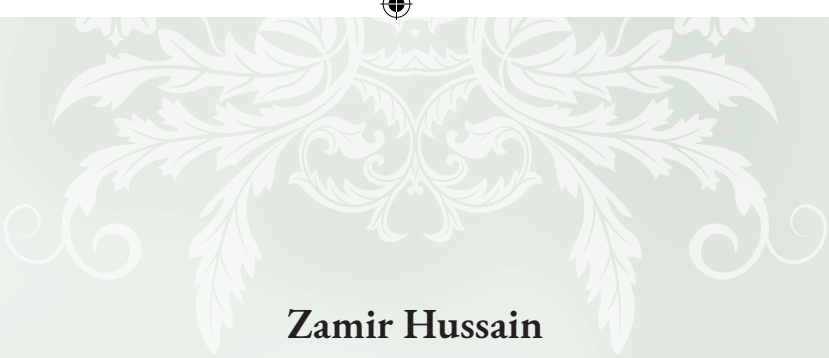




Zamir Hussain



**A Muslim Parent's Guided
Journal for
Miscarriage and Stillbirth**



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Disclaimer: This journal is not intended to be a replacement for therapy or medical intervention. If you feel you are struggling or need further support, please contact your healthcare provider, your own Imam or masjid, explore bereavement counselling, and/or join support groups.



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Dedication

To my beautiful grandson Mohammad Ishaq Hussain
- a rose bud who went to bloom in heaven.

And to all those who journey through the grief
and loss of a miscarriage or stillbirth.





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Bismillāh bir Raḥman nir Raḥeem

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَنِ الرَّحِيمِ
Alḥamdu lillāhi rabbil ‘ālameen, Ar Raḥmān nir Raḥeem

مَلِكِ يَوْمِ الدِّينِ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ
Māliki yawmid deen, Iyyāka na‘budu wa iyyāka nasta‘een

أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ
Ihdinas ṣirāṭal mustaqeem

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
Ṣirāṭal ladḥeena an‘amta ‘alayhim

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ
Ghayril maghdūbi ‘alayhim, walad ḍālleen



In the name of Allah, All-Merciful, Most Merciful

Praise be to Allah, the Lord of all the worlds,
the All-Merciful, the Most Merciful,

the King of the Day of Repayment.
You alone we worship. You alone we ask for help.

Guide us on the Straight Path,

the Path of those You have blessed,

not of those with anger on them
nor of the misguided.

(Surah al-Fatiha, verses 1-7)

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*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.



The name of my journal is:



I chose this name because:



This is what I hope to gain from this journal:



Loss of a Baby through Miscarriage or Stillbirth



A miscarriage or stillbirth can be one of the most anguishing and painful experiences a parent can go through.

You had such hopes and dreams. You made plans. Perhaps you decorated a nursery, made a list of names, strolled through shops and chose baby clothes.

You were at one with your baby. Your heartbeats were synchronised. Perhaps you felt the kicks, perhaps you talked to your baby, perhaps you put on recitations of the Qur'an so your baby could be soothed and connected to its melody. You prayed for your baby's wellbeing and future. A beautiful bond and connection had formed. Now it has all gone before it even had a chance to start.

There are few official mourning rituals with a loss like this. It's often a taboo subject and people are uncomfortable talking about it. Perhaps because the world did not have a chance to see what you had lost that it minimalises the enormity of what has happened.

But you know. You are in pain. Your body is recovering from the loss. Maybe you are left with marks, scars and symptoms of a pregnancy that ended too soon. Your hormones are all over the place and your heart is broken. There are so many questions pervading your mind and emotions that are hijacking you.

Or perhaps you feel nothing. Just a numbness because it all happened so fast that you cannot process it. A short time ago there was a wide open future and now there just isn't. Your faith may have gotten stronger or perhaps it has weakened. Each loss is unique.



**So, along with every
difficulty there is ease:
along with this
difficulty there is also ease.**

(Surah al-Inshirah, verses 5-6)



You are grieving, and grief is the negative space left by love. You never knew it could hurt so much. It may help to remember that grief is a spiritual wound that time alone may not heal and that the pain of grief brings attention to what needs healing.

You will never forget your baby but by acknowledging and processing your feelings, you can grow around the grief and become stronger and discover a resilience and power you may not even know you had. At times you may stumble and fall, but know that you are loved and held by Allah. Take your wounds to Him. He is your Loving Creator. He has not left you without the balm of His Tender Love.



*When a child of
Allah's servant dies,
Allah says to His angels:
"Have you taken the life of
My servant's child?"
They say, "Yes."
He says, "Have you taken
the fruit of his heart?"
They say, "Yes."*

*He says,
"What has My servant said?"
They say,
"He has praised you and said,
'Indeed to Allah we belong
and to Him is our return.'"*

*Allah says,
"Build a house for
my servant in Paradise and
call it the House of Praise."*

(Tirmidhi)



Why Journal?

A journal can be a place where you can gain **clarity** and make meaning out of your loss and grief.

It can allow you to express yourself in your own way, place value on your journey and log your progress.

Through this, you can:

- Re-evaluate your life
- Draw on your inner resilience
- Develop knowledge and spiritual growth
- Create a new normal
- Find acceptance and peace.

Your journal will hold your hand through exploring the **healing** that can come from Divine love and guidance, using quotes from Qur'an and Hadith, and writing prompts to explore your thoughts and feelings. These remedies rooted in Qur'an and Sunnah are a candle that bring you a gentle light and a trusted way forward towards the opening at the end of the tunnel.



How to Use this Journal



You don't have to go through this journal from beginning to end in a linear fashion. If certain sections resonate with you and you want to spend time with them, then feel free to do so. If some sections are too difficult to process, then you can always come back to them later.

Where there is space to write, you can write freely, in note form, bullet points, short phrases, single words, poetry, drawing or any other creative methods. You can go off the subject as thoughts enter your mind.

The free journalling pages at the end are there to provide space for you to express whatever will be helpful, with prompts to help you get started.

Inside the back cover is a pocket in which you can put a picture or a keepsake.

You may choose to journal on your own, but it may be useful to share activities with trusted others or have a grief journal partner.

However you use this journal, be guided by what feels right for you.

The Prophet's (peace be upon him) letter to Mu'adh ibn Jabal

The following letter of condolence was sent by the Prophet (peace be upon him) to Mu'adh ibn Jabal (may Allah be pleased with him) on the death of Mu'adh's son.

In the name of Allah, All-Merciful, Most Merciful
From Muhammad, the Messenger of Allah, to Mu'adh ibn Jabal
May peace be with you.

I praise Allah, there is no god but Allah. May Allah increase your reward and calm your sad heart and give you guidance and the power to thank Him.

Indeed our lives, our families and our property are gifts entrusted to us only for a fixed time. The duty of a man is to thank Allah when He bestows on him a gift, and to endure with patience when He takes it back.

Your son was a special trust from Allah. He blessed you with him till He desired and took him away from you in return for a Great Reward. O Mu'adh, do not let complaining and impatience destroy your reward or you shall surely regret this later on. If you knew how much return and recompense has been granted to you for it, then you would be surely amazed at Allah's Mercy.

The promise which Allah has made to the people who endure misfortune and pain with patience shall be fully fulfilled in the life to come. The promise of Allah should reduce your grief. Whatever is destined to take place must occur.



May you be in peace.
Allah's Messenger Muhammad.
(Tabarani)



Where is my Baby Now?



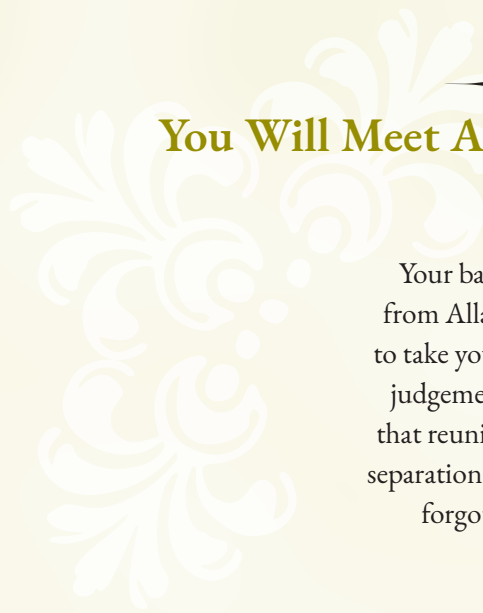
Your beautiful beloved baby is
now playing in the loving care of
the Prophet Ibrahim (upon him
be peace) whom Allah describes as
Khalilullah – the friend of Allah.
They are flourishing and happy, free
from all pain or sadness, along with
all the children of mankind who
pass away as they are all innocent
and pure.

