



GET YOUR BODY ASHARA READY

4-Part Guide For Better Energy & Focus
During Ashara Mubaraka

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If you have any medical conditions, consult your registered healthcare provider before making changes mentioned in this guide.

For any support or feedback, connect via DM on Instagram @murtazahshakir or WhatsApp +91 7045152500



NOTE BY MURTAZA

I completed my Master's in Pharmaceutical Science to find solutions for my health problems, including asthma, chronic sinus issues, and fibromyalgia.

Could not find a cure in conventional medicine.

For more than 10 years, I have been a Health and Human body student. Understanding why we fall sick helped me heal (no more medications). I share these principles to help others achieve the same.

The most important discovery I made was that our body is designed to **stay healthy effortlessly** as long as we breathe.

Health ON Autopilot is a journey into timeless healthy living principles, without complexities.

The **goal** is to stay healthy - Until Our Last Breath.

This guide is a small effort towards that goal.



HOW TO USE THIS PDF GUIDE

**Tiredness, fatigue & pain can
distract from ‘ibādat.**

This guide aims to help you stay energetic and focused, especially during Ashara Mubarak.

The focus of this guide is solely on the
Lifestyle Habits and Mindset
to create balance and long-term good health.

The PDF also contains links to videos for better understanding a particular subject.

In the **Rasā'il Ikhwān al-Safā'**
 (Epistles of the Brethren of Purity),
Imam Ahmed al-Mastur AS explains
 that a person is in a **state of comfort**
 when his body and all his matters are
 in balance and moderation.

Tiredness and fatigue
 are brought on by imbalance in the
 elements that constitute the human
 body. If the proportion of one element
 decreases, another will increase
 causing loss of equilibrium
 and leading to one
feeling tiredness or pain.

*Source: Reflections: Majlis 3
 Ashara Mubaraka 1443 H, Aljamea-tus-Saifiyah, Nairobi*

01

THE FIRST STEP

NIGHT ROUTINE

For a good and energetic morning,
you need a good night's sleep.


Planning for a good night's sleep
is the **first step** in creating an
energetic and good morning.

Poor night sleep
can compromise your
focus and attention during waaz.

It also lead to fatigue & laziness that can
compromise Maatam & Noha Aweel

GUIDELINES FOR A HEALTHY SLEEP ROUTINE





Man is required to seek
comfort and rest.
Allah Ta'ālā states in the Quran:

وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا

And we have made your sleep
[a means for] rest (78:9)

Sleep allows the body to
recuperate and is especially
beneficial during times of illness.

*Source: Reflections: Majlis 3
Ashara Mubaraka 1443 H, Aljamea-tus-Saifiyah, Nairobi*



Guidelines for a good sleep and recovery:

- ✓ Avoid sleeping with a full stomach.
- ✓ Have at least 2 hours of gap after dinner.
- ✓ Keep dinner light and avoid overeating.
- ✓ Avoid excess sweets/sugar in dinner.
- ✓ Walk 10-15 minutes after dinner.
- ✓ No screen time 30-60 mins before sleep.
- ✓ Plan to sleep early (before 11:00 pm)
- ✓ Plan to sleep at the same time.
- ✓ Avoid eating late at night.



[Watch YouTube video on Sleeping Peacefully.](#)

Sleep loss appears to affect the capacity for performance and access to energetic resources.

When sleep deprived, the ability to perform tasks that require additional energy is impaired and the ability of the system to overcome the deficiencies caused by sleep loss is limited.

Research Study | PMID: 26483932

SUMMARY:

1) Time of dinner:

Keep the dinner time early. Have it immediately after raat majlis or before Magrib (if sunset is after 8:00 pm)

2) Type of dinner:

Either homemade or niyaaz. Eat slowly and chew well. **Keep it light and simple.** *Avoid overeating and outside food as they can compromise sleep quality.*

3) Prepare to sleep:

Turn off bright lights and screens 30 mins before sleep. Plan for the next morning. Aim to sleep before 11:00 pm (earlier the better) so you can wake up early feeling energized.

02

**NASHAAT
(ENERGY)**

MORNING ROUTINE


After a good night's sleep,
how you start your day helps you
stay focused and energetic during the day.

All the morning routine habits can be
acts of worship that help you...

Optimize your physical health
for **better** focus, attention, and energy
during Waaz and Raat Majlis.

