

Reclaim Your Heart Yasmin Mogahed Fb

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dunia itu seperti samudra dan hati kita adalah kapal kalau kita biarkan air laut masuk kapal kita akan karam demikianlah yang terjadi kalau kita bebaskan dunia merasuki hati kita reclaim your heart membawa kita menempuh berbagai perjalanan perjalanan hidup pribadi penulisnya perjalanan nabi muhammad saw dan perjalanan al qur an yang kesemuanya dapat kita refleksikan ke dalam perjalanan hidup kita sendiri ia menyoroti saat saat naik turunnya iman saat saat kita tertimpa nestapa dan mengalami kekecewaan juga tentang keterikatan kita pada dunia melalui buku ini yasmin mogahed mencoba menyentuh berbagai aspek kehidupan dengan terus mengingatkan akan tujuan dan makna sejati hidup tak kalah penting dia juga menyinggung tentang duka dan kepedihan hidup yang merupakan pelajaran dan tanda dari allah untuk kita bukan itu saja yasmin mogahed juga menunjukkan bahwa terdapat kasih sayang allah di balik semua kepedihan itu dan mengajak kita melihatnya melalui kacamata kesyukuran dengan bab bab yang singkat reclaim your heart memberi keleluasaan pembacanya melakukan refleksi mendapatkan persepsi baru tentang hidup duka cinta bahagia persepsi baru yang akan menghindarkan kita dari tenggelam ke dalam jebakan pesona dunia

please note this is a companion version not the original book sample book insights 1 we all love gifts we love the blessings that beautify our lives but what happens when a gift becomes more than just a gift when a want becomes a need a favor becomes a dependency and a gift is no longer only a gift 2 the tragedy of our choice is that we chain our necks with attachments and then ask why we choke we put aside our real air and then wonder why we can't breathe we give up our only food and then complain when we're dying of starvation 3 the true purpose of the gift is to bring us to god we will suffer the moment we turn our wants into needs and our one true need into a commodity we think we can do without 4 the foundation of islam is

tawheed or oneness but tawheed is not just about saying that god is one it is about the oneness of purpose of fear of worship and of ultimate love for god it is about the oneness of vision and focus

reclaim your heart is not just a self help book it is a manual about the journey of the heart in and out of the ocean of this life it is a book about how to keep your heart from sinking to the depths of that ocean and what to do when it does it is a book about redemption about hope about renewal every heart can heal and each moment is created to bring us closer to that transformative return reclaim your heart is about finding that moment when everything stops and suddenly looks different it is about finding your own awakening and then returning to the better truer and freer version of yourself many of us live our lives entrapped by the same repeated patterns of heartbreak and disappointment many of us have no idea why this happens reclaim your heart is about freeing the heart from this slavery it is about the journey in and out of life's most deceptive traps this book was written to awaken the heart and provide a new perspective on love loss happiness and pain providing a manual of sorts reclaim your heart will teach readers how to live in this life without allowing life to own you it is a manual of how to protect your most prized possession the heart

the words found in this book are my voice and my letter to the world i wanted to give back in hopes of helping myself and others survive just as we will fall in life so will we rise there is hope there is beauty there is love

aku memutuskan untuk memberikan suara pada hidupku semua hal tentangnya air mata rasa sakit dan hikmah yang kudapat hal hal yang kulihat kupelajari dan kuperoleh sepanjang perjalanan kehidupanku perlu suara aku ingin memberikan balasan atas apa yang kudapat selama ini dengan harapan bisa membantu diriku dan orang lain untuk tetap bertahan namun ini bukan hanya tentang bertahan semata aku tak ingin orang hanya berusaha bertahan dalam badai kehidupan mereka aku ingin mereka bertahan dan mengangkasa dalam badai kehidupan mereka aku menulis karena seperti saat kita jatuh dalam hidup kita juga akan bangkit lagi begitulah dunia ini hidup tak pernah hanya memberi satu jalan untuk ditapaki memang ada rasa sakit ya dan kehilangan bahkan kegelapan tetapi cahaya akan selalu ada harapan dan keindahan dan akan ada cinta dan bahagia sekapur sirih segala sesuatu bisa berantakan kadang hancur berkeping seperti banyak di antara kalian perjalananku juga tak selalu mudah rasa sakit sangatlah nyata juga kehilangan terkadang terasa lebih mudah untuk menyerah pada beban yang menekan atau kenangan tentang kehilangan banyak dari kita mengalami kerasnya perjuangan hidup dan begitu banyak yang menderita dalam diam memang sulit dan sulit untuk tidak menyerah saat kita berhadapan dengan kekecewaan hidup berkali kali seperti beberapa di antara kalian aku juga mengenal makna kesepian aku mengenal apa itu kekalahan jatuh berkali kali hanya demi mengejar fatamorgana dan mengalami luka hanya demi membangun istana pasir yang memudar ditelan kehidupan terkadang hanya butuh satu gelombang kuat untuk menghancurkan kehidupan yang telah kubangun selama bertahun tahun jadi aku memutuskan untuk memberikan suara

