

## Purification of Mind: Stage Two

Tick across everyday if the condition is met, if however you violate the condition(s) then stop and start from the beginning and write the Disciplinary rules number in the rule(s) violated column

Attempts	Start Date	Number of Days																														Rule(s) Violated	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
1		✓	✓	✓	✗																												1
2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗																			1
3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
4																																	
5																																	
6																																	
7																																	
8																																	
9																																	
10																																	
11																																	
12																																	
13																																	
14																																	

### Disciplinary rules to protect the Mind

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8
<b>Negation of Sins</b>	<b>Communion with Allah [swt] through everyday worldly activities</b>	<b>Thinking Abstractly about Allah [swt]</b>	<b>Reciting Masnoon Sunnah Duas with meaning</b>	<b>Awareness of Allah [swt] 24 hours a day</b>	<b>Thoughts related to the Mind: Deep Thinking</b>	<b>Positive thinking</b>	<b>Avoiding negative thinking</b>
Not to think anything against Sharia i.e. to think of any sin, evil.	To negate any bad thoughts and not to forget praying with the heart regarding everyday worldly activities	Thinking abstractly about Allah [swt] most of the time or at least before a major activity	Thinking abstractly about Allah [swt] most of the time or at least before a major activity and reciting Masnoon Sunnah duas [with meaning] relating to the act	Keeping awareness of Allah [swt] in the mind all day long. Also to monitor the time spent without having awareness of Allah [swt]	To observe from surroundings [i.e. from creation] and take lessons from it to remind you about Allah [swt], Akhirah etc. <b>7 acts a day</b>	To be patient, when you fall in any calamity or goodness and always to think and believe in positive mode.	To avoid thinking negative in any matter and always to think positive

For further information or advice, please contact:

Muhammadiyah House of Wisdom, 33 Ridling Lane, Hyde, Cheshire, SK14 1NP    Tel: 0161 351 1975 / 07790 550 360