HEALTHY MORNING ROUTINE





Each deed that helps us in fulfilling our obligations of ‘ibādat, then becomes an act of ‘ibādat in itself.

For example, if one **exercises** so that he is able to always properly pray namaz, or engage in business so that he is able to offer wājibāt and provide for his family, then these deeds become acts of worship.

*Source: Reflections: Majlis 6
Ashara Mubaraka 1443 H, Aljamea-tus-Saifiyah, Nairobi*



On waking up:

- A glass of water with honey
- Honey with 7 kalonji seeds
- One date with 2-3 almonds (optional)
- Walk or light **exercise** or stretching
- Avoid screentime or scrolling

مریض یہ کوئی چیز سی شفاء طلب نہ کی دی -
کہ جر شہد نے تناول کروانی مثل ہوئی .
شہد ما جر شفاء چھے یہ مثل کوئی چیز ما تھی .

An unwell person has not sought a cure
like [the cure found in] drinking honey.

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Kalaam: Raudat ul Hidayat, Vol 2



Syedna Taher Saifuddin RA
states:

باکر خدائک ان لقمته تقوم
کیا اتی للجسم کا لسیار

Eat your breakfast early,
as every bite is essential for
your body's well-being,
just like a tent's central pole
provides crucial support
for its structure.

2) Healthy NASHTO for NASHAAT:

Do not skip breakfast

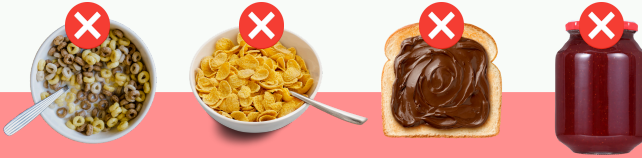
- Simple homecooked healthy breakfast.
- If you are home, prefer homemade fresh breakfast like: Roti, paratha, fresh cream, butter, meat, eggs, curd, paneer, nuts, fruits, or any other local food with tea/coffee/milk (if required)
- **No packet cereals, ready to mix powders or shakes & processed foods.**

- Plan breakfast by 7:30 am or earlier.
(you can use the washrooms, be ready for waaz, and **reach venue before time**)

NOTE: Avoid drinking excess water post 8:30 am (unless required) to avoid using the washroom during waaz.

PART 2

Nashaat (Energy)



Processed foods marketed as breakfast food can be unhealthy for the body.



ABCDE - Simple & healthy breakfast if you are out of home or don't have time to cook.

A - Apple (combine it with milk, curd or dry fruits)


B - Banana (combine it with milk, curd or dry fruits)

C - Coffee/Chai *minimum sugar

D - Dairy/Dry Fruits (milk, curd, almonds, walnuts, pistachios, raisins, dates, figs)

E - Eggs (boiled or fried egg)


 [Watch YouTube video on What Foods To Eat](#)



Rasul Allah SAW states:
‘The king of all food is meat.’
He also states,
‘The king of all drinks is water.’

Imam Mohammed al-Baqir AS
states;
‘Eating meat strengthens the
faculties of hearing, seeing
and other senses.’

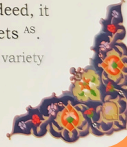
*Source: Reflections: Majlis 7
Ashara Mubaraka 1444 H, London*



تمیں مسورنی دال تناول کرتا رہجو۔ کیم کہ یر دل نے
نرم کرے چے، لے اہنا سبب انسو گھنا نکلے چے، لے
تحقیقاً ستیر انبیاء علیہم السلام یر اہما برکتہ بولی چے۔

Eat masoor dal often for it softens the heart and increases one's tears. Indeed, it has been blessed by seventy Prophets ^{AS}.
masoor dal: a lentil of a small orange-red variety

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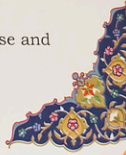


Masoor Dal

تمیں ثفاح نے ہمیشہ تناول کرتا رہو۔ کیم کہ یر پیٹ
نے صاف کرے چے، اہنے ٹھنڈک پہنچاویے چے۔

Be sure to eat apples for they cleanse and soothe the stomach.