We know this because, on the night of ascension, the Prophet
(peace be upon him) relates:

*We went on and came to a well-flourished green garden with all
kinds of spring colours, where there was a man who was so tall that I
could hardly see his head in the sky. Around the man was the largest
number of children I had ever seen. I said to my two companions,
“Glory be to Allah, who are they?” He said, “As for the tall man who
was in the garden that was Ibrahim (upon him be peace). As for the
children who were around him, those are all the children who died
in a state of fitrah (natural disposition).” One of the Muslims asked,
“O Messenger of Allah, what about the children of non-Muslims?”
He said, “And the children of the non-Muslims.”*

(Bukhari)





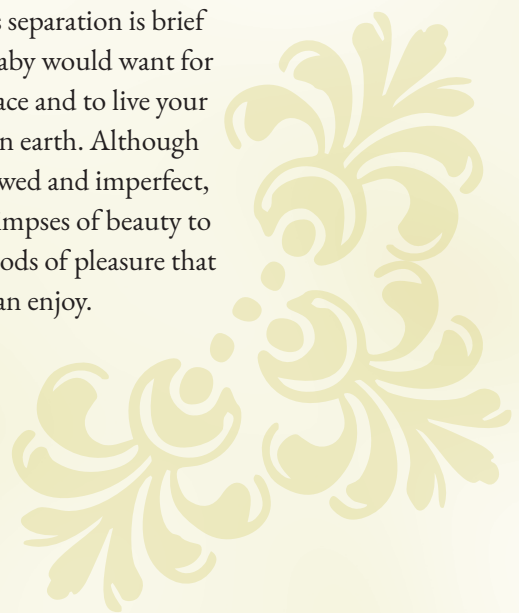
You Will Meet Again in Jannah (Paradise)

Your baby is your greatest gift from Allah, and is waiting ahead to take you to Jannah without any judgement. How beautiful will that reunion be when this time of separation will have faded and been forgotten into eternal joy.

Their little ones are the da'amis (helpers) of Paradise. They will meet their parents and grab them by their garments or their hands to no end other than that Allah will enter them into Paradise.

(Muslim)

Know that this separation is brief and that your baby would want for you to be at peace and to live your best life here on earth. Although this world is flawed and imperfect, there are still glimpses of beauty to be seen and periods of pleasure that we can enjoy.





How do you imagine the reunion to be in the Hereafter?



Note the things that you find pleasure in or see beauty in.



*Verily in the remembrance of Allah
do hearts find rest.*

(Surah al-Ra'd, verse 28)





Poem: Empty arms

*The news
that you were gone
was like a dark cloud
that blocked out the sun*

*My world turned cold and dark
it was like my heart
had been wrenched
out of my body*

*I sit now with empty arms
and a broken heart
dreaming
of what could have been*

*You are a rose bud
that went on to bloom
in another world
yet your fragrance surrounds me*

*I feel you so strongly
as though we are entwined
as one
and you throb in my veins*

*Are you here with me
or am I there
with you?
The lines seem to have blurred*

*What is my reality
and what is this
new way of gazing?
When I look for you in the shadows*

*Our story
has been written
in the Eternal script
with the ink of undying love*

*It began in the world of souls
and a small part
of the poem
we lived in our earthly union*

*The best
is yet to come
my heart
knows that for sure*

For the poem sings on

ZH

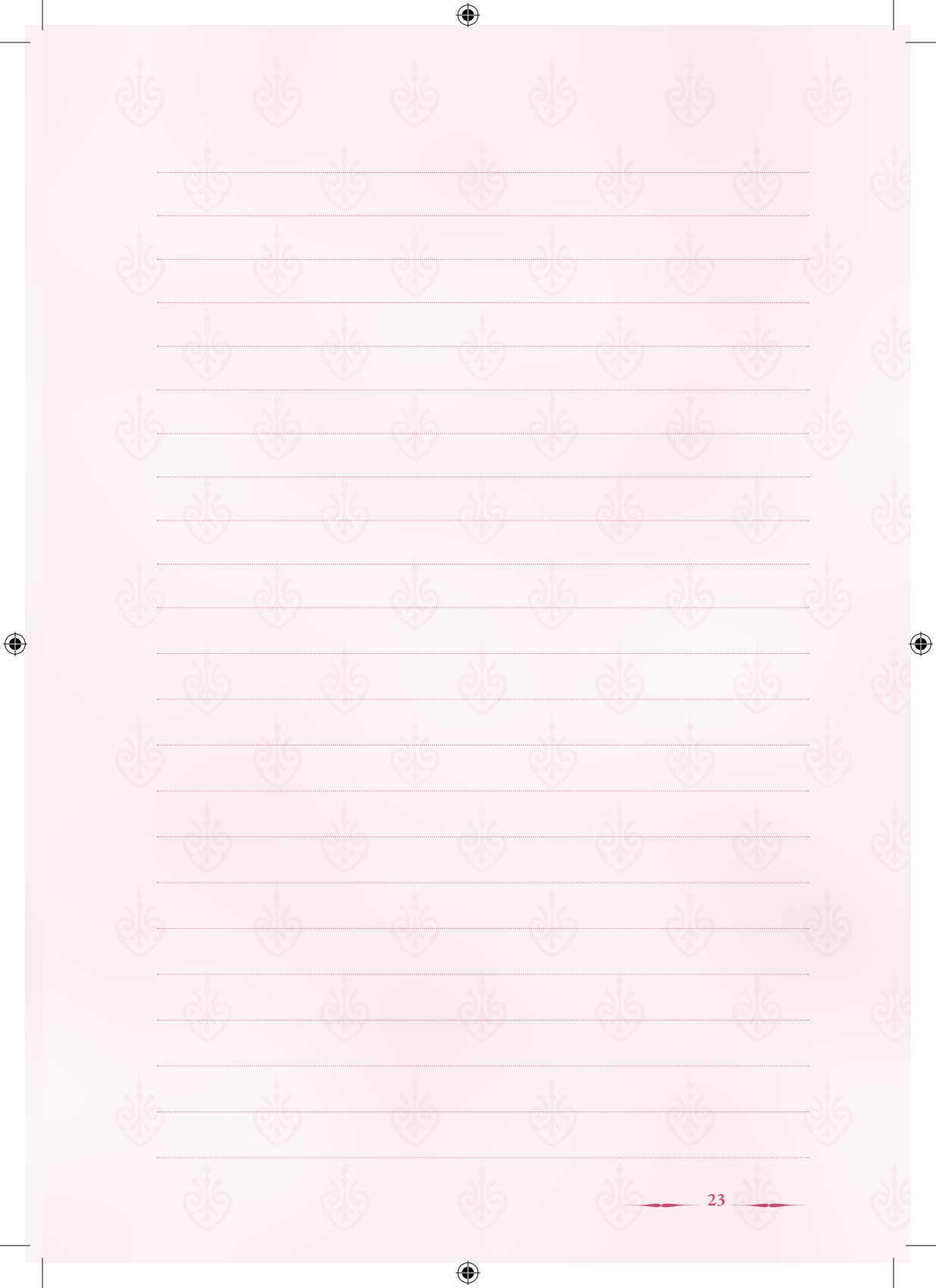
Letter to my Beloved Baby

There were plans. So many things that you had planned to say and do and be as a parent and now those plans are suspended and hang heavy. A feeling of incompleteness remains. Your instinct to nurture may still be strong. Putting all those feelings and hopes and dreams down in words in a letter can help bring everything gently back down to earth. It can relieve some of this pain you are feeling and aid healing.

You might wish to start with how you felt when you found out you were expecting your baby, the feelings that came flooding, the weeks that followed. What happened when you heard they were gone? How did you feel? What effect has it had on you since? What did you have planned for your baby? What are you going to do now? Write whatever comes from your heart.

Imagine your baby in the beautiful Garden with Prophet Ibrahim (upon him be peace), healthy and happy and having this letter read to them.

My Dearest Beloved





Sadaqah Jariyah (Ongoing Charity)

**Those who give away their wealth by night and day,
secretly and openly, will have their reward with their Lord.
They will feel no fear and will know no sorrow.**

(Surah al-Baqarah, verse 274)

The gift of charity is the backbone of faith. In giving, we receive so much more. It instils gratitude, empathy for others, builds relationships and is the best way to show your stewardship on earth and fulfil your purpose.

After the loss of a baby, the opportunity to nurture is not physically possible. However, sadaqah jariyah is a beautiful part of your ongoing relationship with your baby. Islam teaches us that a living person can benefit the deceased through dedicating the reward of ongoing good works to benefit them. This can be simple acts such as planting trees, supporting someone to make a halal (lawful) livelihood, providing water wells, or empowering communities through education or anything else that has a long-term impact.

Through generosity and good will, you not only benefit your own soul and that of your loved one, but also the recipients of your generosity. You can channel all that love you had for your baby, firstly by taking care of yourself and then out into the world, to others in need.

Sadaqah can also be any short-term, small act of goodness. It does not have to be financial, but it is also a smile, feeding an animal, shopping for someone who cannot get out, clearing rubbish from the path – whatever you are able to do.

