

30-day reflections

We have compiled a set of daily meditations/questions, introduced by a number of religious and philosophical sources throughout the ages, in the hope it may help us on a journey inwards.

There is no set 'way' in which we believe this series of meditations can be used. It is totally up to you how you would like to use this document. Some recommendations however could be:

- Take time out of your day to spend some time alone to reflect on the questions e.g. after waking up or before going to bed. You may wish to write something down and turn your phone off during this period
- You could discuss these items with those close to you
- Maybe a great chance to introduce and challenge children to broad-ranging topics?

We hope at the very least it allows some introspection.

Peace and love,

Abbas & Aqeel x

And you? When will you begin that long journey into yourself? – Rumi

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Day 1 – Fasting

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O people! A month [Ramadhan] has approached you laden with blessing, mercy and forgiveness...

- Prophet Muhammed (pbuh)

If physical fasting is not accompanied by mental fasting it is bound to end in hypocrisy and disaster.

- Mohandas Gandhi

Today's meditations:

What does fasting mean to you?

What is your mental diet? What thoughts do you feed yourself whilst fasting?

Do you eat the same thoughts and drink the same actions as you would normally?
Would you change anything?

Do you have any habits you'd like to remove? Any knowledge you'd like to uncover?

Day 2 – Time

[\(click for contents page\)](#)

Every breath you take is a step toward death.

- Hazrat Ali ibn Abi Talib (pbuh)

Live not as though there were a thousand years ahead of you. Fate is at your elbow. Make yourself good while life and power are still yours.

- Marcus Aurelius, *Meditations*

Who has time? Who has time? But, then, if we do not ever take time, how can we ever have time?

- The Merovingian, *The Matrix Reloaded*

Today's meditations:

How was your day yesterday? What did you learn? Are you grateful for anything that occurred? Can you think of five things you were grateful for? Can you think of 20?

If you were to draw two columns, "How I believe time should be spent" & "How I spend my time", how would they compare? What is important to you that you believe you cannot do? Why?

If there is such a thing as a waste of money, is there such a thing as a waste of time? How would you define it for yourself?

Day 3 – Forgiveness

[\(click for contents page\)](#)

An honourable saying and forgiveness are better than charity succeeded by injury.

- Quran 2:263

If you want to see the brave, look at those who can forgive. If you want to see the heroic, look at those who can love in return for hatred.

- Bhagavad Gita

Where there is forgiveness, there is God Himself.

- Guru Granth Sahib

Today's meditations:

Have you ever been hurt? How did it make you feel? Have you forgiven them? If not, imagine if they were on their deathbed tomorrow. Could you see any of your feelings changing? If, picturing that moment, you feel you could make peace, is there harmony to be gained and potential regret to be saved by reconciling earlier?

Have you ever hurt someone? How do you think it made them feel? Did they forgive you? Did you forgive yourself?

What is the best way to apologise?

Day 4 – Nature

[\(click for contents page\)](#)

Our task must be to free ourselves— by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.

- Albert Einstein

And there is no moving creature in or on the earth, no fowl that flies with its two wings but they are communities like yours.

- Quran 6:38

There is a story of a religious teacher who used to talk every morning to his disciples. One morning he got on to the platform and was just about to begin when a little bird came and sat on the window sill and began to sing, and sang away with full heart. Then it stopped and flew away and the teacher said, 'The sermon for this morning is over'.

- J Krishnamurti, *Freedom from the Known*

Today's meditations:

What are your thoughts towards the rest of the natural world? What plants and animals are you fond of? What things do you think you have in common with them?

How much time do you spend outdoors? Could you go outdoors today? What life beyond the human do you notice?

Imagine a world where the animals could speak to you. They have a minute to tell you what they think about humanity. What would they say? What would the dogs and cats say? What would the chickens and cows say?

Day 5 – Contentment

[\(click for contents page\)](#)

Riches are not from abundance of worldly goods, but from a contented mind.

- Prophet Muhammed (pbuh)

Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.

- Epicurus

We must not wish anything other than what happens from moment to moment, all the while, however, exercising ourselves in goodness.

- St Catherine of Genoa

Today's meditations:

How does it feel to be at ease? What things can you change in your daily life to increase this feeling?

Is your contentment based on future events that may or may not happen? What things do you have in the here and now that bring you peace? Imagine they were to disappear. How would you now feel?

What is your "enough" in life? Do you think "more" can be a bad thing?