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Apple

جر شخص یر دارم تناول کیدو، لے یر دارم اہنا پیٹ
ما نہر گیو۔ مگر شیطان نا وسوسہ اہنا سی دور
تھی گیا۔

The moment a person eats a pomegranate and it enters his stomach, he is rid of devilish insinuations.

insinuation: an unpleasant hint or suggestion of something bad

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Pomegranate

SUMMARY:

1) On waking up:

- Start the morning with honey water or normal water & honey + kalonji.
- Light walk, exercise, or stretching.

2) Nashto for Nashaat:

- Eat homemade fresh breakfast.
- Avoid packet foods and cereals.
- Plan breakfast the night before.

3) Time:

- Breakfast by 7:30 am or earlier.
- Use the washrooms, be ready for waaz, and reach venue before time.
- No excess water post 8:30 am.

03

DURING
WAAZ

THE MINDSET

The **Mindset** has to be remembering the thirst and hunger of Imam Husain AS

...and every *shaheed*'s sacrifice and every drop of blood that was spilled in Karbala.

The **right Mindset** will help you focus on Waaz and Bayaan instead of fulfilling your thirst and hunger.



The body can survive
without food & water
for **3 days**
and only without food
for over **30 days**.

Research Study | PMID: 20069776

From leaving home until waaz
completion is about **5 hours**.

The body will take care of
itself without food and water if
you take care of your **Mindset**.

DISTRACTIONS

Eliminate distractions to be present physically, mentally and emotionally.

1) Water: If required, drink a few sips.

2) Food: **Avoid eating.** Eat only if required for medical reasons. (for kids below 7 only dry fruits or nuts, NO packet foods)

3) Phone: On silent mode and data off.

Remember the **Mindset** and encourage others to stay away from distractions.

BEING PRESENT - BREATH CONTROL

Oxygen is an important
source of energy.

Slow Diaphragmatic Breathing
during Waaz (and later) helps
energize your body & mind.

Mindful breathing can help you
disconnect from distractions and
reconnect with waaz and bayaan.



[Watch YouTube video on BREATHING](#)

The main effects of slow and diaphragmatic breathing were increased levels of

- **comfort**
- **relaxation**
- **energy and**
- **alertness**

Research Study | PMID: 30245619

POSTURE

How you sit and your posture determines how well you feel and focus.

Poor posture can create pain & fatigue.

✓ Sit in a straight posture

✓ Do not slouch

✓ Avoid taking support
(unless required)



A study showed that people who sit **upright** reported higher self-esteem, **more energy**, better mood, and lower fear compared to slumped participants.

Research Study | PMID: 25222091

SUMMARY:

1) Mindset :

- Remember the purpose of waaz.

2) Distractions :

- Avoid food and water.
- Phone on silent with data off.

3) Being Present – Breath control :

- Practice mindful breathing.
- Breath slowly and focus on it.

4) Posture:

- Sit in a firm straight posture.
- **Do not slouch.**
- Avoid support unless required.

04

AFTER
WAAZ

EATING HABITS

Habits and activities post-waaz directly impact your health and well-being.

One of the important habits is your **Eating Habits.**

It helps your body when done right.

It can harm your body when done wrong and **compromise your energy and focus** during Ashara Mubaraka.

RIGHT EATING HABITS TO CREATE BALANCE



**Mindless eating, fast eating,
eating unhealthy foods and overeating,
can lead to indigestion**

"Indigestion is the
mother of diseases and
the source of bodily
problems."

- Abu Ali Sina

(The Canon of Medicine, Volume 3, Part 13)

Eating Right Guidelines

1

WHAT YOU EAT

- Simple home-cooked food or food served in mawaid. **Avoid processed, packed, and outside food.**

2

HOW YOU EAT

- Eat mindfully. Eat slow, chew more.
- Eat without devices and distractions.
- Eat together in thaal.

3

HOW MUCH YOU EAT

- Eat up to 80% of capacity.
- If you feel heavy immediately after meal, it's a **sign of overeating**.



[Watch YouTube videos on Eating Habits.](#)

Maula TUS recounted yet another pearl of advice from Amirul Mumineen AS **regarding food intake:**

‘Stand up [from your meal] while you still desire more.’

Mauls TUS explained that when a person has had their fill, the stomach sends a message to the brain saying that it is full. However, this message is delayed and often one is already full before the brain receives the message.

Therefore, if one continues to eat until they feel full, they have already overeaten.