Any act of giving is a path to enriching your own heart and society at large.

What would you like to do to benefit your baby in the Hereafter?

Can you think of a time when someone was kind to you in your time of darkness and how that made you feel?



Feelings and Emotions

The loss of a loved one can bring on a range of emotions and feelings, which may include:



Emotions are an essential part of being human. They tell us how we are feeling. Negative emotions tell us that something is wrong and we need to work towards changing something.

At times, especially in the beginning, they may seem intense and out of control. It can feel like you are being knocked over by waves of emotions. It is important to be gentle with yourself and look closely at the thoughts behind your emotions, to allow yourself to sit with them, fully feel them and address what needs healing to move forward.

Suppressed and denied emotions can resurface later and seriously prolong the healing process. They can manifest in physical and spiritual ailments.

It is often better not to make any major decisions, particularly in the early stages of grief, as a deep emotional state can affect your ability to think clearly.

Some people will find it helpful to talk through their feelings and emotions regarding the loss, while others find that this takes a vulnerability that they are not yet ready for.

Some days you will feel stronger and then suddenly a trigger may catch you unawares – the cry of a baby, or a mum buying baby milk at the store. You may be reminded of how your baby would have been when you see other children going through milestones of life. This may awaken emotions and sadness,

which is only natural as your bond with your baby still remains.

It can be helpful to face the triggers, however painful, as a part of going through the healing process and to pray for those who remind you of your baby and wish them well. This may ease your sadness.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Ya Hayyu, Ya Qayyūmu, birahmatika astagbeeth

O Living and Eternal Sustainer! By Your Mercy I seek relief!

(Tirmidhi)





What triggers re-awaken your grief and how can you face them?



Who or what makes you feel better?





Guilt and Blame

Guilt can play a positive role as it keeps us accountable and shows our moral compass is working. Humans are fallible and prone to making mistakes and we need to acknowledge and learn from our mistakes.

However, unfounded guilt and blaming ourselves or others can be a form of self-punishment. It may block acceptance and hinder the grieving process.

You may feel or be told that loss is a punishment for wrong action. Remember that the Prophets were the most tested and yet they were the most beloved and pure of Allah's people.

Acceptance frees the soul and lightens our burden. It is by no means easy to do, as it may be difficult to make sense of what has happened. It may even seem unfair, but Allah is the best of Planners and, in the awakening of the Hereafter, it will all become clear as to why things happen the way they do.

If we are humble before our Lord and put our full trust in Him, it becomes easier to let go of these negative emotions and reframe them into positive ones.



If something befalls you, do not say, "Had I done such-and-such, it would be such-and-such." Indeed, 'if' opens the way for the devil to act.

(Muslim)





These are the things I would have taught my baby:

(Remember Allah rewards for intentions, even if the opportunity is no longer there)



The things that you taught me are:

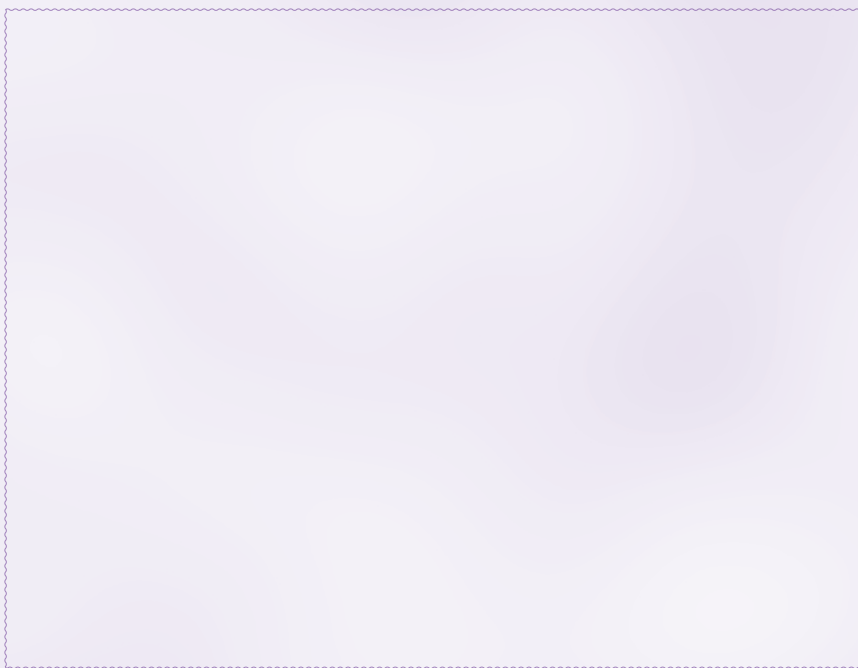
Poem: Tears

*The tears flow. The trickle becomes a stream.
It flows in search of you.
The flowers bloom along its banks.
The birds splash a merry dance.
The waters glisten as if diamond dust is falling from the sky.
O Allah, surely you see my broken heart sunken in its depth.
Drowning, gasping for Your Hand.
Perhaps I too can blossom and bloom.
Perhaps I too can dance and splash.
Perhaps I too can glisten and shine.
As the waters open up the doors and I see you in my heart.
Words lie helpless.
As our souls speak the secret language of love.*

ZH



Draw or write what this poem brings up for you.
Or you can write your own poem.





Sabr (Patience)



Sabr means courage, perseverance, fortitude and acceptance of the plan of Allah.

It is not a passive act. It requires us to actively work through our feelings, to be mindful of what we say and to monitor our self-talk. Sabr prevents us from drowning in those waves of emotion because we know that everything belongs to Allah. We know there is compensation and reward in accepting the Wisdom of His Decree and that He is the One Who will heal and support.



**And be steadfast.
Allah is with the steadfast.**

(Surah al-Anfal, verse 46)



When you are feeling deep emotion – anguish, sorrow, anger – then you may feel that you are not being patient. You may feel you are wasting your rewards or being ungrateful to Allah. This is not the case at all.

Allah tells us in Surah Yusuf of how the Prophet Ya'qub (upon him be peace) cried so much at the loss of his son that he lost his sight and yet he is still praised in the Qur'an for having sabrun jamil (a beautiful patience). So being patient does not mean you cannot feel emotions. Being patient is about what you say and how you act while having those emotions.

Sabr can be difficult to attain or always maintain, as part of human nature is inclined towards impatience. That is why the rewards for it are so high.

What does sabr mean to you?

Can you recall a time you kept sabr in a challenging time?

Think ahead and imagine how you would like to see yourself in a year's time on your grief journey?

What would you need to do to get there?

What would be the consequences of staying stuck and not making progress with time?



We will test you with a certain amount of fear and hunger and loss of wealth and life and fruits. But give good news to the steadfast: those who, when disaster strikes them, say:

إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Innā lillāh wa innā ilayhi rāji'un

We belong to Allah and to Him we will return

Those are the people who will have blessings and mercy from their Lord; they are the ones who are guided.

(Surah al-Baqarah, verses 155-157)





Allah

**Say: "Call on Allah or call on the All-Merciful,
whichever you call upon, the Most Beautiful Names are His."**

(Surah al-Isra, verse 110)

Allah is The Source. He is The One. The Ninety-Nine Names that appear in the Qur'an are manifestations of His Attributes, which lead to His Essence. He created your heart with the power to know Him and to have all your needs fulfilled by Him.

He is the reason we set out on a spiritual path. He is the One we turn to for comfort and healing. In Him we place all our hopes and

trust. He is the One that hears our weary sighs and sees our every tear, knows our every fear. He knows what is most hidden within us. He knows that which even we do not know. He is the best of Planners, our Protector and our Guide.

He created us as His representatives on Earth (Surah al-Baqarah, verse 30) so that we can nurture and reflect these Divine qualities within the short limits of our human capacity.

The Name of Allah is also a sound; it invokes the essence of all His Attributes. Both the name Allah, and the first part of the Shahada (testimony of faith) have the

predominant **La** sound which is soothing, and the **Ha** can be a long out breath, so repeating them both can relieve stress and calm the nervous system – like a sigh of relief.

الله

Allāh

لَا إِلَهَ إِلَّا اللَّهُ

La ilāha illallāh

There is no god but Allah

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

La ḥawla walā qūwwata illā billāh

There
is no
might or
power
except
with
Allah

Prophet Muhammad (peace be upon him)

**A Messenger has come to you from among yourselves.
Your suffering is distressing to him; he is deeply concerned
for you; he is gentle and merciful to the believers.**

(Surah at-Tawba, verse 128)

Allah sent us the gift of His beloved Messenger. A messenger whose every breath and blessed heart was full of love for us long before each of us were born. He will intercede for his Ummah (community) on the Day of Judgement, something that was given to no other Prophet before him.

How lucky we are to be chosen to be from his beloved Ummah. Through him, we emulate the most perfect human role model and witness our greatest potential as a human being. We can realise the innate beauty of our own souls.

