

# RATIONAL & INTELLECTUAL SPIRITUALITY

**1st Priority:** Present Sufferings (Write in the box)

## Next Priority

Ibadath	Dawah	Health	Profession	Business	Family	Hereafter
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## Work of Dawah

Eimaan	Yaqeen	Taqwa	Commands of Allah and Sunnah of Prophet SWS
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## Strategy Secrets of Heart and Islahe-e-Nafs

1. Fear of Allah / Akhirat
2. Do not see flaws and shortcomings & keep ill feelings about others
3. Control Tongue
4. Stop doing excessiveness, Zulm Zatteeyia to your family, servant and staff
5. Strictly concerned that curse of Mazloom is not falling on you.

**Alert:** Many situations such as Test Adversities from the Sky and Satan are going to face.

## Focus on Heart

- Many destructions
- Thoughts
- Wasvasa
- Khwahish
- Forgetfulness
- Non Priority
- Moderation
- Flaws and shortcomings
- Clean and transparent heart must remain calm and compose.
- Neither it goes to materialistic world nor materialistic world touch the heart.

## Mind (Epicentre of Chaos)

- Good sleep
- Noor Sakina
- Switch off
- Relax
- Common Sense
- Detached
- No burden
- Do not commit any mistakes in performance
- Wobostha buje babhostha lena
- Nafs will strike from your weaknesses

Remain vigilant of all other things but be concerned and work on present sufferings and other priorities.

Make sure that mental abnormalities are not developing in your mind. I have noticed many people have developed mental illnesses in the path of spirituality.

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