



Muslimah Mind Matters

www.muslimahmindmatters.com

What is Muslimah Mind Matters?



Muslimah Mind Matters is a global platform to educate and empower Muslimahs worldwide about **Self-Care, Clarity of Mind** and **Holistic Wellbeing.**



Self-Care and Clarity of Mind Program



Self-Care and Clarity of Mind Program helps Muslimahs

- Gain awareness of the vital practice of physical, emotional and mental self-care
- Gain an understanding of their mind
- How to cultivate a practice of joyful living through daily self-care, mind awareness
- Cultivate awareness of any negative thoughts and how to immediately switch them to positive ones
- Emphasise the importance of submitting to FAITH in ALLAH rather than FEAR of Circumstances (Shaitaan).

The entire program is to educate how to stop reacting to situations and start responding to situations using strategies to develop a positive mindset and faith.





Islamic Perspective of this Program



Islamic Perspective of this Program

The most wonderful part about being a Muslim is total submission to ALMIGHTY ALLAH. This program aims to educate Muslimahs that daily self-care results in a joyful Muslimah who is able to

- pray on time
- think positive thoughts
- forgive people instead of holding grudges
- perform good deeds by being of service to all of ALLAH's creation including herself.

There is a strategy taught in this program known as FEGGS - Forgiveness, Exercise, Gratitude, Giving, Silence. All of these strategies are related back to the Quran by the facilitator as she speaks to her audience.



Closing the GAP



When a non-Muslim workshop facilitator speaks about self-care it normally reflects a non-Muslim lifestyle, such as “winding down with a glass of red wine” or “retail therapy, max the credit card, shop till you drop” or “have a night out”.

Muslimah Mind Matters platform and programs are created with the intention to close this gap and provide Muslimahs with empowerment of the mind from an Islamic perspective.

Ayats from the Quran are often referred to during workshops to bring the point across about relying on Faith over Fear. Faith in ALLAH always leads to positivity and light...Fear of Circumstances always leads to negativity and darkness.



More Programs

Live Events
Workshops
Retreats

Corporate Workshops



Muslimah Mind Matters events, workshops and retreats are conducted worldwide to help Muslimahs with strategies on a daily practice of self-care, clarity of mind and holistic wellbeing.

Strategies to practise only positive thoughts, words, actions, and responses to life's challenges.

Muslimah Mind Matters is for every Muslimah worldwide...No matter where in the world she lives and what language she speaks, we are in this journey with her.



Complimentary Kit for every participant



- printed resources
- downloadable resources
- self-care goodies
- writing prompt cards
- journal
- pen



Contact

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