Day 6 – Trials

[\(click for contents page\)](#)

Do not pray to the Lord saying, "Lord! Protect me from temptations and trials," for there is none who is not tempted and tried.

- Hazrat Ali ibn Abi Talib (pbuh)

*Let me not pray to be sheltered from dangers
but to be fearless in facing them.*

*Let me not beg for the stilling of my pain
but for the heart to conquer it.*

- Rabindranath Tagore

Nothing ought to be unexpected by us. Our minds should be sent forward in advance to meet all the problems, and we should consider, not what is likely to happen, but what can happen.

- Seneca

Today's meditations:

Think back to a time where you were anxious about something. Did you get through it? What have you learnt about yourself as a result? Were there any blessings in disguise?

Can you prepare for a future event without worrying? What prior experiences could you draw on, be they yours or others', to meet those events with more resilience?

Think forward to potential future events that could disturb you. Can you definitely prevent these from happening? Do you have ultimate control? If you don't, is there any point worrying about it? If you do, is there any point worrying about it?

Day 7 – Control

[\(click for contents page\)](#)

*God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.*

- The Serenity Prayer

Make the best use of what is in your power, and take the rest as it happens. Some things are up to us and some things are not up to us. Our opinions are up to us, and our impulses, desires, aversions—in short, whatever is our own doing. Our bodies are not up to us, nor are our possessions, our reputations, or our public offices, or, that is, whatever is not our own doing.

- Epictetus, *Handbook*

Today's meditations:

What do you feel you have control over? What would you like to have control over? Has it always been this way? How have your desires for control changed over time, and where do you see them going in the future?

Is not having control over aspects of your life always bad? If you don't have control, are you able to make peace with it? Is there any benefit to be gained by letting go?

Sit in silence for 10 minutes. What thoughts arise in your head? Are they negative, positive or neutral? How are they affecting your mood? Do you think you can change your life by changing your thoughts?

Day 8 – Love

[\(click for contents page\)](#)

I think...if it is true that there are as many minds as there are heads, then there are as many kinds of love as there are hearts.

- Leo Tolstoy, *Anna Karenina*

*And still, after all this time,
The sun never says to the earth,
"You owe me."*

*Look what happens with
A love like that,
It lights up the Whole Sky.*

- Hafez

Today's meditations:

Do you think love can be unconditional? Are you able to both expect *and* love at the same time?

When our bodies are frail, possessions meaningless, our rank irrelevant... What is left?

If you were to ask society what makes a good partner, what would they say? If you were to ask yourself what makes a good partner, what would you say? Do you ever find yourself mistaking society's values for your own?

Day 9 – Humility

[\(click for contents page\)](#)

And walk not on the earth exultantly. Truly you shall never make a hole in the earth and shall never reach the mountains in height.

- Quran 17:37

Humility does not consist in hiding our talents and virtues, in thinking ourselves worse and more ordinary than we are, but in possessing a clear knowledge of all that is lacking in us and in not exalting ourselves for that which we have, seeing that God has freely given it us and that, with all His gifts, we are still of infinitely little importance.

- Lacordaire

Today's meditations:

How much of a factor does luck play in your life? What gifts were you born with?

Reflect on something you believe you've done that is 'self-made' or mostly by your own efforts. Consider other factors you may have relied on, for example farmers across the world, healthcare services, companions, teachers, absence of war, civil rights. Is it only hard work that has been required, or the labour and love of others, good fortune and Providence too?

How should we treat people who have not been gifted the gifts we may have been given?

Day 10 - Wider world

[\(click for contents page\)](#)

Do you think you love your Creator? Love your fellow-creature first.

- Prophet Muhammed (pbuh)

Remember that what insults you isn't the person who abuses you... but your judgment that such people are insulting you. So whenever anyone irritates you, recognise that it is your opinion that has irritated you.

- Epictetus, *Handbook*

I am not born for one corner; the whole world is my native land.

- Seneca

Today's meditations:

What are some ways in which you connect with your fellow human beings? Are there additional ways you'd like to add to this? On the other hand, can you be too connected?

What is your relationship with your neighbours like? What about those in your wider community? What benefits come from being reliant on others?

Do your actions have consequences on other people and the environment they inhabit? What do you believe are your responsibilities when taking such actions?

Day 11 – Death

[\(click for contents page\)](#)

I wonder at the person who sees people die, yet forgets his own end.

- Hazrat Ali ibn Abi Talib (pbuh)

Yellow leaves hang on your tree of life. The messengers of death are waiting. You are going to travel far away. Have you any provision for the journey?

