

Post-Ramadan & Eid Depletion?

What's Next for You.

There are **1.6 billion** Muslims worldwide (**22%** of humanity), from virtually **all ethnic backgrounds and locations**. Every year, together we begin and complete **Ramadan** – a month of complete **spiritual and physical purification** – including fasting every day throughout the month. The month's end is marked with the festivities of **Eid** as the culmination of this blessed time of the year.



With the **distracting and draining** nature of our **post-modern** lives, along with economic and political trouble in this time, it is important for us to maintain and optimise the **positive, energising and liberating** gifts of **Ramadan**. We celebrate by focusing these gifts towards solidifying our **relationship with the Creator** and in **service of the creation**.

As part of **College of Medicine and Healing Arts (CoMHA)**'s mission to **empower you towards this goal**, we present to you the **Post-Ramadan Audit form** as one resource for you to **gain benefit**.

We believe that we live in a **spiritual universe** with **positive and negative forces** and currents. With difficulties in families and in individual lives, where the **high spiritual energy** of **Ramadan** is no longer present, for many of us there is a **sapped sense of depletion and purposelessness**.

This **depletion** is experienced because of excessive use of **fast and junk foods, excess animal foods, harmful drinks** and mismanaging **quantities of food and drink** during the month of **Ramadan**. Also, when the hours of fasting are long and work days continue to be stressful and/or tiring, this takes an added **toll on the body and mind**.

Purposelessness occurs when we are missing **important direction and action** to support our **spiritual being**. This is often due to the reason that during **Ramadan** there was **lack of planning** for **after Ramadan**. Also, **negative forces** are **more active** upon our spirits once we leave the blessed confines of the



month. The ability of the negative forces to drag us down is amplified by a **distorted view of reality** where we are most of the time in a state of **forgetting our own dependence and mortality** in this world. Penetration into our lives by **overwhelming and harmful information** which **disturbs our clarity** and peace of mind adds a further element and these negative forces compound each other to become a **behemoth**.

Our **constant and daily** struggles in **family and personal life**, lack of direction, the soul-emptying grind of regular jobs, and feeling insecure in our financial situation are real and pressing challenges. **The spirit of Ramadan has genuine solutions**. If we only take the **time and effort to use this**, we will experience the **transformation** that **Ramadan** was able to facilitate, and most importantly **it will stay with us until the next Ramadan**.

Here are some ways towards continuing the Ramadan transformation:

- Download and use the ***Post-Ramadan Audit*** form. **[Click here to download.](#)**
- Read the new revised and updated 5th Edition of ***An Introduction to Islamic Medicine*** by **Hakim M Salim Khan**. **[Click here to order your copy now, postage free.](#)**
- Use some life-enhancing, natural foods and supplements. **[Click here to see the wide range of natural health products available from Mohsin Health.](#)**
- Enroll on ***Foundation in Natural Health***. Next running **April/May 2018**. **[Click here to learn more.](#)**