

Are Mindfulness & Meditation Practices

Permitted in Islam?



Yes, Mindfulness & Meditation practices are permitted in Islam. Prophet Mohammad (pbuh), himself practiced what it means to be a mindful muslim. He would frequently retreat to a quiet place of seclusion (Cave Hira) before receiving the message of Islam. He found clarity and refuge in such meditative moments.

In Islam Mindfulness and Meditation are tied to a self awareness of your heart & soul, intertwined with taqwa (God consciousness). This type of mindfulness practice enables one to gain insight into one's relationship with their creator.

Practicing Mindfulness

- Focus on the present, become self-aware
- Try to control thoughts and create inner positivity
- Read or listen to Quran, reflect on the temporary nature of this life
- Engage in practices like Salat (described as coolness of eyes by Prophet (pbuh))
- Make Dhikr (remembrance of Allah) as you reflect on nature

This practice reduces stress, improves focus, personal relationships & relaxes you.



Mindfulness Exercise

- Choose a time (me-time) of the day when you can just relax
- Take a walk, practice natural breathing
- Train your mind for both inward and outward silence
- Praise Allah for the variety of colors you see around you
- Just let go of all emotions & thoughts & enjoy the moment

Mindful exercise not only rejuvenates you, it increases your awareness of Allah & your relationship with Him.

Quality of life improves which enhances worship & a sense of positivity & calmness within you





Self-Care Checklist



CARE FOR YOUR SOUL

- Meditate
- Practice breathing exercise
- Write in a journal
- Spend time in nature
- Practice gratitude
- Focus on the positive

CARE FOR YOUR BODY

- Get plenty of rest and sleep
- Eat a healthy diet
- Stay hydrated
- Make Abulution often
- Engage in gentle exercise
- Focus on the positive

CARE FOR YOUR MIND

- Read Seerah of Prophet Mohammad (pbuh)
- Read/listen to Quran daily
- Learn a new skill
- Spend time with friends
- Practice mindfulness

CARE FOR YOUR RELATIONS

- Spend quality time with partner
- Spend time with your parents
- Maintain healthy friendships
- Reach out to family for support
- Set boundaries with those who are not supportive or helpful

Self-Care Checklist

LET'S ASSESS

How will you rate the following

PHYSICAL

	Never	Rarely	Sometimes	Always
I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

EMOTIONAL

	Never	Rarely	Sometimes	Always
I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to cope when stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TO DO CHECKLIST



Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

Emotional activities for the week

- Journal
- Recite/Listen to Quran
- Spend time with family/friends
- Practice meditation
- Do something fun (outing with family)