- Gautama Buddha, *Dhammapada*

Today's meditations:

How often do you think about your own death? Does death surprise you when it comes? Why?

Imagine today is going to be the last day you are alive. What would you do? What would you say? Imagine you are now going to die in five years' time instead. How would that affect your previous answers?

Would life be any different to you if there was no death? What meaning, if any, do you think death brings to life?

Day 12 – Relationships

[\(click for contents page\)](#)

It's easy to love a perfect God, unblemished and infallible that He is. What is far more difficult is to love fellow human being with all their imperfections and defects. Remember, one can only know what one is capable of loving. There is no wisdom without love. Unless we learn to love God's creation, we can neither truly love nor truly know God.

- Elif Shafak, *The Forty Rules of Love*

*When two people are at one in their inmost hearts,
They shatter even the strength of iron or of bronze.
And when two people understand each other in their inmost hearts,
Their words are sweet and strong, like the fragrance of orchids.*

- I Ching

Today's meditations:

Think of relationships with people that you really cherish. Why do you cherish them? When was the last time you told them this?

Take a moment to stop and think about your emotions. How often do you do this? Could you tell others about them more, and would that improve your communication with them?

Are there any neglected or old relationships you want to cultivate again before it's too late?

Day 13 – Animals

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The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for white, or women created for men.

- Alice Walker

Think occasionally of the suffering of which you spare yourself the sight.

- Albert Schweitzer

Entrust them to a person who is trustworthy and who is of a kind nature, so that he may not mistreat the animals or starve or tire out the animals during the transit. Instruct him not to separate a she-camel from its young, not to milk it so much that nothing is left for its young one, and not to drive them harshly or overburden them with excessive load. He should always give them enough rest at watering places. They should not be driven through deserts as much as possible, and should follow green lands and regions with plenty of wooded areas. Thus, every care should be taken so that they reach their destination in healthy and robust condition.

- Hazrat Ali ibn Abi Talib (pbuh)

Today's meditations:

Why do you eat the food you do? What influences these decisions?

What journey do the animals or animal products take to arrive into your home? How were they treated? Did they feel pain? Do the ends justify the means?

Imagine you had to pick one of the following three choices: kill humans; kill animals; or kill neither. Which would it be?

An alien species appears on Earth. They are stronger than us, more intelligent than us. They wish to destroy humanity. We ask 'Why?'. They say, 'because it gives us pleasure'. How would you convince them otherwise?

Day 14 – Gratitude

[\(click for contents page\)](#)

A thankful person is thankful under all circumstances. A complaining soul complains even in paradise.

- Baha'u'llah

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.

- A.A. Milne, *Winnie-the-Pooh*

Others sowed for me; I sow for others to come.

- Proverb

Today's meditations:

What things are you thankful for? How do they make you feel? Do you ever take time to express this inwardly in your thoughts? What about outwardly to others?

Do you ever find yourself feeling ungrateful? Why? Are there any external influences that contribute to this? How can you be more aware of them?

What do you think is the difference, if any, between showing gratitude and flattery? What is the most genuine way to express thanks or praise? How might an insincere way differ?

Day 15 – Wealth

[\(click for contents page\)](#)

All wealth belongs to the divine and those who hold it are trustees, not possessors. It is with them today; tomorrow it may be elsewhere.

- Sri Aurobindo

Until we have begun to go without them, we fail to realise how unnecessary many things are. We've been using them not because we needed them but because we had them.

- Seneca

When the last tree has been cut down, the last fish caught, the last river poisoned, only then will we realise that one cannot eat money.

- Native American saying

Today's meditations:

What does money mean to you? What do possessions? What drives you to earn more money and buy more things? What impact does this have on you, your companions and the rest of the human and non-human world? Are you a trustee or are you a possessor?

If you had been born in different circumstances would you desire the same things? Would you be content with the same things? Does amassing wealth or objects make us happy or can our thoughts make us happy?

What would happen if contentment was advertised to us more?

Day 16 – Morality

[\(click for contents page\)](#)

It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.

- Confucius

The men and women on death row have some combination of bad genes, bad parents, bad environments, and bad ideas (and the innocent, of course, have supremely bad luck). Which of these quantities, exactly, were they responsible for? No human being is responsible for his genes or his upbringing, yet we have every reason to believe that these factors determine his character. Our system of justice should reflect an understanding that any of us could have been dealt a very different hand in life. In fact, it seems immoral not to recognize just how much luck is involved in morality itself.

