



How to Create your own Spiritual Retreat



The 11 Step Process





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In the Name of Allah, the Most Gracious, the Most Merciful

All Praise is due to Allah (swt), Lord of the Universe and all that exists

May the Blessings of Allah be upon Muhammad (pbuh) and his Family and his Companions – ameen



May Allah (swt) accept this humble effort to inspire and motivate everyone to create their own spiritual retreat to achieve peace both in this world – duniya and the next world – akhirah.

All good that has been written has been inspired and blessed by Allah az wajaal and all else is from myself – I ask Allah to guide me and accept from me and forgive me for my shortcomings - ameen.

I ask you all to take the good that which benefits you and is inspired from Allah and leave all that which has no benefit and I ask for your duas and forgiveness – amen, Allah huma ameen!

Acknowledgments and Dedication...

A big ‘Thank You’ – Jazaakumullahu Khairun to everyone who has been part of the making of this eBook in some way or another – you all know who you are! And those who believe in me continuously – You Rock!

Jazaakumullahu Khairun to all my family and friends – ALL of you – for everything!

This eBook is dedicated to ALL the WBI’ers who have been there from the start of this personal and spiritual development journey.

This eBook is the second *FREE* eBook for you all (The first one launched WBI into the world. It is called; ‘Last 10 Inspirations’).

And to all those seekers of truth, peace and spirituality – I pray this book helps you one way or another!

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Preface...

We all have a mission statement for our lives – whether that’s a personal mission statement or that which we have for our companies or organisations.

This mission statement helps us, guides us and always keeps us focused on what we are supposed to do.

As Muslims our mission statement for our existence – our life – is summed up in the following verse of the Qur’an;

"And I (Allah) created not the jinn and mankind except that they should worship Me (Alone)" [Qur'an 51:56]

This verse tells us why we are here on planet Earth – this verse sums up our ‘Purpose’ and why Allah (swt) created us.

Lets memorize this verse and let’s ensure that this mission statement, direct from the Qur’an, is embedded upon our hearts and souls.

Welcome & Introduction

Welcome dearest Soul...

So, you want some soul therapy and heart relief because...

Things are just getting too much for you.

You feel trapped.

You want to escape.

You dream of your escape.

Oh Allah, you cannot escape!

Breathe

Listen, I know sometimes it can get too much and all you want to do is pack your bags and go to a distant land – far, far away from it all.

And maybe you actually have done that.

Did it work?

Was it just temporary?

Do you know why it was only temporary?

Because you were escaping from yourself!

Yes, the short break did help you and would help you. However when we don't resolve the issues at hand we try to run away from them and in today's day and age with easy access to the internet it is so easy to escape from it all – even if it's for a short while (think popular social media!).

Wouldn't you want to go on holiday and actually enjoy it, be relaxed and be charged when you come back?

Of course you do!

So, how do you do it?

By not escaping from your own soul and creating that spiritual retreat where you are, right now and dealing with your issues as and when they arise.

By creating this spiritual retreat you shut off from the world and concentrate inwards – your heart and soul.

This is a time to reconnect and re-emerge.

So let's delve into this a little further.

We can't always book that escape trip to a land unknown, but we can always get up, make fresh wudhu and pray.

Five times a day Allah (swt) is calling us back to Him. He (swt) is giving us a break from our worldly affairs and asking us to take a breather, to ask for His forgiveness, help and mercy.

Allah (swt) says in a Hadith Qudsi (partial); 'Walk to me and I will run to You!'

Wow! Powerful and profound!

This is our first step in creating our spiritual retreat. Keep this in your mind always. You see, to err is to human and to forgive divine. It is in our nature to make mistakes, to go off track – we were created like this – so we can turn back to Allah at each point. We may wrong ourselves intentionally or unintentionally – but if we keep this in mind that Allah is waiting to run towards us if we take that one step towards Him then the rest becomes a little easier – we know that no matter what there is always hope!

So let's do this as a step by step – let's lay it out this way as it's easier to understand and implement. It doesn't seem too daunting or farfetched.

The 11 Step Process in Creating your own Spiritual Retreat:

Step 1:

Grab a pen and paper – maybe your favourite notebook or journal and favourite pen. Why the favourite one? Because it makes you happy, that’s why. And if you haven’t got a favourite one, then stop reading and go buy it now.

Come back when you have brought your new journal ok?

