

Maintaining Spiritual and Emotional wellbeing

Session Two

Countering Demotivation

Understanding Demotivation

- Actions seem purposeless, are harder to do.
- Negative self talk that discourages attempts to act
- Lack of drive
- Indifference, detachment, dispassion
- Feeling lethargic, listless – not much will to do anything
- Nothing seems worth striving for

Some Symptoms

- Your regular interests and hobbies don't feel interesting or fun anymore;
- Every time you think of acting on a goal or possible interest, you quickly lose steam;
- You spend a lot of time reading, watching, or going through social media randomly and switching constantly.

Sources of Demotivation

- Fear
- Uncertainty
- Lack of control
- Loss of purpose

Regardless of what initially caused you to feel so unmotivated, it's your present-day outlook on it that now keeps you stuck. Your immediate task, then, is to alter this outlook.

In short, you're much better off focusing on how to fix what's *inside* your head than what lies *outside* it. And no question but that you'll need to force yourself—yes, *force* yourself!—to uproot what's already taken residence deep inside you.

<https://www.psychologytoday.com/ca/blog/evolution-the-self/201604/the-curse-apathy-sources-and-solutions>

Suggested solutions

- Have small goals
- Add some novelty to your routine
- Connect with people everyday

Novelty in Spirituality

- 1) Read/recite some things you have not done before
- 2) Write or illustrate the reflections and connections that come to mind
- 3) Discuss with a buddy
- 4) Set up your own online group to discuss

Suggestions

I – Holy Quran

- a) Sura Aale Imran, no.3, verses 35-38 (Story of Lady Hannah)
- b) Sura Aale Imran, no.3, verses 190-196 (Reflection on Nature, prayers of believers)
- c) Sura Qasas, no.28, verses 7-13 (Mother of Prophet Musa)
- d) Sura Qasas, no.28, verses 76-83 (Story of Qarun)
- e) Sura Luqman, no.31, verses 12-19 (Advice of Luqman to his son)

Check also: <https://www.academyofislam.com/resources/quran/>

2) Nahjul Balagha

- a) Khutba no.3 – Shaqshaqiyya
- b) Khutba no.83 – al-Gharra (The Brilliant sermon)
- c) Khutba no. 192 - al-Qasi'ah" (Sermon of Disparagement).
- d) Khutba no. 193 – Qualities of the Muttaqin
- e) Letter no. 53 – To Malike Ashtar

3) Sahifa Sajjadiyya

- a) Dua no.7 – supplication in worrisome tasks
- b) Dua no.28 – supplication in fleeing to God
- c) Dua no.35 – supplication in satisfaction with God’s decree
- d) Dua no.54 – supplication for removal of worries
- e) Munajaat no.6 – Whispered prayer of the thankful

Check: <https://www.academyofislam.com/sahifa/>

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Slides and recordings of these talks can be found at:

<https://jaffari.org/ladiesreligiousadvisor/>