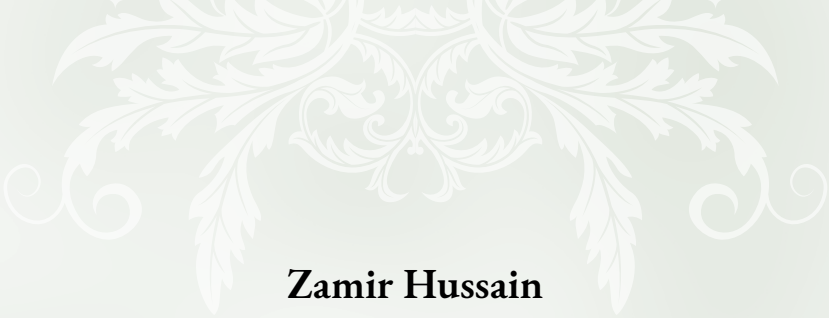




Zamir Hussain



A Guided Journal for the Bereaved Muslim Parent



Ta-Ha Publishers Ltd





Contents

Loss of a Child	10
Why Journal?	12
How to Use this Journal	13
The Prophet's (peace be upon him) letter to Mu'adh ibn Jabal	14
Where is my Child Now?	15
You Will Meet Again in Jannah (Paradise)	16
Poem: I hold you in my heart	20
Letter to my Beloved Child	22
Sadaqah Jariyah (Ongoing Charity)	24
Feelings and Emotions	26
Guilt and Blame	30
Poem: Tears	32
Sabr (Patience)	34
Allah	38
Prophet Muhammad (peace be upon him)	42
Salawat (Blessings upon the Prophet Muhammad, peace be upon him) ...	44
Islamic Greetings	46
Salah (Ritual Prayer)	48
The Qur'an	50

Angels	52
Du'a (Supplication)	54
Shukr (Gratitude)	56
Istighfar (Asking for Forgiveness)	58
Tawba (Repentance)	59
Self-care	60
Sleep and Restore	62
Relationships	64
Mind and Thoughts	66
Qalb (Heart)	68
Tafakkur (Contemplation)	70
Traveller Mindset	72
Quotes from Bereaved Parents	74
Free Writing Section	76
Activities to Remember Your Child	86
They Are Your Forerunner	87
My Du'a For You	88



*As salaam alaikum
warahmatullahi wabarakatuh*

**May the peace,
blessings and mercy of Allah be upon you**

This journal is your compassionate friend. It offers you a safe space where you can feel free to be yourself, where you will never be judged or hurried. You can say whatever you feel here. May you find much comfort and benefit in these pages.

As a first step, you can name this journal, if you like. The Prophet (peace be upon him) named every item of his blessed garments and would thank Allah and pray for good from them.

Naming something brings a deeper connection, value, and appreciation towards it. If you are not ready to name the journal now, perhaps you can return to this later, when you are inspired by a name.



Quotes from Bereaved Parents



“When my son died, I vowed to become the person I would have wanted him to grow up to be.”



“I literally couldn’t talk, but I could cry. I did a lot of that. Still do. Sometimes tears are better than words anyway.”



“When I met other bereaved mums, I felt an instant connection. I felt they were my sisters.”



“I found I was grieving so differently from my husband. It was difficult for us to communicate and this was affecting our relationship in a negative way.”



“I felt grief like waves of the sea coming high or low. Sometimes you feel like you’re drowning. Staying on top of the waves was a struggle in order not to drown. I found my anchor was connection to Allah and knowing that emotions are normal.”



“I found people wanted to move on and act normal, but I couldn’t hurry my healing. I felt stuck. I thought that if I began to feel better it would mean that I am forgetting my child.”

Do any of these quotes resonate with you?

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Add your own quote.

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Has anyone said something or have you read something that particularly stood out for you and helped you with your grief journey?

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