- Sam Harris, *Free Will*

But you will it not unless God wills it. For God has been Knowing, Wise.

- Quran 76:30

Today's meditations

Have you ever held a belief you now see as wrong or mistaken? How do you react to people who still hold that belief? Is it with compassion? Annoyance?

Have you ever made a mistake and sincerely regretted it? What can you remember about people's actions around you? Which actions helped? Which actions didn't?

Is there such a thing as a "Bad Person"? Are you able to understand their story, namely the path that led them to where they are today? Do you believe you would have been able to act differently if you were born in the same circumstances?

Day 17 – Silence

[\(click for contents page\)](#)

An hour's contemplation is better than a year's worship.

- Prophet Muhammed (pbuh)

Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakens.

- Carl Jung

A vague angst about something I can't quite put my finger on, something which causes me all too easily to avoid being present in my own life. Instead, I busy myself, with this or that, avoiding the silence. Living through the new task at hand. I send text messages, put on some music, listen to the radio, or allow my thoughts to flit about, rather than holding still and shutting out the world for a single moment. I think the fear Fosse expresses is a fear of getting to know ourselves better. There is a whiff of cowardice whenever I try to avoid that.

- Erling Kagge

Today's meditations:

When was the last time you were truly doing nothing? Try spending the next 15 minutes in complete silence. What thoughts arise? Are there any common themes? Does the silence tell you anything?

Do you find it difficult to sit in complete silence alone? If so, why? Is there something you're trying to repress? Are you afraid of anything?

How well would you say you know yourself? What's important to you?

How did you find the 15 minutes of silence? Could you make a habit of this?

Day 18 – Ego

[\(click for contents page\)](#)

The most excellent jihad [holy war] is that for the conquest of self.

- Prophet Muhammed (pbuh)

Can you walk on water? You have done no better than a straw.

Can you fly in the air? You have done no better than a bluebottle.

Conquer your heart; then you may become somebody.

- Ansari of Herat

How much 'ego' do you need? Just enough so that you don't step in front of a bus.

- Shunryu Suzuki

Today's meditations:

How important do you consider yourself? How is this conveyed in your thoughts towards others, in your dealings with others? Do you ever find yourself thinking you are better than another person or group?

When is the last time you were right about something? Did you tell others?

When is the last time you wrong about something? Did you tell others?

How often do you use the words 'I' and 'my'? How often do you use the words 'we' and 'ours'?

Day 19 – Crisis

[\(click for contents page\)](#)

The gem cannot be polished without friction, nor man perfected without trials.

- Chinese proverb

When faced with a radical crisis, when the old way of being in the world, of interacting with each other and with the realm of nature doesn't work anymore, when survival is threatened by seemingly insurmountable problems, an individual life-form - or a species - will either die or become extinct or rise above the limitations of its condition through an evolutionary leap.

- Eckhart Tolle

What remains in diseases after the crisis is apt to produce relapses.

- Hippocrates

Today's meditations:

Let's talk about COVID...

How are you feeling? Have you acknowledged your own emotions without judgment?

Has this situation made you reassess anything? If you could pick one habit that you wish to cultivate post lockdown what would it be? Why?

If COVID-19 can be considered a dress rehearsal for crisis and chaos, what do you think "show time" will be? Are there actions in your life that you feel may contribute to these future events?

Day 20 – Charity

[\(click for contents page\)](#)

God it is who gives: I am only a distributor.

- Prophet Muhammed (pbuh)

The Master can keep giving because there is no end to her wealth. She acts without expectation, succeeds without taking credit, and doesn't think that she is better than anyone else.

- Lao-tzu, *Tao Te Ching*

Don't accumulate if you do not need. The excess of wealth in your hands is for the society, and you are the trustee for the same.

- Mahavira

Overcoming poverty is not a task of charity, it is an act of justice. Like slavery and Apartheid, poverty is not natural.

- Nelson Mandela

Today's meditations:

What does it mean to be charitable? What is the difference between giving selfishly and giving selflessly? How do you react when you don't receive credit or recognition for something?

Should charity just be limited to donating money? What benefits come from giving your possessions or time? Or sharing? Is there anything you would like to do more of?

Have you ever donated something when you found it difficult to do so? If so, how did that feel? What came of it? What does it mean to give of yourself?

Day 21 – Death

[\(click for contents page\)](#)

Truly we belong to God and truly we are ones who return to Him.

- Quran 2:156

Never say about anything, "I've lost it," but rather "I've given it back." Your child has died? It has been given back. Your wife has died? She has been given back.