pada hidupku semua hal tentangnya air mata rasa sakit dan hikmah yang kudapat hal hal yang kulihat kupelajari dan kudapat sepanjang perjalanan kehidupanku perlu suara aku ingin memberikan balasan atas apa yang kudapat selama ini dengan harapan bisa membantu diriku dan orang lain untuk tetap bertahan namun ini bukan hanya tentang bertahan semata aku tak ingin orang hanya berusaha bertahan dalam badai kehidupan mereka aku ingin mereka bertahan dan mengangkasa dalam badai kehidupan mereka jadi aku pun menulis sembari menjalani badaiku sendiri kata kata yang ada dalam buku ini menjadi suara dan suratku kepada dunia kata kata itu adalah usahaku untuk tak hanya bangun dari kejatuhanku tetapi juga untuk membantu orang lain di sepanjang jalan aku menulis karena seperti saat kita jatuh dalam hidup kita juga akan bangkit lagi begitulah dunia ini hidup tak pernah hanya memberi satu jalan untuk ditapaki memang ada rasa sakit ya dan kehilangan bahkan kegelapan tetapi cahaya akan selalu ada harapan dan keindahan dan akan ada cinta dan bahagia yasmin mogahed mizan mizan publishing inspirasi religi motivasi remaja dewasa indonesia

hope rekindled a heart empowered is a compilation of poems prose quotes and reflections on hope healing empowerment and faith as we journey through life s trials and triumphs and as we fall and rise it invites us to listen to our heart s truth to find the peace our soul longs for and to be resilient in our pursuit of purpose and finding fulfillment it allows us to consider how challenges can provide us with an opportunity to rekindle our spirit renew our courage and inspire our hearts to heal and it encourages us to remember our common humanity and embrace kindness and compassion so we can make a positive difference and live in a more peaceful world which i believe starts with hope and empowerment in the heart the book also includes nine pages of beautiful full colour photography including inspiring natural landscapes to complement the themes of the book hope rekindled a heart empowered tackles the important topic of transformation and healing in a world desperate for hope with the widespread loss of meaning and purpose in today s world there couldn t be a better time to revive the hearts that have been broken under the pressure of pain and loss yasmin mogahed international speaker author about the author raghad ebied is a transformational speaker writer and education and training consultant with over 10 years of experience in the fields of education reform leadership diversity holistic well being and positive transformation in schools government community and non profit organizations her passion for positive transformation enabled her to pursue a masters degree in educational leadership from the u k preceded by a bachelors of arts in psychology and a bachelors in education in addition to certifications in leadership life coaching and relationship coaching from canadian and american universities and institutions her desire to inspire more compassion in others led her to complete compassion cultivation and spiritual care training at stanford university in the u s which crystallized her vision of inspiring more compassion courage and contribution so we can work collectively for the betterment of all humanity she s also the co author of the hadi s adventures children s book series which promotes character education inquiry and diversity she lives with her husband and their two children in canada for more information please

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your thoughts shape your life but what if your faith shaped your thoughts in as a believer thinketh muhammad abdelwahid invites you on a journey of inner transformation rooted in timeless islamic wisdom drawing from the qur an hadith and classical spiritual traditions this inspiring guide explores how your thoughts intentions and inner dialogue shape your actions your character and your destiny through ten profound chapters you ll discover how to align your niyyah intention with divine purpose cultivate gratitude trust and contentment in a distracted world overcome negative thoughts doubts and whisperings of the nafs purify your inner world through tazkiyah and presence in ʿalāh unlock the power of ʿusn adh dhann thinking well of allah others and yourself live a life filled with barakah serenity and sacred alignment this is not just a self help book it is a spiritual mirror a companion for the one who seeks clarity in chaos purpose in pain and meaning in every moment whether you are beginning your path of self discovery or deepening your islamic practice as a believer thinketh will help you reclaim the sacred power of thought and transform your life from the inside out perfect for readers of reclaim your heart by yasmin mogahed purification of the heart by shaykh hamza yusuf atomic habits with a spiritually rooted twist

from the best selling author of befriending the quran talk to allah and longing for god s closeness comes a new book that comforts the heart that is going through challenges in life by way of seeking shelter in allah s mercy when we are tested with hardship it is easy for our hearts to become swayed and see only the worst in things sometimes we even begin to treat allah with mistrust and suspicion without realising it our hearts begin to whisper things like this must be because allah is angry with us or these tests come one after another when will it end why do we think poorly of allah isn t allah s love and mercy deeper than his wrath thus in this book author ayesha syahira shares her comforting words of reflection that guides the heart to seek the mercy of allah in the face of turbulent storms in life

before there was you long before you made your debut someone knew everything about you someone who loves you even more than me ar rahmaan ar raheem rab ul alameen from early on children are eager to understand this world and their place in it before birth beyond life are the words of a reassuring mother in simple rhyming verses she teaches her child about what happened before we were born and what happens after our time in dunya is over through this book young readers learn about allah s special plan for humanity and how much love thought and detail went into their creation it encourages young readers to have a broader view of life on earth and inspires them to keep the end in mind it tackles heavy concepts and explains them in a child appropriate manner this heart rendering book pulls at strings of our emotions the unbreakable bond between mother and child as well as allah s immeasurable love for the child praise for before birth beyond life a beautiful narrative with gorgeous illustrations and a touching message for children everywhere a wonderful addition to the world of muslim children s literature na ima b

robert author of ramadan moon editor sister s magazine a heartwarming book to inspire children to be grateful for this life and to see it as a way to attain jannah an ode to the beautiful relationship between mother and child emphasizing different stages of life and afterlife a topic usually never touched upon in children s books charming illustrations reads beautifully child friendly answer to big questions where did we come from and what happens to us when our time is over julia donaldson meets yasmin mogahed and the result is lyrical and soul touching children are rarely sad when loved ones pass away often pointing out that they are with allah subhanawatala now and this book stems from that peace and comfort in knowing there is a world beyond this one not just for children this book would make a perfect gift for expectant mothers or as a reminder for older kids in families suffering from loss

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