Step 2:

When is the best time for you in the day or evening (maybe today) or in the week (insha’Allah this week) to book in a ‘Spiritual Retreat’ session for yourself? You will need 90 minutes in total – 1 hour 30mins. Why 90 minutes? Well, I just made that up – but 90 minutes sounds sufficient (to start with) – not too less and not too much. Yes, I know you’re thinking; ‘But Nadia, aren’t we supposed to start with the smallest time as you usually say like 15 minutes or 30 minutes?’ And yes I do usually say that – but that is for our start of the day or end of the day ‘Reflection Moment/Time’. This is a ‘Spiritual Retreat’ and you want maximum time to reap maximum benefits – and maximum rewards. You still in? Oh, good, hamdulillah!

- **I could have said; ‘choose a day this weekend’ but the thing is I don’t know your personal situation i.e. whether you’re working or you’re a student or at home or business person. Each of us has our own personal schedule so it is best you choose this. If you can’t decide then fine – your spiritual retreat session is this Saturday at 10 til 11.30pm. Okay? Good.**

- **Schedule this ‘Spiritual Retreat’ for once every month. Come on, once every month for 90 minutes is not that bad – we spend so much time on other unproductive things – we can do this at least once. However if you can schedule in twice a month or even every week**

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then that is awesome – you're just increasing in your 'Me Time'. Again, all depends on you as an individual and your personal daily/weekly/monthly schedule.

- Since we are just beginning this journey try and keep it outside of prayer time – so you can concentrate on the task and deep thinking. As soon as you get used to your retreat you can always have it around prayer time – it will enhance your spiritual experience.

Step 3:

Schedule this time in your diary or smartphones or journal or post-it note or write it down where you can see it. If you need to let your loved ones know that you will be spending some time on a special task then let them know. The purpose is so you have this time alone with Allah (we will get to group spiritual retreats later – stay with me) and so you can concentrate and no disturbances – not even from your cat!

Step 4:

Choose a place for your 'Spiritual Retreat'. This is very important because you want a place where you are comfortable, feel safe and can relax. Obviously not too relaxed that you fall asleep. But relaxing enough and distraction free. I mean if possible you could do this in your garden or even the park – where it is safe for you insha'Allah.

Step 5:

Wear comfortable clothes (and shoes if outdoors), take all bathroom visits before you settle for your 'Spiritual Retreat', have a bottle of water. Bring some fruit and nuts (if you are not allergic to certain fruits and nuts) with you – as a small snack and to keep your energy going.

Step 6:

So now you're entering your 'Spiritual Retreat Zone'. Begin with Bismillah. Settle down comfortably. Preferably on the floor, as you're grounding yourself, but not necessary – especially if you cannot due to medical reasons. Settle your snacks and water. Switch off your mobile devices – includes phones, ipads and anything that distracts you. Start with the intention and read two rakahs (units) of nafl (voluntary prayer). This kind of sets the scene for us insha'Allah.

Step 7:

Now what we are going to do is an exercise – an NLP technique called 'Safe Place' anchor. What this means is that we are going to do a visualisation technique which will help you settle, calm and become relaxed.

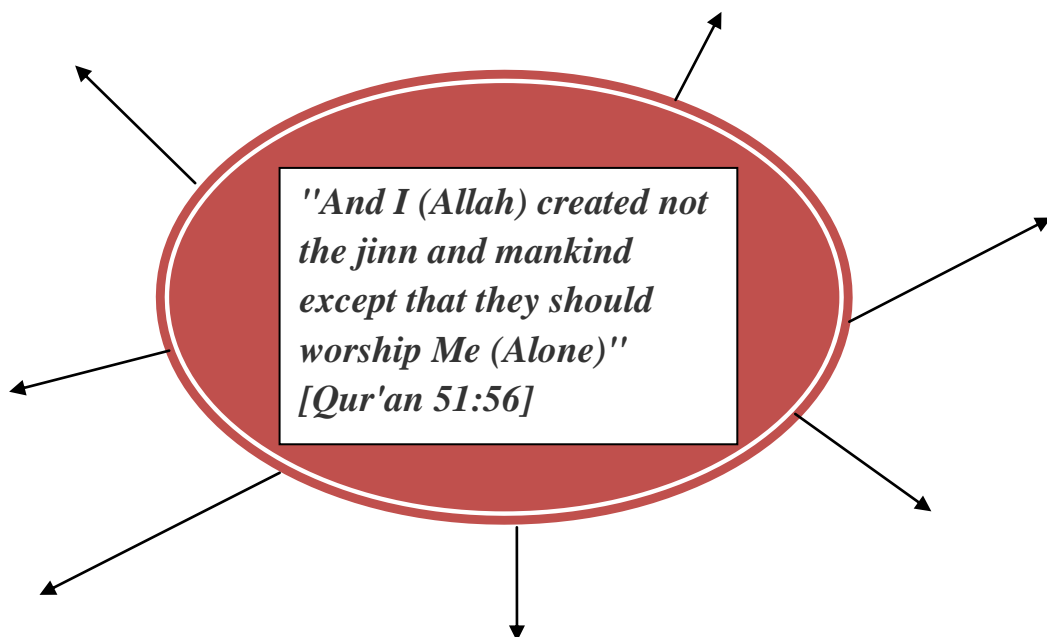
This safe place anchor can help you whenever you start to feel stressed any time of the day. You can 'press your button' (as I like to call it) any time to go into this and feel the calmness (I have one too!).