- Epictetus, *Handbook*

Death is a bridge that unites friend with friend.

- Prophet Muhammed (pbuh)

Dead people receive more flowers than the living ones because regret is stronger than gratitude.

- Anon

Today's meditations:

Think of a loved one who has died. Take a moment to reflect on your memories with them. What qualities were you fond of? What can you learn from them? In their memory, is there anything you would like to implement or change in your own life if you haven't already?

Think about how you currently treat those close to you. Are there any behaviours you may regret if they were to die tonight? If so, could you change them now whilst they are still alive?

Day 22 – God

[\(click for contents page\)](#)

O human being! Truly you are one who is labouring toward your Lord laboriously and you will be one who encounters Him.

- Quran 84:6

The winds of God's grace are always blowing; it is for us to raise our sails.

- Sri Ramakrishna

God is closer to us than water is to a fish.

- St Catherine of Siena

Today's meditations:

Have you ever experienced something Greater than you? If so, how did that make you feel? How did such moments come about? In any case, do you think you wait for them or do you actively seek them?

Do you ever look for validation or solace? If so, where do you go? How reliable are those sources?

How often do you commune with others? How often do you commune with yourself? How often do you commune with the Divine?

Day 23 – Anger

[\(click for contents page\)](#)

A man slips with his tongue more than with his feet.

- Prophet Muhammed (pbuh)

Always meet petulance with gentleness and perverseness with kindness. A gentle hand can lead even an elephant by a hair. Reply to your enemy with gentleness.

- Zoroaster

As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.

- Nelson Mandela

Today's meditations:

Think back to recent memories. Who or what have you been angry at? Are you able to name any positives that came out of it? Did the anger resolve the issue?

Are you angry about something that is not within your power to control? If so, can you think of an alternative reaction that would be more suitable? If the issue is within your power, what purpose is the anger serving?

What are your "trigger events"? Is there room to pause and reflect before allowing yourself to react? Are there any other methods which could alleviate the pressure each time you had to deal with them?

Day 24 - Patience

[\(click for contents page\)](#)

We shrink from change; yet is there anything that can come into being without it? What does Nature hold dearer, or more proper to herself? Could you have a hot bath unless the firewood underwent some change? Could you be nourished if the food suffered no change? Is it possible for any useful thing to be achieved without change? Do you not see, then, that change in yourself is of the same order, and no less necessary to Nature?

- Marcus Aurelius, *Meditations*

Know that sleep is the brother of death. Use it as a guide to death, for there is no way to wake up in death or to return to correct action once you have missed it.

- Imam Jafar as-Sadiq (pbuh), *Lantern of the Path*

If you are irritated by every rub, how will your mirror be polished?

- Rumi

Today's meditations:

What role has patience played in your life? What about in those of others who may inspire you?

How patient are you with people and their behaviours? Are there opportunities to show more patience in other aspects of your life? How might that help?

Before you go to bed today, reflect on your day. What went well? What are you grateful for? What could you have done better? When (if) you arise the next day, could you make some tangible commitments to live a better day than the one before?

Day 25 – Elders

[\(click for contents page\)](#)

A test of a people is how it behaves toward the old. It is easy to love children. Even tyrants and dictators make a point of being fond of children. But the affection and care for the old, the incurable, the helpless are the true gold mines of a culture.

- Rabbi Abraham Joshua Heschel

I am above eighty years old; it is about time for me to be going. I have been forty years a slave and forty years free and would be here forty years more to have equal rights for all.

- Sojourner Truth

Today's meditations:

What benefit is there in society having different generations of people? What can younger generations gain from elders? What things are worth inheriting and what things should be changed?

Do you think we as a society are afraid of not being young? Has this opinion affected the way you personally see older people?

Do you want to grow older? If so, is there anything you want to change about yourself on the way? How might younger generations perceive you? What would harmonious relations with them look like?

Are there any elders who are memorable for you? Why? What do you admire?

Day 26 – Technology

[\(click for contents page\)](#)

We've moved from wisdom to knowledge, and now we're moving from knowledge to information, and that information is so partial – that we're creating incomplete human beings.

- Vandana Shiva

If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.

- Henry David Thoreau, *Walden*

Ultimately, saying that you don't care about privacy because you have nothing to hide is no different from saying you don't care about freedom of speech because you have nothing to say.

- Edward Snowden

Whoever invades people's privacy corrupts them.

- Prophet Muhammed (pbuh)

Today's meditations:

How much time do you spend on a screen? Why do you use social media? How do you think what you consume digitally affects your mental wellbeing?

