

ACHIEVEMENT

If the body is weak and cannot adapt or support certain things, don't try to do it by mind's force. The Mind's power will damage the body if it is weak. Are your medical parameters normal? Are you feeling wellness and well being from inside? Do you have 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.

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" thought" 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. Another three, never forget present sufferings, Rights & Responsibilities and pending work. Last three, Clean and transparent heart, do tauba to get enlightenment (Hidayat) and 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.

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