

Q SPIRITUALITY IS A SERIOUS BUSINESS

Multi dimensional focus is required for spirituality

- ❖ Allah is watching, listening and understanding each and everything, what we are doing, what we are talking, where we are going, whom we are seeing and what we are hiding in our heart. literally everything, you cannot deceive Him. Angel's are writing all our deeds which will be presented at the day of judgement.
- ❖ Collecting good deeds for Hereafter are best things that you need to work hard on it.
- ❖ Well preparations for Grave and its three questions. Fully aware and concerned about ve questions at the day of judgement.
- ❖ The moment your intention is ill and actions are filled with malice, your relationship with Allah will be badly damaged and the materialistic world and people will behave unjustly with you.
- ❖ Sins, Haram, suppression of rights., Torture (Zulm Zatteya) Kufir, Shirk, Hypocrisy (Nifaq) will take people towards the e of Hell. And the shadow of Hell will also fall on the materialistic world. Be warned about these.
- ❖ First class plan and struggle to collect the pearls of the world such as Work of Dawah, Ibadath, Present sufferings, Health, Finance, Family and Hereafter.
- ❖ Also learn, understand how to protect those beautiful hard earned priorities, which are often destroyed by various distractions obstructions and ignorance.
- ❖ Always Fear Allah, your committed Deeds will be returned from the Sky, whether it is good or bad.
- ❖ Destiny will strike from the Sky, which will happen according to the Wishes of Allah.
- ❖ Eventualities, Test and Adversities will land from the Sky on regular basis.
- ❖ Nafs, Shaytaan and Khawhish will try to deceive the mind at all times, remain alert. Bombardment in the mind is the worst things.
- ❖ Various environmental situations are going to misguide you at all times.
- ❖ World is a place of deceptions so dishonesty, cheating, are hidden in a veil masked which you will experience from time to time and regret.
- ❖ Huge ILMS of Quran, knowledge of Sunnah, experience and professional guidance are required to deal with complicated world but many times we missed that. Health and nance ar e one of the most important factors in today's world.
- ❖ Controversy, Fithna, chaos, arguments, ghting and misunderstanding are hidden in the world so we have to learn how to deal with them.
- ❖ 7 Animals are hidden inside our Qalb never know when they will surface by the inuence of Nafs, Khudee and Nafsan Khawhish. The most dangerous things are going to happen by their inuence . Mostly through pleasures, ghaat,adictions, anger and arrogance. They will destroy our peace, happiness and success in the world and Hereafter. May Allah protect us
- ❖ Do the Zikr of Allah with consistency and humility (Towajo, Adab & Elteram), read Estegfar, do repent. While doing Ibadath and work of Dawah always try to keep the heart calm, composed, silent, clean and transparent and recharge with below qualities.
- ❖ Noor-e-Eimaan, Noor of Enlightenment, Eimaan, Yaqeen, Sabr, Taqwa and Tawakkul and remain on the straight path
- ❖ While walking in the straight path with Quran and Sunnah follow signals from the environment and the Sky. What masseges are they giving.?
- ❖ From time to time Allah will send His Commands and Wishes to your Nafs so full those Commands ne ver try to violate them, it will happen till death to test your Eimaan how truthful you are to His Deen (Religion), Prophets and Books.
- ❖ From time to time keep Allah on the right side of your body and Prophet Muhammad SWS on the left and Vis - Versa (I practice these for their Estejar during Salah and Ibadath)
- ❖ The Fragrance of Eimaan and purity of Qalb will be enjoyed only by those people who are moderate in their behavior and have have destroyed their own greed, jealousy they do not observe other's a ws, also do not keep ill feelings (Badguman) about others in their hearts, do not keep hope from people and do not beg from people except Allah. Who do not have pride, ego or arrogance. Those who are humble and polite in all their actions and deeds react fr om their personalities and attitudes.
- ❖ Stress, irritation, haste, incorrect decision and lack of patience are the worst things in spirituality be cautious about them.
- ❖ Nafs, Shaytaan, Khudee and Nafsan Khawhish are your biggest enemies remember it till death.
- ❖ Those who cannot control their tongue while talking or eating will die with repentence.
- ❖ Well plan, vision (Ferasat) and strategy are best thing in life hold them rml y even if you failed.
- ❖ Maximum argument and stress develop when someone's intellect or my own intellect does not understand or accept your point of views. That's why it said Intellectuals greatest threats are illiterates.
- ❖ I am always scared of toxic environments, people and especially those who are disobedient and arrogant towards me. May Allah protect me and my family
- ❖ Do not live life with a blind eye.
- ❖ Wobosta buje Babosta Lena (Act according to your own strength, capacity and capabilities)
- ❖ Chal me koi galti na kar dalna. (Do not commit mistakes in performance)
- ❖ Never ever try to destroy Amaal e Saleha, good deeds and exemplary performance otherwise nothing is going to help you. Our bad Deeds and ill Manners have damaged us a lot which we don't realise.
- ❖ If you are Muslim then if under any circumstances you violate the Commands of Allah, leaving behind the Sunnah of Prophet SWS and disobey both of them for worldly benefits and gains then remember severe nightmares are going to strike your heart, mind, body and environment. This is a warning in advance. I am fully aware and have enough experience about this subject. Non Muslims will not understand this concept. Ignorant people do not buy the tickets, do not know the destination where they are going, do not board the right train but expecting to reach the final destination of Paradise.

PRACTICE AND PRAY SALAH

Step 1. Keep your heart clean and transparent. Then, empty, filter and relax your mind. Remain firm and consistent while reciting the Zikr of Allah or Ayah of Quran so that it increases your Eimaan Yaqeen, fear of Allah, patience and self control in your heart, mind and body.

Step 2. While praying you will see Nafs will influence you with thoughts and waswasah so that it can take your focus towards the Gayr of Allah or in the memory of the mind to retrieve and visualize something whether past memory or future planning by making you forget that you are in Salah. What a meticulous plan of Nafs and Shaytaan to destroy the quality Salah. Remain Vigilant and apply these formulae while working for your worldly duties and responsibilities so that they do not trick you.