



BE INSPIRED

Mind • Body • Soul



"Verily, never will Allah change the condition of a people until they change what is within themselves." (Quran 13:11)

Illuminating Your Destiny Masterclass: A **FREE Guide** to Achieving Divine Decree (Qadr) through Islamic Principles

Assalamu Alaikum,
Welcome to My Sacred Space...

The above ayah is a powerful reminder that true transformation begins from within. May this powerful ayah ignite a spark within you, inspiring introspection and growth. As you reflect on your actions, intentions, and values, may you embark on a journey of self-discovery, becoming the best version of yourself. May you cultivate wisdom through listening and learning, nurture your spirit through growth and healing, and radiate with purpose, love, and light

"Illuminate Your Path, Amplify Your Faith"

Introduction

As a Muslim, you have the power to shape your reality through your thoughts, actions, and intentions. This guide will show you how to harness the power of dua, intention, and action to achieve your goals and desires, while deepening your connection with Allah (SWT) and cultivating a holistic approach to heart, mind, health, and soul.

Purification of the Heart and Seeking Forgiveness

Understanding Tawbah

Discover the power of repentance and forgiveness in achieving Divine Decree.

"And indeed, I am most forgiving to whoever repents and believes and does righteous deeds and then remains guided." (Quran 20:82). Allah (SWT) is merciful and forgiving to those who repent and turn to Him.

Action

1. Self-Reflection Exercise:

Write a letter to our Rabb, seeking forgiveness and guidance. Reflect on your intentions, actions, and thoughts, and ask for purification of your heart.

2. Practical Tip:

Incorporate Istighfar (seeking forgiveness) into your daily routine.



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Aligning Your Mind and Intentions

Understanding Niyyah

Learn the importance of intention in shaping your reality and achieving your goals.

"Actions are according to their intentions, and everyone will be rewarded according to what they intended."

(Hadith, Bukhari)

Your intentions determine the value of your actions in the sight of Allah (SWT).

Action

1. Mindfulness Exercise:

Practice mindfulness, focus on your intentions, and visualize yourself achieving your goals.

2. Practical Tip:

Write down your intentions and goals, and track your progress.

Nourishing Your Health and Well-being

Understanding the Importance of Health

Discover the importance of physical and mental health in Islamic teachings.

"Your body has a right over you." (Hadith, Bukhari)

Taking care of your physical and mental health is a right and a responsibility that only you can fulfil, through action.

Action

1. Self-Care Exercise:

Practice self-care and self-love by engaging in activities that nourish your body, mind, and soul.

2. Practical Tip:

Incorporate physical activity, healthy eating, and relaxation techniques into your daily routine.

Connecting with Our Rabb

Understanding Tawakkul

Learn the importance of trusting in Allah's plan and timing.

"And when My servants ask you, [O Muhammad], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me - that they may be [rightly] guided." (Quran 2:186)

Allah (SWT) is near and responsive to our duas and supplications.

Action

1. Dua and Supplication Exercise:

Practice salah, dua and supplication, seeking guidance and support from Allah (SWT).

2. Practical Tip:

Incorporate salah, dua and supplication into your daily routine.



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Taking Inspired Action and Trusting the Process

Understanding the Importance of Action

Discover the importance of action and effort in Islamic teachings.

"Indeed, Allah will not change the condition of a people until they change what is in themselves." (Quran 13:11). Allah (SWT) will not change our circumstances until we change ourselves.

Action

1. **Action Plan Exercise:** Create an action plan, breaking down your goals into smaller steps.
2. **Practical Tip:** Take consistent action towards your goals, trusting in Allah's plan and timing.

Conclusion

"Illuminating Your Destiny" is a holistic guide to achieving Divine Decree (Qadr) that combines Islamic principles with practical tips. By following this guide, you'll connect with Allah (SWT), cultivate a holistic approach to life, and achieve your goals in a way that's aligned with your faith and values.

Furthermore, I invite you to embark on a transformative journey with me. Here we will delve deeper into the intricacies of connecting with Allah (SWT) and cultivating a holistic approach to our heart, mind, health, and soul. You can do this by signing up for my **"Illuminating Your Destiny Masterclass: From Allah, Through Allah, To Allah": A Holistic Approach to Achieving Divine Decree (Qadr), through Islamic Principles.**

Let's work together to awaken your true potential, cultivate inner peace, and live a life that truly reflects your values, passions, and purpose.

Get Started

Feel free to book a FREE 30 min coaching consultation or join one of my workshops, masterclasses and explore a variety of coaching courses that are available on my website.

My Dua for You

Ya Rabb, Alhamdulillah, for Your precious gift of change. May you light up our hearts, illuminate our path, amplify our faith and keep us firm upon working towards unlearning unhealthy habits, and learning to build healthier habits through being open to listening, learning, growing, healing and evolving into that which You intended us to be. May you keep us grounded on your straight path. Ameen

Action

Download your free copy of this **"Illuminating Your Destiny Guide Free Guide"** today and start achieving your goals in a way that's aligned with your faith and values.

Share your experiences using **#beinspiredjourney**

I look forward to supporting you on your journey to transformation!

Love and duas

Tasneem Kara