وَالسَّلَامُ
عَلَيْهِ
وَالْحَمْدُ
لِلَّهِ

It was because Allah loved His Messenger that He tested him with immense losses in his life: starting with the loss of his father before his birth, his mother, his grandfather, his uncles, his first wife, and six of his seven children. His blessed heart ached but he tirelessly strove for Allah and the salvation of the people.

The Prophet (peace be upon him) held his dying son, Ibrahim, kissed him and smelled his pure scent and said:

The eyes are shedding tears and the heart grieves. We are saddened by your departure, O Ibrahim, but we will not say anything except what is pleasing to Allah.

(Bukhari)

How does it feel to be part of the Ummah of the Prophet Muhammad
(peace be upon him)?

How can you show your love for the Prophet (peace be upon him)?



Salawat (Blessings upon the Prophet Muhammad, peace be upon him)

Allah and His angels call down blessings on the Prophet.
You who believe! Call down blessings on him and ask for
complete peace and safety for him.

(Surah al-Ahzab, verse 56)

Upon Allah's command, we join Allah and His angels in sending salutations upon his beloved. A blessed act that nothing can remove from our record of good deeds. Through salawat we pull ourselves spiritually to a higher vibration, our status is raised, our faults forgiven, and our burdens diminish.

*Whoever sends salawat upon me
once, will be blessed by it tenfold,
erased by it ten sins, and raised by it
ten degrees in status.*

(Nasa'i)

Pray salawat at times when you feel disconnected from your essence, when you have no words, at times of anxiety and distress, at times of need or any difficulty, if you lose something, when you see awe and wonder, when you smell the perfume of a rose. Pray salawat constantly to give courage to your heart and in order to increase in love for the Prophet, peace be upon him.



اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ

Allāhumma ṣalli ‘alā sayyidinā Muḥammad

O Allah, send prayers upon our Master Muhammad

وَالسَّلَامُ
عَلَيْهِ
وَالْأَلَاةُ
صَلَّى اللَّهُ

O Allah,
send prayers upon our
Master Muhammad

Islamic Greetings

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

As salaam alaikum wa rahmatullāhi wa barakātuh
Peace be upon you and Allah's Mercy and Blessings

This is another beautiful and very simple gift that we have been given – the gift of salaam.

When we greet someone with salaam, we offer peace for the other person and they offer it back for us. In this way, two Muslims create a space of safety and security for each other. In fact, so powerful is this greeting, that it will be used by the inhabitants of Paradise.

السَّلَامُ

Al-Salaam
The Source of Peace

The Companions of the Prophet (may Allah be pleased with them) would go to the market place solely with the intention of gathering the rewards and blessings of salaam, greeting both those they knew as well as those they did not know.

Next time you offer the greeting of salaam, be mindful of what you are saying. See what a beautiful energy is created when a heartfelt greeting is offered – to members of your household as well as strangers – for even if it is not returned by them, the angels will return it upon you. This brings true peace and blessings to our hearts and to others' hearts.

True peace comes from within. It is not an absence of difficulty and turmoil, or of uncertainty, crises, or personal pain. It is a deep sense of safety and trust in Allah no matter what is going on around us. In order to achieve true peace, it must be actively pursued.

What can/has helped you gain peace on your journey of grief?

السلام

Salah (Ritual Prayer)

The Arabic word salah means to connect, attach and bind together through body, mind, heart and soul, in motion and in stillness.

That connection starts with the adhan (call to prayer) that melodiously invites your soul to the meeting with your Lord.

حَيَّ عَلَى الصَّلَاةِ

Ḥayya ‘alas ṣalāḥ
Hasten to salah

حَيَّ عَلَى الْفَلَاحِ

Ḥayya ‘alal falāḥ
Hasten to success

You perform wudhu (ritual ablution) like a spiritual shower that purifies and cools your whole being.

Finally comes the salah itself – a five times daily invitation to tune into Divine love and mercy. A sacred, undisturbed space where a Muslim can find respite and solace. A few moments to let go of the dominion of time and the busyness of life. It is an intimate and personal meeting with Allah, where you can humbly pour your heart out in sujud (prostration).

The most sincere salah is often at times of greatest need, so bring your brokenness to Him. Bring your vulnerability and pain to Him.

In grief, it can become difficult to have energy or motivation for daily activities. Salah provides an opportunity for routine and ritual, which help to structure your day.

What does salah mean for you?

Hasten
to salah

What are the du'as you would want to make in prostration?

Hasten
to success



The Qur'an

Through the Qur'an, Allah speaks to us.

Allah has sent down the Supreme discourse, a Book consistent in its frequent repetitions. The skins of those who are in awe of their Lord tremble at it and then their skins and hearts yield softly to the remembrance of Allah.

(Surah az-Zumar, verse 23)

The Qur'an is the remedy for physical tension and anxiety. It is a source of guidance and light. It illuminates those dark times and those deep spaces of the soul that ache. It makes whole again that brokenness of body, mind and soul.

You can simply sit with it and recite it or you can dive deep

into His words and begin to explore the meanings and nuances. Either way, you will feel your physical self relax and your soul find peace.

The place where you recite, becomes tranquil, dispelling the negative energies around and from within; the air becomes perfumed; the angels are drawn to the scent; and you are surrounded with blessings.



Write your thoughts and feelings. Note down any verses that particularly moved you.

(Ahmad)



Angels

Everyone has a succession of angels in front of him and behind him, guarding him by Allah's command.

(Surah ar-Ra'd, verse 11)

Amongst the role of these gentle beings of light is to protect, honour, give glad tidings, pray for human beings, comfort and guide to good. They gather around houses of dhikr (remembrance of Allah). They see those homes shining like we see the stars in the sky.

We may perceive angelic presence as flickering lights, a beautiful scent, a voice, and even in human form. They are attracted by a clean environment and a clean heart. They accompany seekers of knowledge, visitors to the sick. They especially surround children and doers of good.

Angels shall enter in to welcome them from every gate:

السَّلَامُ عَلَيْكُمْ

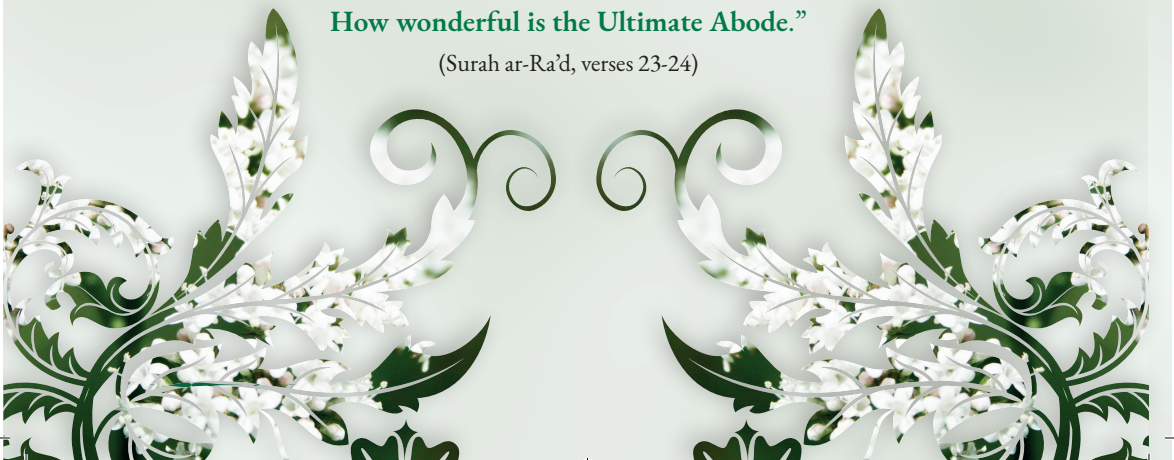
As salaam alaikum

"Peace be upon you

because of your steadfastness!

How wonderful is the Ultimate Abode."

(Surah ar-Ra'd, verses 23-24)





Du'a (Supplication)

Verily your Lord is generous and shy. If His servant raises his hands to Him (in supplication), He becomes shy to return them empty.

(Abu Dawud)

Du'a is your personal and direct line to Allah at any time, where you can simply stand or sit and raise your hands and pour your heart out with whichever words come to you, with your tears, with your emotions.

It is a time to hand over to Allah what is burdening you, what is making your heart heavy, what is making it difficult to tread life's path.

Acknowledge that He is the Ultimate Power. Know that He loves to hear His servant calling out to Him. Know that He will respond, through His wisdom, in the best of ways. Know that if He has called you to Him, He wants to hear your voice. He wants to give.

Know that the All-Knowing, All-Aware hears your deepest cries and sees your inner pain.