- So sit comfortably and close your eyes. Take three deep breaths and with each exhale start to relax your body and your muscles. You are in a safe place. Start to feel all the weight lifting off you and you now start to feel light. I want you to think of a place where you feel safe and secure. This could be a real place (your bedroom or certain place in your house) or you can think of a place where you would like to be which makes you feel safe (I always think of the beach). Using all your five senses I want you to see what you see, hear what you hear, taste what you taste, and smell what you smell. Immerse yourself fully in this. As you do, continue to breathe deeply and relaxing further at each exhale. Now think of an old radio and its volume knob. I want you to turn it up to a 50 and now everything becomes even clearer, brighter and safer. Continue with your breathing. Now we are going to make this in to full HD 3D version. Turn the knob all the way up to 100. Everything is now even brighter and clearer and calmer. Feel the warmth throughout your body. Feel the rush and tingling sensation all the way from your head to your toes. You're smiling. You're calm. You are safe.

- I now want you to anchor this feeling. I want you to lightly press your shoulder (either side you feel comfortable) and hold it down for 15 seconds.
- Now open your eyes slowly and when you are ready back to me now. Take a deep breath and read the alphabet out loud – backwards – no cheating. Go on, backwards.
- Test your anchor – press the button (the shoulder you chose and anchored it) and see what happens. What happens? Excellent. Do this as many times in the day as you need to and with each time it will become stronger.
- Every time you start your spiritual retreat do this step #7

Step 8:

Have you still got your journal or notebook with you? Open it up and in the middle of the page I want you to draw the mind map as below and write down your ultimate purpose – the reason you were created.



- **Now I want you to list all your dreams, wishes, goals, ambitions and all that you want to achieve. This includes both your dunya and your deen goals.**
- **If it is easier to make two separate mind maps then go ahead – but the purpose of putting them all on the one map is so you know that both deen and dunya need to be balanced insha'Allah.**
- **Remember to put down everything. This is your time to dream. If you could have and do all of them, what would they be?**
- **For instance dunya it could be finding a new job or starting your own business. In deen it could be reading more Qur'an or attending more lectures.**
- **You can always add and delete to your mind map as you achieve your dreams and goals or you realise they don't serve you no more and you want different ones. This is our working map and you will need it for your retreats.**

Step 9:

Put away your mind map for a bit. I want you to grab a spare piece of paper. On this paper I want you to write down all the negative words, thoughts and emotions you can think of. All the things you say to yourself that you can't do this or that etc. All the things others say or have said. Do this for 15 minutes and set the timer.

- **Once the timer goes off – stop! Rip the paper into bits and go trash it in bin. Take a deep breath and press your button.**
- **How do you feel right now? Awesome!**

Step 10:

In your first spiritual retreat I want you to choose one dunya goal and one ibaadah goal.

- **For each goal write down three things you can do immediately and implement them immediately (i.e. either within your retreat or straight after).**
- **Track your progress and keep a note of it.**

- **If you fall of the wagon anytime from now until your next retreat, doesn't matter – pick up and start from where you left insha'Allah.**

Step 11:

For the remainder of your retreat today I want you to do some dhikr Allah and tasbeeh. You can close your eyes or keep them open. Sit in silence for a while. Listen to the silence. Look around your surroundings. Take it all in. If the mind wanders, let it. Don't stop it because it will resist and make you agitated. If it is wandering off to your 'to-do' list which is outside of your retreat then click your fingers and say 'snap out now'.

