

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، جَعَلَ الصِّيَامَ جُنَّةً، وَخَصَّصَ لِلصَّائِمِينَ بَابًا مُوصِلًا  
إِلَى الْجَنَّةِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، الْكَبِيرُ الْمُتَعَالِ،  
وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، وَصَفِيُّهُ مِنْ خَلْقِهِ وَحَبِيبُهُ،  
الدَّاعِي إِلَى أَفْضَلِ الْأَعْمَالِ، وَأَحْسَنِ الْأَقْوَالِ، فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى  
سَيِّدِنَا وَنَبِيَّنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ الطَّيِّبِينَ الطَّاهِرِينَ، وَعَلَى مَنْ تَبِعَهُمْ  
بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise be to Allah the Lord of the worlds, who made the fast a shield, and dedicated a door into Jannah for those who fast. I bear witness that there is no god but Allah alone with no partner, the Most High. And I bear witness that our master and our Prophet Muhammad is His slave and Messenger; the most pure and beloved of His creation, the caller towards excellence in actions and speech. O Allah send your peace and blessings upon our master and our Prophet Muhammad, his pure family and companions, and all those who followed in truth until the Day of Judgment.

## Emotional/Mental Taqwa

### **Toxin 1: Holding A Grudge:**

*“O son of Adam, were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you” (Al-Tirmidhi)*

*Whoever suffers an injury and forgives , God will raise his status to a higher degree and removes one of his sins” (Al-Tirmidhi).*

**Action:** Wrestle Your Nafs (ego) fighting inner Evil to purify your heart and mind. Overcome innate desire to hold the grudge.

*“” وَلَا تَحَاسَدُوا وَلَا تَقَاطَعُوا وَلَا تَدَابَرُوا - Neither nurse grudges, nor sever ties, or nurse enmity.” (Muslim)*

### **Toxin 2: Anger**

*“The strong is not the one who overcomes the people by his strength, but the one who controls himself while in anger.” (Bukhari).*

**Action:** Accept your destiny, don't blame/fight everyone. Gain control, behave mature. Take ownership of your feelings, stop blaming others.

*Prophet was asked for Advice: “Don't be angry 3x.” (Bukhari)*

Anger leads to sins, problems, destructive behaviour, disregard for others. Remove yourself from the situation, deep breaths, tawbah, control

## Emotional/Mental Taqwa

**Toxin 3: Pessimism** – Chronic complainer

**Action:** Stop searching for faults in yourself and others. Accept the reality.

*“How wonderful is the affair of the believer, for his affairs are all good, and this applies to no one but the believer. If something good happens to him, he is thankful for it and that is good for him. If something bad happens to him, he bears it with patience and that is good for him.” (Muslim).*

**Toxin 4: Jealousy** – Fire Raging – Prevent Peace/Contentment. Origins comparing yourself – feel inadequate, unattractive, poor, unfortunate, miserable.

**Action:** Disease, focus on blessings, stop comparing yourself.

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِن كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

“And remember when your Lord proclaimed, 'If you are grateful, I will surely increase you in favour; but if you deny, indeed, My punishment is severe.'” (14:7)

**Toxin 5: Low Self-Esteem** – Destructive negative thinking. Start thinking positive and walk with positive people. Seek opportunities and celebrate your successes.

وَلَقَدْ كَرَّمْنَا بَنِي آدَمَ وَحَمَلْنَاهُمْ فِي الْبَرِّ وَالْبَحْرِ وَرَزَقْنَاهُمْ مِنَ الطَّيِّبَاتِ وَفَضَّلْنَاهُمْ عَلَى كَثِيرٍ مِّمَّنْ خَلَقْنَا تَفْضِيلًا

“And We have certainly honoured the children of Adam and carried them on the land and sea and provided for them of the good things and preferred them over much of what We have created, with definite preference.” (17:70)

## Emotional/Mental Taqwa

**Toxin 6: Hatred** – Harbours bad feelings release poisons, kills your spirit and makes you cynical. Overcome by accepting your destiny and trusting in Allah. Only when the hating ends can the healing begin.

**Action:** Fill your heart with love, mercy, supplication and compassion.

خُذِ الْعَفْوَ وَأْمُرْ بِالْعُرْفِ وَأَعْرِضْ عَنِ الْجَاهِلِينَ

“Adopt forgiveness, and enjoin virtue, and turn away from the ignorant.” (7:199)

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

”Indeed Allah loves those who repent profusely, and loves those who keep clean”  
(2:222)

**“Which of the people is best? One who is pure of heart and truthful in speech. It is a heart that fears Allah and is clean. There is no sin in it and neither aggression, malice, or envy. ” (Ibn Majah)**