*O Allah,
inspire my heart to ask that which is best for me
and to make du'as for others, as the angels say Ameen
for me also, and what a beautiful pure Ameen that is.*



My du'as for my baby are:



My du'as and hopes for other bereaved parents are:



Du'as from the Qur'an

The Du'as of Zakariyyah (upon him be peace)

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ

Rabbi habli min ladunka dhurriyyatan tayyibatan innaka sami 'ud du'a

'O Lord, grant me by Your favour an upright child.

You are the Hearer of Prayer.'

(Surah Al-Imran, verse 38)

رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ

Rabbi la tadharni fardan wa anta khayrul waritheen

**'My Lord, do not leave me on my own,
though You are the Best of the inheritors.'**

(Surah al-Anbiya, verse 89)

The Du'a of Ibraheem (upon him be peace)

رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ

Rabbi hablī mināṣ ṣaliheen

‘My Lord, bestow on me a right acting child!’

(Surah as-Saffat, verse 100)

A General Du'a

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ

وَأَجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Rabbanā hablanā min azwājinā wa dhurriyyātina qurrata

a‘yunin waj‘alnā lil muttaqeenā imāmā

**‘Our Lord, give us joy in our wives and children and make
us a good example for those who are Godfearing.’**

(Surah al-Furqan, verse 74)



Shukr (Gratitude)

Shukr is a state of heart and mind. It lifts the spirit and makes us receptive to what Allah continuously gives. When we find more appreciation of what we already have, when we appreciate all the joys and rewards that are promised to us in the Hereafter, this takes away focus from the negative and can ease the pain.

At times of deep sadness, we may find it difficult to focus on gratitude. Our emotional and spiritual state can fluctuate and that is fine. We are only human. However, if we can be mindful of Allah's gifts such as our sight, hearing, ability to eat, and drink clean water, this may help to put

our hearts into a more positive and grateful state. When we start to notice, we find more and more to be grateful for.

It may help to write in a gratitude diary, particularly when you are feeling low. It can calm the nervous system and make the world seem a slightly brighter place if you can simply jot down that lovely cup of coffee, that kind word, that small achievement.

Thanking people is to thank Allah for His compassion through them. And don't forget to thank Allah for all you are, your amazing multi-faceted self that is unique, special and capable of so much.

Alḥamdulillāh ‘ala kulli ḥāl

Praise be to Allah in all states

Istighfar (Asking for Forgiveness)

If anyone constantly seeks forgiveness (from Allah), Allah will appoint for him a way out of every distress and a relief from every anxiety, and will provide sustenance for him from where he does not expect.

(Abu Dawud)

Istighfar is the surest way to relieve the heart. Asking for forgiveness is a pure and humble way of connecting to the power of Allah. Knowing that no sin is greater than His Mercy and Forgiveness.

Allah inspires us to istighfar, to invite us to His presence unveiling the forgiveness He has

already written for us. We were created fallible. It is through our shortcomings that we see the gift of the forgiveness of Allah.

When your heart feels heavy, when you see or hear something that disturbs your soul, when you seek to be protected against despair and disturbance, say:

أَسْتَغْفِرُ اللَّهَ

Astaghfirullāh

I seek forgiveness from Allah



Tawba (Repentance)

Tawba goes beyond asking for forgiveness. It is a means to return to your Lord. To return to the original good innate nature. To return to serenity and peace.

Know that even if we struggle and fall short, Allah accepts our repentance again and again.



أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Astaghfirullāha wa atūbu ilayh

I ask forgiveness from Allah and I turn towards Him





Self-care

A strong believer is better and dearer to Allah than a weak believer, and there is good in both. Adhere to whatever brings you benefit, seek the help of Allah, and do not feel helpless.

(Muslim)

Self-awareness is at the root of all personal improvement. Until you're aware of your problems and needs, there is little you can do to improve them. If we have a healthy body, a strong faith and mind, we can be of the greatest service to ourselves and to others and fulfil our purpose on earth as Allah's representatives. Our bodies are an amana (trust from Allah), thus it is vital to look after our mental, physical, spiritual and emotional health, and it is part of one's obligation and an act of worship that we treat this precious trust with care.

Self compassion and care can look like:

- A nourishing diet
- Some form of exercise
- Spending time in nature
- Positive self-talk
- Protecting yourself from what causes you harm
- Hobbies and activities that bring joy and lift the spirit
- Good company
- Seeking help and support
- Rest and leisure.



**Self-care is
a directive of
Allah**



What could you do to practise better self-care?

Was there a time when you were so absorbed in what you were doing that everything around you faded away. If so, what was happening?

Sleep and Restore

Night brings with it the chance to wind down from the activity of the day and to get some restorative sleep for the body, relief for the mind and freedom for the soul.

However, the quiet of the night and the lack of distraction can also bring a lot of distress and feelings of loneliness. It is at night that the pain of grief can intensify and become difficult to escape. Sleep then becomes elusive and you end up in a battle between tiredness, insomnia and frustration.

Grieving takes time. Be gentle with yourself. Speak to yourself like you would speak to a dear friend. There are some good habits that may help:

- Establish a good bedtime routine with low lights and no devices
- Have a warm bath
- Put a pouch of lavender under your pillow
- Write in your journal or gratitude diary

- Focus on your breath. Simply become aware of it or use an established technique such as this one: breathe in for four, hold for four, breathe out for six or longer, if comfortable.

When a man retires to his bed, an angel and a devil rush to him. The angel says: "End your day with good!" The devil says: "End your day with evil!" If he remembers Allah and then falls sleep, the angel will spend the night taking care of him.

(Nasa'i)

Here are some ways to end your day with good:

- Go to bed with wudhu
- Read or listen to a portion of the Qur'an such as Surah Mulk
- Turn your heart to dhikr of Allah and salawat
- Forgive yourself and others and make a positive intention for the next day.

If you're still struggling to sleep,
remember to be gentle and kind to yourself.
Use the time to connect with Allah,
because He is with you always.

Relationships

At this time, relationships may be tested. You are in a vulnerable state and may become more sensitive to how people are reacting or what they are saying. You may have the added worry about the grief of siblings, grandparents and others affected by the loss. The loss could bring up issues and traumas from the past.

Generally, people will have good intentions towards you and wish to say and do things to ease your difficult time. However, sometimes they may unintentionally say or do things that cause hurt or distress. This often stems from cultural conditioning, or personal experiences. You do not need to believe everything that is being said to you.

Not everyone will react to the loss in the same way, so try not to take things personally and do not be afraid to let go of what does not serve you or what makes you unhappy.

Spend time with those who are kind and supportive. Reach out to those that you feel will aid you in your grief journey. This may be a friend, a relative or a therapist who can offer comfort. It can be a support group locally or online. It may be someone who can just listen or sit with you. They don't need to always be saying anything profound, but just be a comforting presence.



How would you like people to treat you right now?

Who are the people you can rely on?

Mind and Thoughts

The brain works in a linear and logical manner, based on past information, experiences and memory.

It can cause torturous repetition of negative thoughts, stories and worse case scenarios as it is geared for survival and wants to protect you.

Conversely your mind can also help push you to do better, be stronger and achieve more.

Thoughts originate from the Divine, angels, Shaytan (devil)

or the nafs (self), so it is worth considering where your thoughts are coming from.

Try observing your thoughts without judgement and without emotion. This often takes away their power. And remember not all your thoughts are reality.

If a thought is unhelpful, you can shift it to a more positive state, particularly by focusing on gratitude. You can direct your mind to dhikr or a du'a by repeating words such as:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

SubhānAllāh, Alḥamdulillāh, La ilāha illallāh, Allāhu Akbar

**Glory be to Allah, Praise be to Allah, There is no god but Allah,
Allah is Greater**

You are taking your state out of the realms of this world and into the court of Allah. You can relieve

your burdens and trust that He will take care of even what may seem impossible for you at this moment.

Qalb (Heart)

The mind cannot be the primary tool to give you peace. For this, you also need your heart.

In the Qur'an, Qalb (heart) refers to both the corporeal heart that pumps blood and the ethereal heart that controls one's spiritual state. It is said to have fu'ad – understanding – because this is the organ that believes in the unseen, can know the Divine, desires to please Allah, receives knowledge that we can act upon. It is the seat of intuition, the gateway to the soul. It is the place of rest, peace and love.

Thus, for our success in this world and in the Hereafter, it is vital that our heart is clean, nourished and polished.

We can do this through:

- Remembrance of Allah
- Prostration (the position closest to Allah because the heart is higher than the brain)
- Cleansing our heart of what blackens it such as hate, envy and backbiting
- Increasing what illuminates it such as acts of goodness and generosity.

At times of stress, bring your focus to your heart and breathe from it. Imagine it full of the Love, Mercy and Peace of Allah. Know that this is always there. Access this whenever you need peace and escape from what disturbs your heart.



Tafakkur (Contemplation)

(To bring something into one's cognitive space)

Tafakkur is to marvel at Allah's Creation and magnificence. It is to savour the everyday moments and bring what may go unnoticed or seem mundane into the realm of awe and wonder. To appreciate and marvel at who we are and the universe around and inside us.

