



Thoughts are Bliss or Curse!

- ❖ All Darkness's or Blessings begins with Thoughts so one has to be very careful. Misguidance, wrong decisions, losses, humiliations are all hidden within thoughts. If there is a miscalculation of thoughts they'll afloat.
- ❖ All Negative thoughts develop through thoughts.
- ❖ Iman weakens by misleading thoughts while the Devil succeeds as the senses starts to absorb the impact of Mind. The Mind starts thinking. And the never ending process starts.
- ❖ It's impossible for man to think- where the Nafs (Negative Force) would stab a man from? Mind is incapable and cannot think at that wavelength. That sector can only be guided by Allaah.
- ❖ Thoughts decide a man's goodness or badness.
- ❖ Most fithnas, controversy originate from thoughts while Mind slavery originates by ignoring professional guidance.
- ❖ Addiction of thoughts develops by the excitement of excessive thoughts that man ponders and feels happy about.
- ❖ Much of the time wasted is by irrelevant thoughts.
- ❖ The Mind sucks out body's Energy with endless thoughts that disturb sleep. A Spiritual Heart can be polluted by thoughts, unless its divine.
- ❖ Often, there is a Chemical imbalance that takes place in the Mind by huge impacts of thoughts. Other factors that trigger chemical imbalances are uncontrolled Thyroid, high BP etc. The fact of the matter remains that all stress, tension comes through thoughts and past memory.
- ❖ Forgetfulness is triggered by thoughts.
- ❖ Often duties are neglected and many are lost in thoughts. This destroys the focus to present work and subject.
- ❖ The body has become lazy and he mind- Proud, Egoistic arrogant and ready to dive in thoughts.
- ❖ The Mind is diverted towards subjects of less priority.
- ❖ Headaches and migraines are common symptoms of uncontrolled thoughts, and these lead to suicides or a nervous breakdown in many case.
- ❖ The Holy Quran and Hadees have blessed us and is not a creation of man but one of divine.
- ❖ Eventuality (Shar bala) can strike by incorrect decisions and thoughts. Those who speak or act instantly by thoughts are the most foolish people and face dire consequences and regrets.
- ❖ Those who think much, talk much. Calmness disappears by excess thoughts and Noor disappears from the heart. Nafs, Devil, khawhish trigger through thoughts and If you're already addicted to thoughts you're addicted to your nafs and khwhish. Stop thinking now, and think of basic aspects of life. After a while the addiction of thoughts will be long gone.
- ❖ Chaos, argument, deception, verbal/physical abuse occurs through self oriented thoughts.
- ❖ At times body is completely tired and exhausted but thoughts are never tired still it wants to think, which makes the body more exhausted, these are really bad thoughts.
- ❖ The Best of thoughts are "I don't know how to think". Believe in Action.
- ❖ **Priority:** Simply remember Allaah and Prophet sws in every breath you take, so that you become fully concern about Allah's Commands and Sunnah of Prophet SWS then Gayer of Allaah (all materialistic world) neither touch the heart nor the heart jumps towards them (except day to day necessities). These are the foundation of Iman (Faith)
- ❖ Soul needs Allaah, Pleasure of Allaah, Sunnah Sayings and Manner Etiquette of Prophet sws should influence the Mind and Body, make sure that Anger Thoughts Khawhish Pleasure Forgetfulness Ungratefulness and Ghafat should not create obstruction towards Quality Performance. Keep yourself busy with Amaal and Performance. Ignore all Negative Attitude and Thoughts.
- ❖ The secrets of thoughts are hidden in spiritual heart where the wisdom remained, when it is in Peace useless thoughts do not bother but if it stressful mind surrounds with endless useless Thoughts, so The Zikr of Allaah and Faith (Iman) on Allaah brings peace in wisdom.
- ❖ **Solution:** Satan (Devil) is spreading various tricks or secretly planning some method to trap a man or woman in various desires (Khawhish) and self oriented thoughts (Mind Slavery) by using other people or materialistic things, so that he (Satan) can trapped us in various addiction, pleasures, troubles, controversy and after all create a bar so that Muslims are distance themselves from the Religion of Allaah's Deen that is Islam, I call it rat cage. Extreme cautious, Knowledge, professional guidance, Allah's Commands, Sunnah, sacrifice and hardship are the solution.
- ❖ I am sharing an example with all of you, one in which I was deceived and took it as a learning experience. I was told "Arif is waiting outside", my sudden thought was of my old much close friend of mine waiting. I stepped outside only to realize that it's not my old buddy but my printing person, Arif waiting. I wonder why it so happened.