

BE MINDFUL OF THOSE AROUND YOU

Being mindful of those around you involves cultivating awareness, empathy, and consideration for others' thoughts, feelings, and needs.

The Noble Qur'an emphasises kindness towards parents, relatives, orphans, etc. Furthermore, one's duty of kindness and awareness goes beyond those closely related to everyone who one comes in touch with.

In Surah An-Nisa Allah Ta'ala states: **"Worship Allah and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbour, the neighbour farther away, the companion at your side, the traveller, and those whom your right hands possess."** (4:36)

The neighbours and companions mentioned in this verse will include a person next to one in Salah, mode of transport or parking space. It will include study colleague's co-workers, travel companions, meeting colleagues and virtually anyone who is close to you and who you interact with. Similarly, anyone who accompanied you who stood by your side at an important juncture in life.

Being kind and empathetic entails:

- Paying close attention to what others are saying without interrupting or judging. Show genuine interest in their perspective and validate their feelings.
- Acknowledging others' feelings and demonstrate empathy by offering support or assistance when needed.
- Being mindful of your body language, facial expressions, and tone of voice, as these cues can convey your attentiveness and respect for others.
- Being patient and understanding, especially when others are expressing themselves or dealing with challenges. Avoid rushing or dismissing their concerns.
- Offering support, encouragement, and kindness whenever possible.

This is the great depth of the Qur'an and teachings of Islam. Every detail of the life of a Muslim is supported by guidance. Therefore, let us show kindness, affection and consideration to those who are close and by our side.



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