Tafakkur helps us to be present in the moment. To become aware that Allah is always present. It gives us respite from worry about the past or the future.

Children are great examples of this as they often live in the moment and are absorbed in what they do. They see great awe

and wonder in simple things. Be like a child. Don't let the joy and wonder around you pass you by.

Contemplating on your breath, realising it is your life force and what a phenomenon it is, how precious each breath is, can bring calm and relax the nervous system, and lead to the appreciation of simply being alive.

It is alright if you only are able to go into tafakkur for a few moments before your mind wanders. It will still help you heal and escape painful feelings. The moments can grow longer and more frequent as you practise.

Tafakkur exercises:

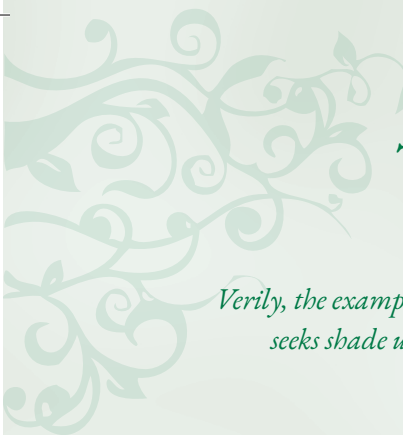
- 1) Become aware of the soles of your feet. This will help ground you. How do they feel? Where are they taking you? Become conscious of the ground beneath your feet. How does it feel? Tread gently and purposefully. Appreciate the ability to walk. Open your heart to gratitude at every step.
- 2) Take any daily activity and turn it into an act of worship. For example, eating an apple. Think of how it was planted in soil, grown with rain, ripened in the sun, picked, and transported to you. Look at its colour. Close your eyes and savour the taste. Feel the crisp texture and sense the tart sweet juiciness. Think of how it will nourish your body, how the body is able to eat and digest it. You can go deeper and deeper and you will keep finding Allah at every turn.



Tafakkur can be particularly helpful in finding appreciation and engagement in tasks you find difficult or boring and take those you enjoy to another level. Life can become an act of worship, wonder and gratitude.

Tafakkur builds the heart.

(Ibn Qayyim)



Traveller Mindset

Verily, the example of this world and myself is that of a rider who seeks shade under a tree, then he moves on and leaves it.

(Ahmad)

Our souls are on a journey from Allah and they will return back to Allah. Our ultimate goal is to see the face of Allah in Jannah, which is our permanent home. This world is a place of tests and trials to enable our spiritual growth, not a place of attachment and permanence. This does not mean we do not strive and enjoy what the world has to offer, but to keep within lawful means and to use our resources for good.

Travelling light in this world is to lighten the stresses and burdens that weigh us down and distract us from earning good deeds, which are the only thing that we will find before us in the Hereafter.

By adopting the traveller mindset, it can put our worldly troubles into perspective.

**They will say,
“Praise be to Allah Who has
removed all sadness from us.
Truly our Lord is Ever-Forgiving,
Ever-Thankful: He Who has
lodged us, out of His munificence
in the Abode of Permanence,
where no weariness or fatigue
affects us.”**

(Surah Fatir, verse 34)

Write down some of the things that you look forward to in Jannah, that you cannot achieve here on earth.

What can you let go of that does not serve you?



Quotes from Bereaved Parents

'When I heard I had lost my baby, I just went numb, I couldn't take in what was being said. It all happened so fast.'

'My sister and I were pregnant at the same time. When I look at my niece, I am reminded of how my child would have been. I make dúas for my sister and niece and this helps me.'

'As a father I felt I had to hold it together and support my wife and family. In all honesty I didn't know what to do. I hid my grief, but I cried a lot in secret.'

'The hardest thing to hear was when people said, "Never mind. You're young. You can have other children," because for me, no one could replace him.'

'I felt like I had failed and let the family down, I worried about the same thing happening if I got pregnant again. I even worried that my husband may leave me if I could not give him a child.'

'The loss of my baby brought so many things into perspective and showed me what was really important and the fleeting nature of this world. It helped me to become stronger in my faith. I tried to be worthy of meeting her in Jannah.'

Do any of these quotes resonate with you?

Add your own quote.

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



Free Writing Section

The next six pages have been left blank for you to express your thoughts and feelings in any way that you wish. However, if you feel stuck for words, the following prompts may inspire you.

One negative thought I am giving up today is . . .

One nice thing that happened today is . . .

My favourite memory of you is . . .

I overcame a challenge with my strengths of . . .

List your acts of bravery . . .

What holds me back is . . .

One small achievement I made today was . . .

This is how I react when I notice that I am . . .

These are the things I managed to do today . . .

This is what I need to do to heal . . .

These are my past achievements . . .

Some things I need to work on myself are . . .

The future looks positive because . . .

Some kind things I do are . . .

I feel comforted when I . . .

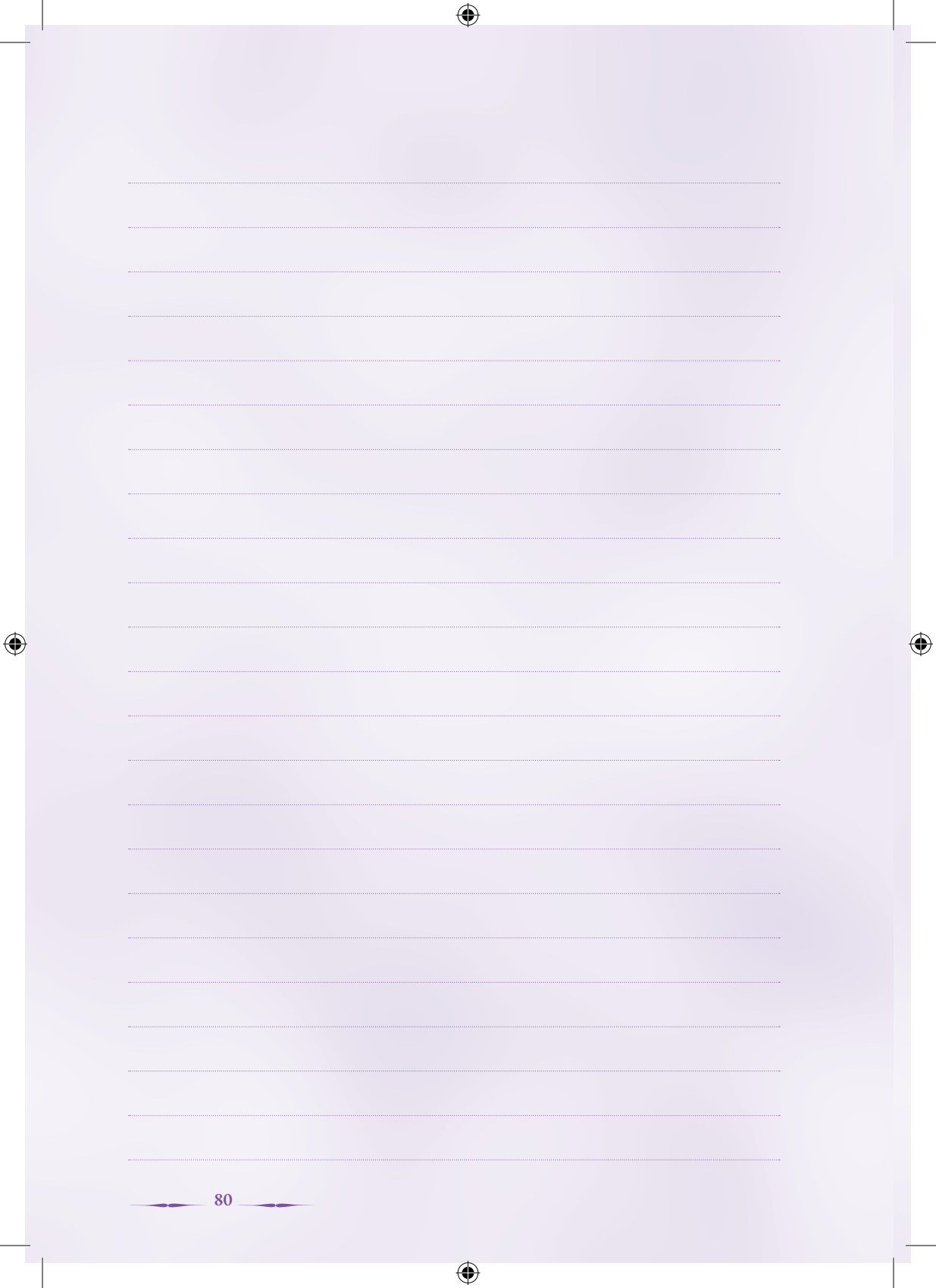
Rewrite a negative narrative you have in your head. Change the story.

