

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*In the name of Allāh,
the Most Gracious, the Most Merciful.*



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DISCLAIMER

Please be aware that the author would like to emphasize that the Quranic verses contained in this book are not meant to be exhaustive tafseer, but rather to serve as a beginning for deeper inquiry and insight. It is critical to recognize the author's focus on the fact that this publication does not include a thorough analysis of the Quran. Its major objective is to captivate readers, stimulate their interest, and encourage them to read the Quran more extensively.

If your heart is restless...
and your mind is tense...

Whisper to your Creator

DR NASIROH OMAR



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Special Notes

Most parents had challenging beginnings in their previous lives. They have, nevertheless, made every effort to provide their children with a comfortable life. The children will eventually need to be independent to live in this world of struggles and tribulations, although after being pampered for so long. Can these children handle the difficulty? Are they in good physical shape? Are their hearts

and minds equally as strong as their challenges? The two main assets Allāh ﷻ grants all humans are their hearts and minds. These two essential components function as the body's king and queen. The strength of the mind and heart determines what the human body is capable of.

Nevertheless, the human heart and mind will be weak and require a supportive relationship. When our hearts are void, frightened, and restless, and our minds are preoccupied with worrying about impending difficulties, let our hearts and minds trust in Allāh ﷻ. Is there anything too difficult for Allāh ﷻ? It can't be because He created us. He is the creator of everything in this world and the entire universe. As a result, let us turn our hearts and minds back to Allāh ﷻ. May He restore peace and strength to our hearts and minds.

May our prayers be heard by Allāh ﷻ. May we find solutions to all of our problems. And yes, we can rely on Allāh ﷻ to heed our countless wishes. He sees everything and hears everything.