TIME : IBADATH

While making the Zikr of Allah make sure the heart remains fully focused towards the words recited but while listening to the Zikr of Allah (Qurān) or listening a sermon make sure that your ear is fully focused towards the words entering. Remain cautious and very concerned about how Satan will at any time trigger something from your memory and force you to think of something else or that he will try to push a washvasa from the heart into the mind or plan an attack from the environment through various situations, all so that your focus is divulged from Zikr. Ignore all distractions, try to master this practice as this is one of the best ways to receive Allah's Noor through Divine Zikr.

NOTE: Khudee and Nafs is ready to trick and deceive you so that you commit mistakes in performance and remain in ghaflat at all time.

Practice healthy habits, fear of Allah, self control, sacrifice and patience.

TIME: PRIORITY & ACTION

1. If any mistake is committed in high-priority performances (Amaal) severe consequences will strike. Don't be lazy or callous towards responsibilities of this world. Lots of distractions will keep you away or stop you from performing them but you must continue your efforts.
2. **How Satan stops us from working on priorities?**

   A. Trigger a host of non-priority thoughts in the mind for chaos to occur it and refrain us from working on priorities.

   B. Tries to input laziness (ghaflat) in the body through consuming junk foods, tobacco addiction etc. so that you do not feel like working on priorities.

   C. Tries to bring several situations in front of your eyes so that your focus diverts towards them and fail to work on priorities.

   D. Satan will convince you to wait for a better opportunity, rather than utilising the present moment and wisely use time with whatever little opportunity and resources is available now, and instead of waiting for better opportunity, ultimately miss this time and opportunity.

   Five things you shouldn't get caught in

   A. Stress, B. Ghaflat (Laziness), C. Over indulgence of food, D. The fitna of women, E. Net of non-priority

TIME: LEISURE

While you might be alone, Satan is not. So be very careful and alert, he can attack you at any time

1. Purify the heart of vices. Protect Eimaan from sins and backbiting, and protect health from unhealthy foods.
2. At the time when ILM is taken away from the heart, both the heart and mind develops stress, and in that state of ghaflat it begins to observe flaws and shortcomings of others. The body begins reacting harshly to things and begins oppression.
3. When our ego is hurt, or people refuse to listen to us or fail to maintain a certain decorum, we begin to harshly retaliate or criticise.
4. Interfering in other's personal lives. Being angry at them. Being irritated towards them. Doing oppression.
5. The mind and heart must not be focused towards food and it's consumption all the time.
6. Unpleasant situations can come at any time and snatch the peace and happiness from our lives. No one can escape it because this is dunya. In these situations, the heart must make sabr, tongue silent, and exercise complete self-control in the body.
7. What we need to practice (Mashk) is the heart must be present towards the Sunnah (Prophet SWS) and follow the Sunnah, Sayings and manners & etiquette of Prophet SWS. Satan will not allow this to happen and bring many distractions to obstruct or at times something wrong will enter the mind, or something will trigger from the heart or something or the other from the environment so that your senses absorbs those disasters and confuses your mind. This will ultimately isolate or deprive (Mehroom) you of the divine rewards of the Sunnah.

Dr. Mohsin Ali
wisdominlife.net