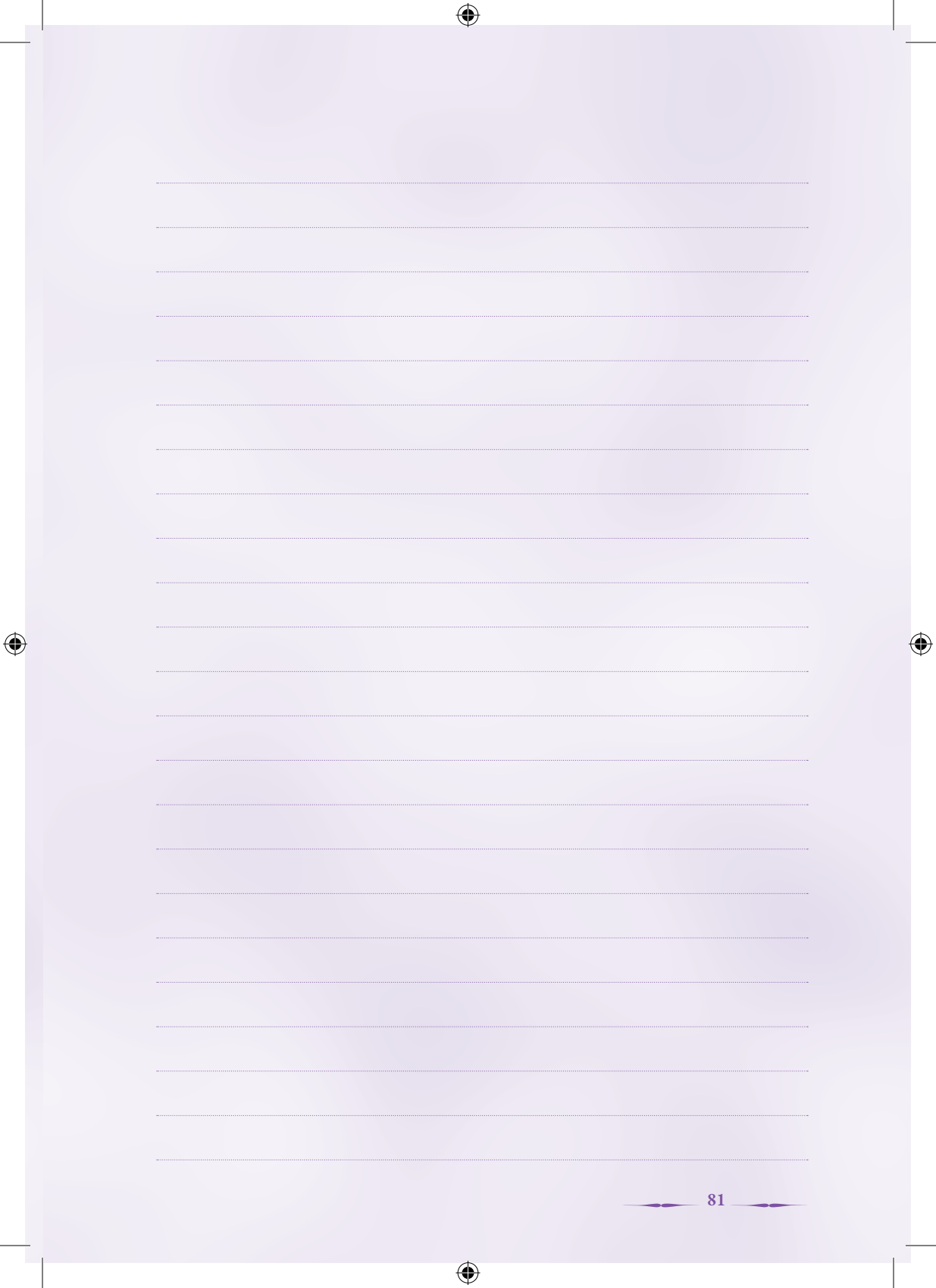
I feel my calling is . . .

I enjoy . . .

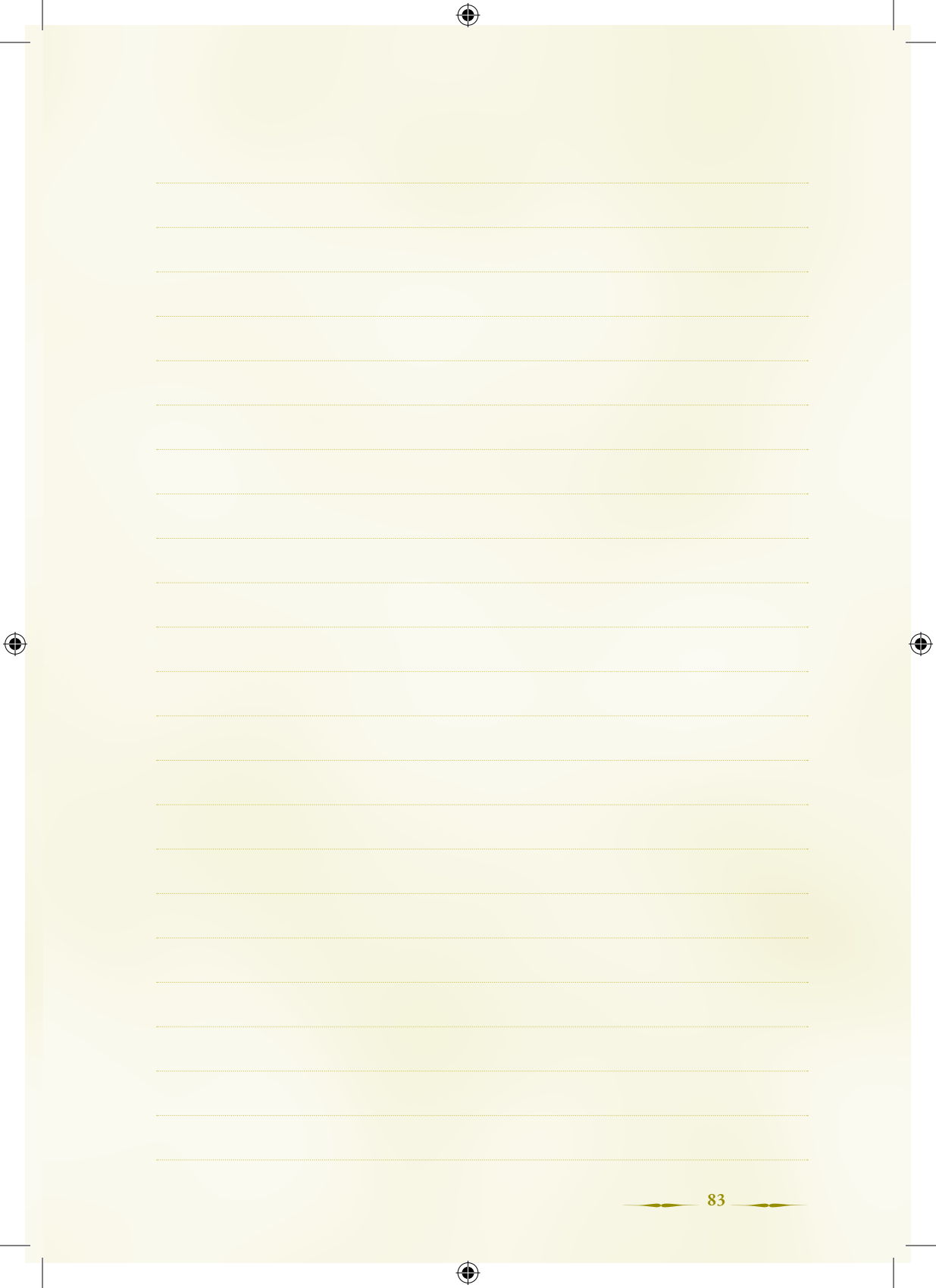
My best possible future self is . . .