Why do some companies give you access to tools for free? How do they make their money? To what extent are you a product?

All Wi-Fi/Mobile Networks turn off tomorrow. How does this change how you spend your time? Your habits? Your relationships? Could you ever try this?

Day 27 – Kindness

[\(click for contents page\)](#)

Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution.

- Kahlil Gibran

Do not be content with showing friendship in words alone, let your heart burn with loving kindness for all who may cross your path.

- Baha'u'llah

Do good and throw it in the sea.

- Arabic proverb

Today's meditations:

Do you think people who do "bad" things deserve kindness? If not, what is the checklist to be deserving of kindness?

Can you think of five different ways we can be kinder in our lives? How much do they cost? How much benefit is reaped for the person being kind?

Should it matter if a recipient of kindness does not react the way you'd like them to?

Through what process can two perceived enemies become friends? Do you think bridges between people can be mended? What role, if any, can kindness play?

Day 28 – Action

[\(click for contents page\)](#)

The opposite of love is not hate, it's indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference.

- Elie Wiesel

First they came for the socialists, and I did not speak out—because I was not a socialist. Then they came for the trade unionists, and I did not speak out—because I was not a trade unionist. Then they came for the Jews, and I did not speak out—because I was not a Jew. Then they came for me—and there was no one left to speak for me.

- Martin Niemöller

There's really no such thing as the 'voiceless'. There are only the deliberately silenced, or the preferably unheard.

- Arundhati Roy

Today's meditations:

Are there role models you have that motivate you to make the world better place? How do you do this currently?

How often do you go out of your comfort zone? To what extent do you do this for the things you care about?

Has there ever been a time when 'bad things' around you occurred? How was this allowed to take place? What eventually caused it to stop? If you are not part of the solution, do you think that makes you part of the problem?

Day 29 – Transience

[\(click for contents page\)](#)

Do you think that you are going to live forever? Alas you are grossly mistaken. Where are all the prophets and apostles of God? Where are all the saints and the God-fearing people? Where are the martyrs and the virtuous people? Where are the learned and the ignorant people? Where are the rich and the poor? Where are our fathers, forefathers, mothers, daughters and sons? Surely death spares no one. It overtakes all and the persons who were once a living force suddenly become lifeless.

- Extract from an Islamic prayer for the deceased (in Arabic, *Sadaqallah*)

How small a fraction of all the measureless infinity of time is allotted to each one of us; an instant, and it vanishes into eternity.

- Marcus Aurelius, *Meditations*

Today's meditations:

How often do you feel you experience the present moment? How often is your mind elsewhere when doing something? Can you take more time to savour the 'now'?

Do you allow yourself to wonder? When was the last time you were in awe of something? How often do you just stop and contemplate?

Take a few moments to zoom out and imagine yourself as a thread in the tapestry of the human story. What has changed over millennia and what has remained constant? How long will you be remembered for? Does anyone stand out in eternity? If not, so what?

Day 30 – Purpose

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Truly God alters not a folk until they alter what is within themselves.

- Quran 13:11

We are what our thoughts have made us; so take care about what you think.

Words are secondary. Thoughts live; they travel far.

- Swami Vivekananda

The world will always need revolution. That doesn't mean shooting and violence. A revolution is when you change your thinking

- Jose Mujica

Today's meditations:

Do you want to become a better human being? What steps can you take to change?

Is there a part of you that wishes for something greater than your daily routine? Is there something you are passionate about that you have not yet had the chance to pursue or learn? How could you make that a reality?

What will be your revolution? How will you change the way you behave? The way you think? The way you live?

Notes

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- Feel free to e-mail us with any comments or feedback at aa.d@tutanota.com
- Some of the quotes are centuries old and are in masculine form, but we believe their underlying meanings apply to anyone, irrespective of gender
- Quotes have only been edited in some places to modernise the English e.g. 'thou' to 'you' or 'knoweth' to 'know'
- Quranic verses have been sourced from the English translation *The Sublime Quran* by Laleh Bakhtiar
- Hadiths from the Prophet Muhammed (pbuh) have been sourced from *Caravan of Dreams* by Idries Shah and *The Sayings of Muhammed* by Abdullah Suhrawardy
- Quotes by Hazrat Ali ibn Abi Talib (pbuh) have been sourced from *Peak of Eloquence* (in Arabic, *Nahj al-Balagha*)
- "pbuh" means "peace and blessings be upon him"