

The
Strongest
Version
Of
Yourself

Malik Shabazz

TABLE OF CONTENTS

Page 2. Preface

Page 4. Copyright

Page 5. Find Me On

Page 6. Accepting Your Blessings

Page 11. The Past

Page 15. Dealing With Negative People

Page 20. Negative Thoughts

Page 24. Your Blessings

Page 30. A Hard Heart

Page 37. Being You & Changing The World

Page 43. Improving Our Lives

Page 49. Love

Page 55. Your Companions

Page 62. "IF"

Page 68. Choosing The Right Spouse

Page 74. Twenty-Four

Page 80. Why Be The Strongest Version Of Yourself?

Page 86. Conclusion - Keep Going Never Give Up!

Page 90. Write To Me

Preface

All praise is due to Allah SWT whom has blessed my family and I with the religion of Al-Islam. To whom belongs the heavens and the earth and everything in creation. To whom my talents, my abilities and everything within my possessions I am thankful for. Nothing within my abilities and capabilities is from myself and everything is from Him alone. There is nothing written here which myself is able to write, except with the blessing Allah SWT has given me from a very young age until this day. Every breath that is given to me is a blessing and every word that I am able to write here in these pages for everyone else to read, is also a blessing from Allah SWT. Anything that I've written that is incorrect and goes against Al-Islam is from myself and may Allah SWT forgive me of my shortcomings.

I'd like to thank my family for supporting me in my efforts to always be the best version of myself. To always strive in a way that nothing is impossible and everything is achievable as long as you put in effort into it. I am writing this book and insha'Allah (if Allah wills) many more in the years to come to purely give a positive perspective on life, to make better choices and know that you are not a limited potential. We all

grasp abilities that we don't see but others see them beneath the surface; our exterior which is merely an image. What is inside, is what importantly matters and the character, your personality is the image you carry, not your looks. In the years to come, I look to make a difference in peoples lives through these words, which will uplift them and show them that possibilities which you hold back are endless.

With that, I'd like also thank everyone who has supported me outside of my family and continued to enjoy my work through out these years of my life. This a beginning of a new journey and I hope you are prepared for a journey that may leave you with a smile, tears or even choices to make your life better than what it already is. To see that happiness is in front of you but you don't see it because you concentrate on much more, rather than much less. You may not understand but through these series of books I plan to write, I hope you begin to grasp what I mean, insha'Allah.

Copyright © 2014 by Sirfraaz Bulbulia (Malik Shabazz)

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the author except for the use of brief quotations in a book review.

FIND ME ON



Malik Shabazz: Think & Be Positive



Mshabazz33.wordpress.com



Mshabazz33@gmail.com

ACCEPTING YOURSELF

We all have self-esteem issues. We all wish we could be prettier. More handsome. More fit. Have abs like it is shown in magazines and a face as beautiful as a model. We are never happy with our outer image, no matter how many times we look in the mirror. No matter how many times we go on a diet and succeed and no matter how much make up we put on, we will never accept ourselves because we are always trying to live up to how others are viewed. Then we end up being sad, disappointed with our life and how things are going. We never realize how blessed we are until we look at others who have less than us, in their physical features. Prophet Muhammad (Peace & Blessings Be Upon Him) gave us an excellent example on how we should accept our reality and accepting ourselves, in our current state, while looking at those below you

or those have less in beauty or stature will make us feel blessed.

It is authentically collected by Imam Muslim (may Allah have mercy upon him) that The Prophet Muhammad (Peace & Blessings Be Upon Him) said:

“When one of you looks at one who stands at a higher level than you in regards to wealth and physical structure (beauty), he should also see the one who stands a lower level than you in regards to those things.” [Muslim]

It is beautiful how the Messenger of Allah told us not to compare ourselves to others whom have more than us and when we do, we should always look at those who have less than us, as this will remind us of our blessings. But, at times we tend to forget how much we have and how much others are given not knowing if what they are given is a test itself and what we are given is a blessing that could beautify our place in jannah (heaven). Our mind wanders and we become depressed because our lives are not like theirs. We hope and we wish something could change the moment we are in and end up living out their lives but not knowing, they may be battling something on the

eternal so deep that they can only smile on the surface, hiding their pain.

Being able to live within your reality is living to accept yourself and how Allah SWT has destined your life to be. No matter how hard you try to change certain things, no matter how often you think about your situation, it will not change due to things that are beyond our control, especially our physical self.

You may think that the individual who is beautiful is magnificent but the individual may have the most horrible personality and characteristic traits. And the individual who you see, that you deem is ugly, may have the most beautiful personality and characteristic traits. We are so obsessed trying to polish our outer image, wearing the most trendiest clothes, styling our hair, the most beautiful hijab or abayaa but we forget about our inner selves. If we took as much time through out the day fixing and polishing our personality and characteristic traits, our outer selves would become second nature but since we live in a world that judges us based on the clothes we wear, the car we drive, and how beautiful or ugly our face is, our inner selves become second nature

and we concentrate on something that will eventually vanish as we age.

This is the reality but we are so afraid of it, that we hold onto our youth as if it is forever and we hold to those cases of make up, as if it'll forever cover up our insecurities and we spend on the newest fashions as if we will become recognized and praised but in the end, we never become accepted nor do we recognize how blindly we lived trying to impress the person in the mirror trying to beautify what has always been beautified by our creator.

It is important that we find a balance in trying to beautify the external and the internal. Our internal will last us till the end of our lives, while the external will last us as long as our creator wills and just as a flower begins to fade and crack, your external will do the same. Wrinkles will appear, hair loss may happen and our limbs may stop functioning how they once were and if we did not prepare our minds and begin to accept ourselves through loving ourselves totally, from the outside to the inside, we will find difficulty in doing so when it does happen.

Learn to accept yourself from the flaws that are displayed and the flaws that are hidden. Allah SWT has created us perfectly according to His vision. From the shape of our lips, to the colour of our eyes. To the outline of our face. No one else in the world is going to accept you nor love you, how you love yourself but it must begin with you accepting everything you hate about yourself and turning that into a positive thought. Look at yourself in the mirror and how perfectly you've been created. There is not another like you in this world that resembles your image nor your personality or characteristic traits. You have been beautifully crafted by the One who has created beauty in the sunrise and sunsets. Such a magnificent creation that is loved and admired by many. Admire yourself and how you've been created and blessed. Work on your eternal as this will become an ever shining light, that will beam beauty on your face when it cracks and wrinkles. There is something magnificent about you but you must begin to accept and love yourself to find the magnificence and brilliance given.