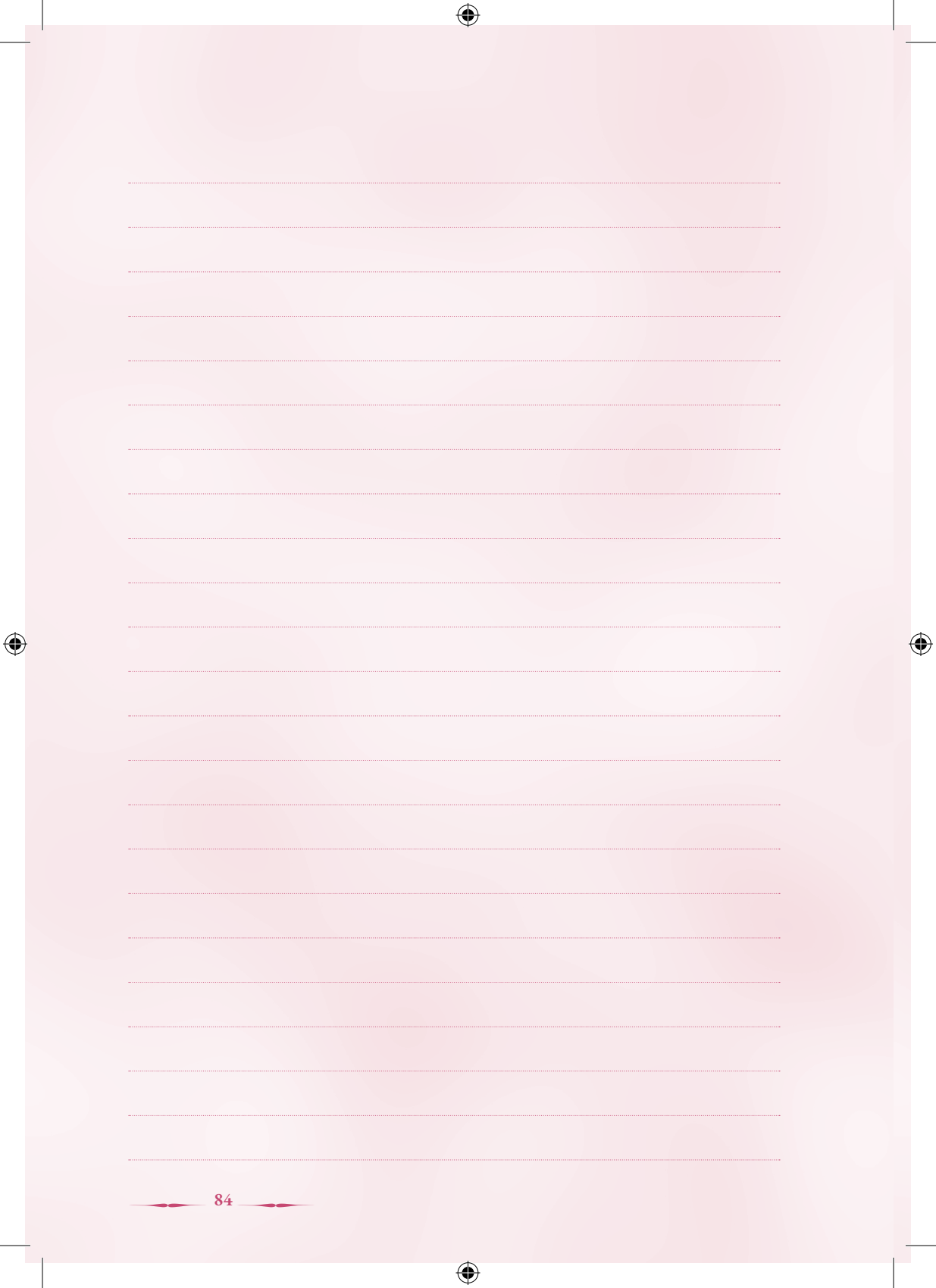


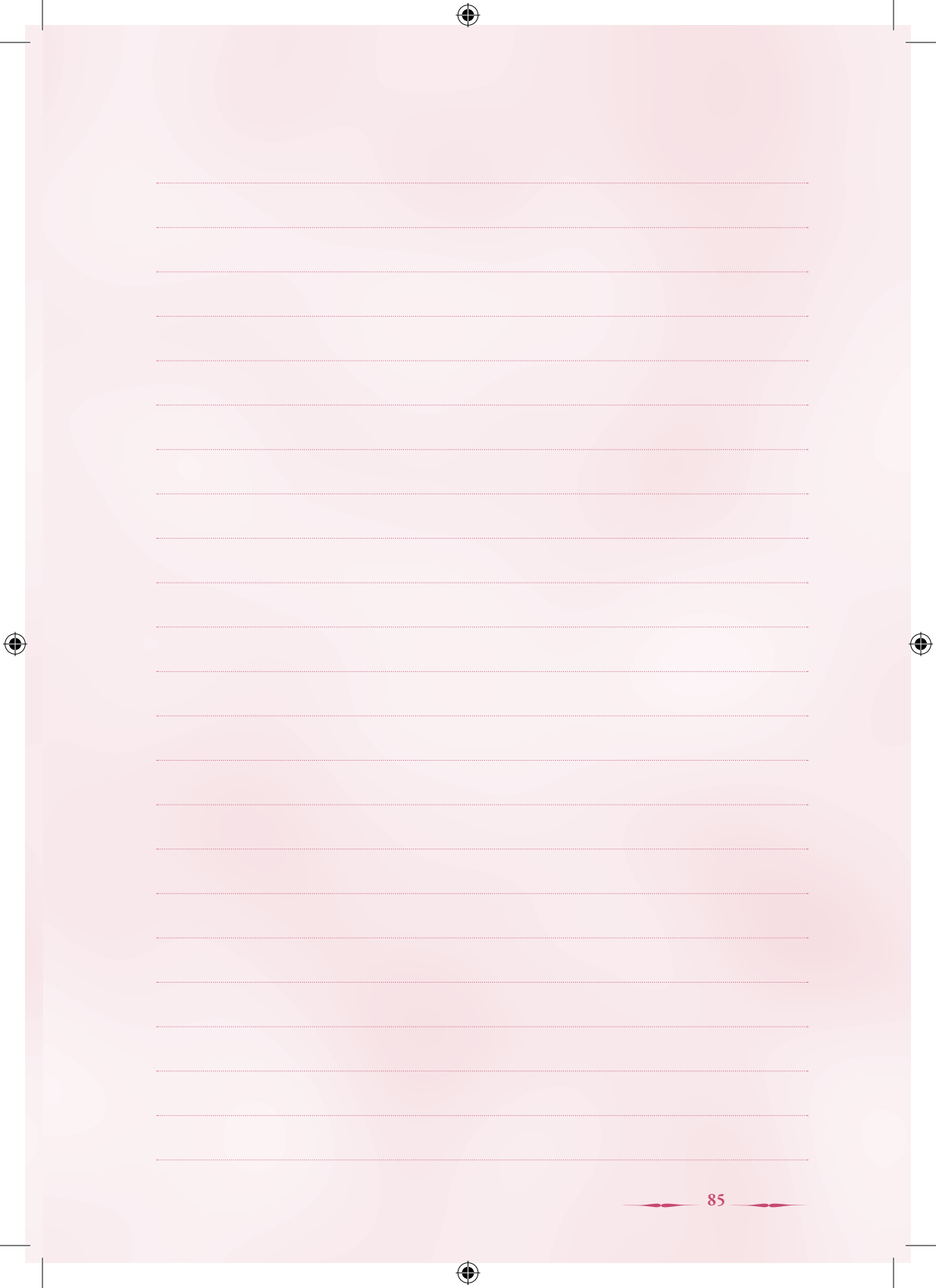




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The Womb

*Verily, the Rahm (womb) derives its name from Allah's Name
Ar-Rahman (The Merciful).*

(Bukhari)

A mother's womb demonstrates the pure meaning of Rahma (love, mercy and compassion). It is mentioned several times in the Qur'an and Hadith as a place where angels visit, where another soul is nourished, and a place of Allah's knowledge and unconditional love. The womb has a spiritual connection to Allah to the extent that it speaks to Him.

You are a wondrous result of Allah's love. He created the miracle of life and placed it in your special womb. From His Mercy and Compassion, He blessed you with motherhood.

You will always be a mother, even if you do not have a baby in your arms. Your rewards with Allah are immeasurable. Your pain and

maternal instincts are honoured. You will be reunited with your baby again and have great recompense, for Allah's promise is always true.

We may not fully understand why things happen the way they do, but one day everything will become clear and all make sense.



**Whoever puts
their trust in
Allah, He will be
enough for him.**

(Surah at-Talaq 65, verse 3)





They Will Lead You to Paradise

By the One in whose hand is my soul, the miscarried foetus will lead his mother to Paradise by his umbilical cord, if she was patient, hoping to be rewarded.

(Ahmad)

In this time of immense difficulty,
there is also an immense opportunity
for your baby will lead you to
paradise, insha'Allah. They have gone
on ahead to receive you so you are
welcomed with ease and security, by
the grace of Allah.





My Du'a For You

I pray that this journal serves to help you find solace, healing and peace. That it guides to a way forward, and helps you to put your trust in Allah.

I hope it makes you stronger and wiser and helps you find your inner resolve and the answers that lie deep in your heart already. That you realise how blessed and special you are.

May Allah reward you immensely for all that you are going through and may you always be nestled in the soothing Mercy and Love of your Lord. Ameen.

*Wa alaikum salaam wa
rahmatullahi wa barakatuhu,
Zamir*

Please keep me and the whole ummah in your du'as and forgive me for any shortcomings in this journal.



*Zamir Hussain
is a UK-based Muslim Healthcare
Chaplain since 2007 and a qualified
teacher. She holds an Honours degree in
Islamic Studies and a PGCE in Religious
Education as well as a Certificate of
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