



How to go ahead with Action

Learn Wisely Think Correctly Act Perfectly

Start the Zikr with Ikhlas (pleasing of Allah) then the Zikr would enter our heart and would cleanse the heart from dirt, malice and worldly things. We need to pray Allah to cleanse our heart and gift with Imaan, Yaqeen (concrete belief), fear of Allah, Ikhlas (pleasing Allah) and Sunnah (way of life of Prophet Mohammad PBUH).

Once we follow these dedicatedly we will realize that some divine power is developing within ourselves. This is known as the power of Imaan, the most important asset of a man/ woman. Now while doing this we have to remain focused to see what is happening in the mind. During and after any action, mind starts thinking and analyzing. Human brain is strongly related with five sensory organs and past events. In general during any situation/circumstances human brain is always trying to retrieve something from the repository of past events and sending those messages to the mind to stimulate the thoughts, so that mind diverts to somewhere else leaving behind the present work in hand. If a person is able to control it, then Satan and Nafs will try to work on senses, so that the person takes impact from the materialistic world and its people and start thinking about those things, again leaving behind the present work in hand. The quality of work suffers when the person is not able to concentrate on the job in hand. we can experiment these while trying to sleep.

Basic principle of any work is to keep the heart and mind clean and empty by doing Isteghfir. Then start the work by reciting Bismillah and always remain focused to the present work and follow its principle (Sunnah & Commands of Allah) which we need to practice in our day to day life, but the devil will always play game by diverting and exploiting focus and thoughts throughout our life whenever we intend to do something.

Now come to another point. Never forget the "Tests/tribulations from Allah" (Azmaiesh) and adverse situations (Nagawari) it is a part and parcel of our lives. Hidden deception of Nafs, Satan and Khawshish will remain with us in the form of anger, arrogance, Stress, pleasures, laziness, forgetfulness etc. until we die. What are these destructions which triggers from the heart? you need to understand by reading my "Secret of Heart" chart. Handle all these things through sacrifice, hardship, patience, knowledge of Islam (Deen), Dua and by consulting professional guidance. Many hidden secrets will be unfolded after all adverse situations; it is here where Wisdom develops.

Now every now and then we need to keep our mind empty, filtered from thoughts, relax (do not think) by following silence. We have to fulfill our priorities (Dawah & body's necessities), responsibilities, and duties. It is a fact that some thoughts and problems would always burden us definitely as we carry out our everyday life. However, we should not bogged down with them to the extent that it destroys our peace, happiness, tranquility and drags us to many stress related diseases. To counter hidden destructions we need to hold three principles viz. sacrifice, patience and hardship (Mehnat) firmly. However the bigger question is where will we get that willpower? It is the work of Dawah where we will achieve that power to counter destruction, if we spend quality time in the path of Allah everywhere we need to wait, tolerate, sacrifice and obey.

Identify your own personal short comings and destructions and get rid of from there, for example Mr.Abdullah is suffering from stress, diabetes, high blood pressure, food cravings, tobacco addiction and laziness (ghaflat) so he has to cure these diseases otherwise destruction will strike through these path. The moment we want to do something or try to remain focused to our priorities many distraction will take place by Satan so that we don't do that work with full dedication and concentration that I have already mentioned in the book.

Without remembering death and preparation for Akhirah, spirituality cannot reach in perfection. World is a complex place so hold Yaqeen and courage to say "No" to materialistic world and people (Inkar) firmly.