Try to focus as much as possible. It is difficult at first but insha'Allah will get better in time. Each time do some dhikr – remember and remind yourself that Allah is watching. This will help you refocus. Eventually it will also help you to attain kushu in your prayer. After you are done in your retreat today, go relax for a while before you get back into your day to day routine. Remember to drink lots of water and stay hydrated.

Those are your 11 Steps to Creating your very own Spiritual Retreat right now insha'Allah.

Bonus Retreat Feast 1:

What should you do in your other Spiritual Retreats?

This time is for you and Allah. It is also a time to reflect and have a refresher. Ideally use it to do ibaadah – Prayer, Qur’an, Dua, Dhikr, Tasbeeh. You could also sit in silence. Eventually if you increase the time and do it often then you can add in reading books (to help you relax – no studying this time). Listen to tilawah of the Qur’an, listen to some audio lectures (and eventually take notes as well). But the purpose is for you to reconnect with your heart and soul.

See, we don’t actually give ourselves permission to be human anymore. We just do, do and do!

By creating your own spiritual retreats you reconnect with your heart and soul. What will also start to happen is that you will start to get breakthrough moments, ah-ha moments, light bulb moments. You will start getting answers to some of the question you have been asking yourself or things that have been troubling your soul.

Why does this happen? Because you give yourself permission to be human again now and reconnect with your soul. This process is also known as self-awareness. It’s powerful when it happens.

We keep doing the do and we get disconnected from ourselves. This will help you insha’Allah.

Bonus Retreat Feast 2:

What about 'Group Spiritual Retreats'?

Use the same steps above and create your group spiritual retreat. This could be with family or friends.

Chose what activities you are going to do. It could be anything from reading together, listening to lectures, listening to tilawah and just relaxing to it. Depends on the group - so you decide insha'Allah.

So follow the 11 step process in this chapter and create your own spiritual retreat right now insha'Allah.

It will help you relax, reconnect and recharge insha'Allah.

Conclusion:

Those are your 11 steps to creating your very own spiritual retreat whenever you want.

I know that your emaan may fluctuate – sometimes you are on a high and sometimes on a low – and this could leave you confused and thinking there is something wrong with you.

I know how you feel because I have asked the very same questions when my emaan has fluctuated.

Believe me it is not easy – but we have to remind ourselves that we are a work in progress and we will have our up and down days.

We just need to stay ahead of the game and know how to handle our down days when they arise.

Keep this eBook handy and use it starting from right now.

Remember that Ramadan is only one month in 11 and it is in fact a training month – our real test happens outside of Ramadan – right now is when you may be feeling the emaan low.

Each of us is responsible for ourselves and Allah will question us on the Day of Judgment.

I know you are done with these up and down days – so please use this eBook as I wrote it with the purpose of helping us when we need that escape and when we need the instant emaan boost.

Just the way our exam preps are our own responsibility or finding a job and working hard and halaal – so is our emeen prep – we are responsible for it and right now you have the tools in your hands to create an instant spiritual retreat for yourself and to experience instant emaan-boost throughout the year.

That is POWERFUL!

Use the eBook to your advantage – that's right! 😊

What now?

After reading this eBook you may want to work on your challenges, your goals or intentions (as I like to call them), create immediate and positive changes in your life so you live upon the deen and prepare for your best akhirah.

My passion in life is to help you creatively find your unique purpose in life and to align it with our ultimate purpose of worshipping God.

If you would like to work with me then I invite you attend my one to one VIP Day session.

VIP Day: Powerful Personal & Spiritual Self

This is a day dedicated to YOU. It is live (where you live) or via Skype and we work on the areas you want to work on.

If you would like to take this opportunity then I invite you to a *FREE* 30 minute Discovery Consultancy session where we identify your needs and what areas you want to work on and book in your VIP Day.

This offer is extremely limited to only 4 people each month as a VIP Day is a full day and may involve me travelling to meet you.

To find out more email me on webeinspired@selfaware.com and let's talk!

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About Nadia:

Nadia Leona Yunis
Entrepreneur, Author, Speaker, Mentor/Coach



Nadia is the Queen of Inspiration and Motivation and operates at **150% ExCel Mode turBo flow** - helping you find your 'Unique Purpose' in life to align it with our 'Ultimate Purpose' of worshiping God and helping your soul back on to its natural disposition - back on the fitra!

If **YOU** want a speaker to uplift, inspire, motivate and give you all the tools and techniques you want to help you in your journey, make positive changes in your life, prepare for your best akhirah and become closer to your Rabb then **book Nadia now** for your events and speaking engagements insha'Allah.

Read **Nadia's full bio here.**

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