ❖ The World is transforming into a selfish place where everyone wants to fulfill only his or her desires and dreams, and that their work must be done at any cost, nobody really cares about others' comforts or convenience. Does any one in this era have the mind frame - "Let me suffer a bit but let the other have his comfort"?
- ❖ Remember **our own Nafs and khawish (Mind Slavery & Desires) will try to damage our own cause silently.**
- ❖ If anyone who is disobedient to Allaah, remember one thing, He will hand over his/her Mind, Nafs towards various destruction Firstly, Ignorance, useless thoughts & talks, wasvasa will surround them, secondly they will be handed over towards sins, haram, spendthrift, laziness, seeing others short comings etc, it's a wrath for destruction, because they enjoyed doing these wrongful activities. The beautiful Allah's world is destroyed over here. **What is visible does not need any evidence.**
- ❖ At times I feel ignorance is Bliss and knowledge is the curse. Pre occupied minded people cannot function well if the heart and mind is over burden and heavy with excess knowledge and thoughts certainly it will affect your optimum performance. One has to free the mind from all junks. Protect five senses from all materialistic influence and adverse situations.
- ❖ Sacrifice and Strive in the path of Allaah for the work of Dawah to achieve and establish Iman, Sunnah and inner Peace, once you do this, you will be protected from all useless thoughts, actions and wasvasa's, the real culprits which creates ungratefulness, stress, irritation, frustration and depression in the heart and mind. Look after your health, business, profession with full knowledge and correct principles. **Keep the heart kind, soft, clean and transparent by doing Tauba and Tears**, always maintain good relationship with everybody, do good deeds as much as possible. Proceed these ways Allaah will reward you with Ikhlas (Pleased), concentration towards Him and a guaranteed success of Peace, Happiness, Help and Comforts.
- ❖ If the body is weak and cannot adapt or support certain things, don't try to do it by mind's force. The Minds power will damage the body if it is weak. Are your medical parameters normal? Such blood pressure, sugar, cholesterol and thyroid? Are you feeling wellness and well being from inside? Do you get enough sleep? If not then take care, **consult a physician and go** ahead with proper medications, these days western medications are fairly safe enough. Billions of dollars are being spent to decide the medical parameters, please do not ignore my suggestions, serious sufferings and consequences are going to strike in near future. May Allaah protect us.
- ❖ We need at least that much of Iman which will support us to obey the Commands of Allaah to follow the Sunnah of Prophet SWS to stop from all Sins and Haram. Do not get trapped into the Ocean of Thoughts, Mind and Heart. Use capacity, capabilities, time, energy and money proportionately towards all your duties, responsibilities. Perform all Actions and Good Deeds (Amaal) with confidence, consistency and utmost sincerity. (Har kaam ko bahut acha se anjam dena, kyun ki jaisi karni aisi bharni)
- ❖ May Allaah provide us such an Iman in the heart so that the heart (Qalb) is fully protected from the vibrations and impact of the Materialistic world, adverse situations, foolishness & arrogance of idiots, wasvasa, useless thoughts, past memory, non priorities, forgetfulness, ghaflat, all unlawful desires of 5 senses, although it is tough but not impossible.
- ❖ In company of others with the Noor of Iman & Yaqeen always try to keep your 5 senses in a Calm and Composed mode so that you can easily control your thoughts and tongue (speech). Zikr of Allaah should touch the heart and the mind should adapt to the meaning of Zikr. Make sure that "past memory thoughts" should not divert you towards XYZ, by Satan's influence.
- ❖ When you are busy with some work or you are free (alone), many thoughts will flash in your Mind; if it is not in your priority, do not think about it, chase or talk about it, just ignore those subjects. If your mind and heart is over burdened with anything then there is a serious doubt in spirituality, where is the happiness? Cheerfulness? and a smiling face? It's all deception in the name of spirituality.
- ❖ Mind cannot recall more than three things at a time so, strategies should be based on three each at a time, let's start like this; first three, Love of Iman, Fear of Allaah and Tongue (speech) control. Second. Follow Prophet Muhammad's Sunnah, Sayings and Manners Etiquettes, make sure that you are not trapped or diverted into self oriented thoughts (Mind Slavery), wasvasa and forgetfulness while following Sunnah. Fourth, Focused to the "Priority Achievement" or present work, make sure that mind must not jump or diverted to somewhere else, leaving behind the main issue such as just finished work, which I say past memory (pre recorded)start flashing in the Mind to divert you from the present work, so that you don't concentrate or perform with complete dedication. Last three, keep the heart Clean and transparent, do Tauba to get enlightenment (Hidayat) and often remember death. Shortly we will be landed up in the next kingdom of Allaah that is the Hell and Heaven according to our good or bad deeds after our death.
- ❖ Why it is important to ignore thoughts and wasvasa? Just think as of now how much worldly pleasures, various situations and materialistic things your own senses have observed or experienced? I would say millions, do you know they all are saved in the memory box of your brain as a past memory, now, time to time all those things are retrieving by Devil and pushing it to your thoughts so that you are lost in the ocean of thoughts. Similarly how much pain, agony, adverse situations and arrogance of idiots your heart has went through as of now? I would say Millions and Trillions; they all wounded and pained your heart, now those things in the form of wasvasa retrieved by devil, then penetrate into your thoughts so that you lost in the ocean of pain, stress, depression, irritation and frustration. That is why it is important to forgive people, otherwise one will forget every important aspect of life, such as, construction of family health, business, and profession and of course it affects our concentration and focusing power towards everything.

For more details www.wisdominlife.net