

Learn how to take 1st Steps to repentance and Muhasabah- Self-Accounting

- 1. Keep **personal** manners and of a
- 2. **Evaluating** jou of negative actio
- hindsight** I could
- Only with a check

For full article please email islam2jannat@yahoo.co.uk

Or enrol on the course

For full article please email islam2jannat@yahoo.co.uk

1st step without which there can be **No Journey to Allah** is repentance.

Formula for balancing the self & Spiritual progress

Nafil - extra Ibadah with Love = Spiritual progress

For full article please email islam2jannat@yahoo.co.uk

Or enrol on the course

For full article please email islam2jannat@yahoo.co.uk

Muhasabah –Self-Audit or Taking Account of Oneself

How to identifies every sin one does, but one needs to stop and reflect or Contemplate about the sins or weakness

Taffakur-deep Contemplation

1 hour deep of Contemplation Is 70 years of Ibadah Muraqabah-Sufi Meditation

Ghadab - Anger – Worst of the 17 traits. Gives non-rational thinking – **form of Kufr** – Poison like Cancer which kills the light of Iman. Anger is lack of Sabr and is one of the 3 doors which Shaytan enters the heart and Iman Leaves - Anger=Heat of Hell – Control anger with Silence don't reply .

Ghill – Grudge hatred Ill-will; intention to Harm.- look with love to your brother to remove Malice-hatred feeds of Kufr

Ghibah- Backbiting **it's a major sin** ! its mention there are 20 sins of the of the tongue

There are **3 conditions to Tawbah** –Repentance
 1-we must stop that sin
 2-we must truly regret and have remorse - **nadam**
 3-we must have a firm resolve never to repeat that sin again, regardless if you slip and fall and do it again.

Blocking/ veiling Spiritual growth process; this happens with the consumption of Haram food you eat;
 Stomach House of all Illness
 Heart House of all Spiritual Illness
 The cure Fasting-diet the Ego/Nafs.
 Nafs Loves more give opposite fast from desires.
 Eat with Wara' – rigorously Investigating the food source, staying in **Golden mean**! don't over do it!
 – see link [The Golden Mean by Imam Haddad](#)

-- 4 ways of consuming Haram Food

- 1 Stomach food;
- 2 Tongue –lying ;
- 3 Eyes-lustful look;
- 4 Ears listening to ghiba

Ibadah is Rizq for Soul; Halal Food linked to good Actions. Sins are Poison for Soul; Haram food linked to Bad Actions/thoughts will **block Spiritual** connection making no difference with **waas-waas** & inspirations-ilham. Shame-Haya' is taken away with Haram food. Ibadah invalid for 40 days. You are what you eat!

Ghibah- Backbiting

Ghadab- Anger

Anger- arises hatred
 Hatred arises envy
 Envy arises Malice
 Malice arises worry
 Worry arises

For full article please email islam2jannat@yahoo.co.uk

Or enrol on the course

For full article please email islam2jannat@yahoo.co.uk

Though **Self-Accounting-Muhasaba** and **Vigil-Muraqabah** and through **Meditation-Tafakkur** of remembrance of **Death-Dhikr al-Mawt**

So the 1st step without which there can be **No Journey to Allah** is repentance the guide is below.

But what have you not repented from or have not realized needs repentance? And is blocking your **spiritual progress!**

By using **Muhasabah –Self-Audit or Taking Account of Oneself** this allows you to identify every sin one commits and needs to stop and reflect or Contemplate about these sins, weakness, slips of adaab, mistakes ..Etc See the **Muhasabah Matrix Guide and notes to measure yourself every night!** If you pass this test then you have indeed travelled or have made spiritual progress!