Amirul Mumineen AS directive to stop eating even though one might still desire more, allows one to consume the **right amount of food**, leading to **moderation** and ultimately to **rāhat**.

*Source: Reflections: Majlis 3
Ashara Mubarakā 1443 H, Aljamea-tus-Saifiyah, Nairobi*

"Most stomach
diseases are from
overeating.

The greatest enemy
of the stomach is
filling it up with too
much food."

- *Abu Ali Sina*

(The Canon of Medicine, Volume 3, Part 13)


WATER INTAKE

Apart from the right eating habits, adequate water intake is important for maximum energy and focus.

Remember to drink adequate water and fluids, especially after waaz.

- 2-3 glasses between 5:00 am - 8:00 am
- Avoid excess water 2 hours before waaz and during the waaz. (unless required)
- 5-6 glasses post waaz until dinner

(Note: Above is the minimum requirement, it can vary depending upon weight, climate, or medical condition)




In the **Rasa'il Ikhwan al-Safa**, Imam Ahmed al-Mastur AS has stated that the human body comprises four elements: earth, water, fire and air.

Mufaddal Maula TUS explained that **element of water is associated with hopefulness and wellbeing.**

When children are born, their bodies are 78% water which helps explain why they are inherently more happy and hopeful.

Maula TUS then emphasized the **need to drink water in order to maintain good health**

*Source: Reflections: Majlis 1
Ashara Mubaraka 1444 H, London*




Water Intake

- ✓ **If excess sweating:** Add salt, jaggery and lemon to replenish electrolytes. (1-2 glasses). Coconut water is good to have.
- ✓ Adding rose water or basil seeds (tukmaria) also helps cool and cleanse in summer.
- ✓ Avoid drinking large amounts of water at once. (not more than two glasses).
- ✓ Avoid drinking excess water with meals or immediately after meals. A few sips are ok.
- ✓ Watermelons, oranges, lemon, cucumber can also help in hydration.
- ✓ **REMEMBER:**
Drink water slowly in sips, do not gulp.

[Watch YouTube video on all about Water.](#)





Maula TUS described how
one should not drink water.


**Drinking water quickly in
big gulps leads to liver
ailments which compromise
the entire body's health.**

*Source: Reflections: Majlis 6
Ashara Mubaraka 1443 H, Aljamea-tus-Saifiyah, Nairobi*



REST, STRETCH & SMILE

- If time permits, rest (15-20 mins nap) in the afternoon.
- Practice mindful diaphragmatic breathing as much as possible.
- Some stretching or knee exercises before majlis.
- Ice pack application on the knees if required.
- ***Stress Less, Smile More... being happy helps release good hormones which energizes the body and mind.***




Happiness and contentment
influence character,
knowledge, belief, and action.

To be happy is the best
company, for it improves
character.

When one is happy one does
not complain and happiness
also assists in attaining
knowledge.

*Source: Reflections: Majlis 6
Ashara Mubaraka 1446 H, Karachi*



"Being upset and sad is one of the causes of digestive disability or complete breakdown of the digestion. In contrast, happiness can lead to good digestion."

- *Abu Ali Sina*

(The Canon of Medicine, Volume 3, Part 13)

SUMMARY:

1) Hydrate :

Drink adequate water & fluids post-waaz until dinner. Sip slowly. (In case of excess heat and sweating, add some salt in water for balancing electrolyte loss)

2) Nourish :

Eat healthy food. Eat slowly & mindfully. **Avoid** overeating, processed foods & excess sweet consumption.

3) Rest, stretch & smile :

Rest (small nap) in the afternoon.
Practice **mindful breathing**. Smile More
Stretch or knee exercises before majlis.
Ice pack on the knees if required.

Study shows that acts of kindness (eg: feeding) can help lower blood pressure, and stress hormones and improve overall health.

Research Study | PMID: 35185431



**I believe...
At the end of our life,
we will be remembered by
how many people we
feed or serve...
and NOT by
how much food we ate.
Eat Less, Feed More...
to stay healthy effortlessly!**

CLOSING & THANK YOU!

Thank you for reading!

I hope you start making the changes for more energy and focus during Ashara.

These lifestyle habits must be practiced daily to stay healthy effortlessly!

