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ٱلْمُصَوِّرُ

"Al-Musawwir"

The Bestower of forms, the One Who forms and shapes all that exists perfectly. He has created everything uniquely, and given everything its own distinct qualities.

Reflection: So many women seem to wait for others to approve of their body before they do. They wait for others to tell them they are beautiful before they can feel it. They wait for others to give them permission to feel the joy of living in the body that our Creator gifted to them, before they give themselves permission.
No more! As enlightened Muslim women, who are looking to live a life that embodies gratitude or "Shukr" to Allah in every single aspect and form, let us move purposefully into that space where we can see, feel and appreciate all the gifts that Allah has bestowed upon us.

Ponder over the fact that The Fashioner has chosen every single aspect of your look: "Who created you, fashioned you, and perfected your design,"(Quran, 82:7).
The body of each one of us, male or female, old or young, big or small, is beautiful because it is the creation of Allah. You are beautiful, whether we have conditioned ourselves to see that beauty or not, and the example of the Prophet sallAllahu alayhi wa sallam's duaa above exemplifies the healthy relationship we need to nurture with our bodies, in order to be complete believers: "oh Allah just as you have made my creation beautiful, make my character beautiful too" is the essence of a positive body image!

AFFIRMATIONS

What part of your body and character are you most grateful to Al-Musawwir for and why?

AYAT

"Allah, al-Musawwir has created me to be beautiful inside and out, and I am beautiful because I was created by Him. I am grateful for this body, and the unique characteristics He has gifted me with."

Living with this Name: Living with gratitude for our unique form is appreciating it, taking care of it, nourishing it, and using it in a way which shows Allah that we appreciate this gift- and remembering that indeed, like everything we have in this life, it is a gift that doesn't truly belong to us. At the same time, whilst we appreciate the body we have, we can also recognise that we are more than the sum of our body parts or the skin-deep beauty we present to the world: our beauty exists in living in alignment with our purpose, in our alignment with what our Creator loves and wants from us. That living in alignment may not happen all the time, because we are simply weak human beings, but in the moments that it does- there is pure beauty and joy. And Allah has fashioned us uniquely- inside and out- to be able to seek, find and live in that beauty. The One Who created you, made you perfect, as you are. Appreciate your body and your unique internal makeup too.

ACTION POINTS

Is there a part of your body that you don't like or that society pressures you to change? Write a gratitude statement for that part of your body:

Where in your life can you live with this name al-Musawwir more? Can you be more aware of how others have been fashioned beautifully? Can we step away from criticising our bodies or other people's bodies?

DUAS

What duaa will you ask Allah for, using His name al- Musawwir