If this guide helps you during Ashara Mubaraka or in your overall life, do share your feedback via:

DM on Instagram [@murtazahshakir](https://www.instagram.com/murtazahshakir)
or WhatsApp [+91 7045152500](https://wa.me/917045152500)



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Guide to lose weight effortlessly

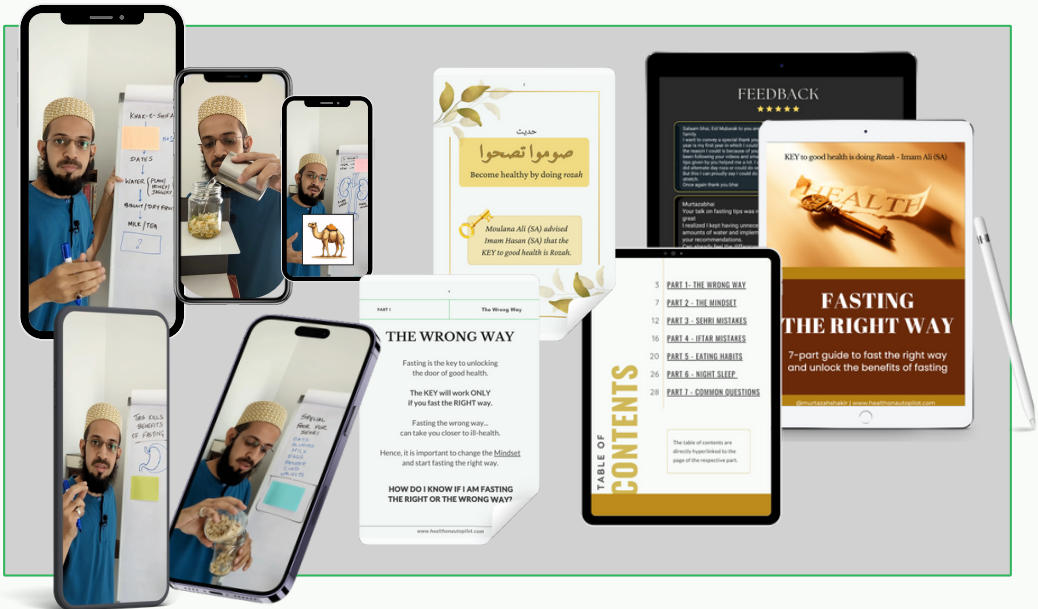


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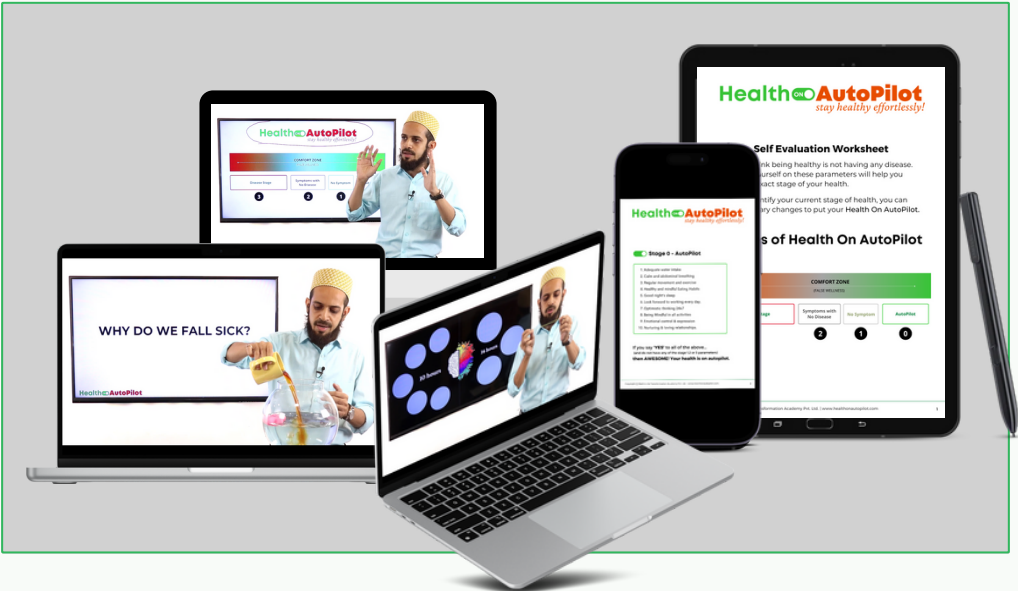


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