

# Self improvement

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To consciously improve oneself, one must have an awareness of oneself. One must have knowledge and understanding of his own strengths and weaknesses. This comes as a result of being able to look inside oneself and being honest with oneself about what is found in the heart and mind.

To make a valid judgment as to what is inside oneself, one must have a good frame of reference. One can surround himself with people who are, like himself, serious about self-improvement through the Teachings of the Honorable Elijah Muhammad.

He can associate with people who are positive in thinking and who have admirable qualities.

Above all, one measures self with the Teachings of the Messenger, and has as his goal of self-improvement, to be more pleasing to Allah and His Messenger. If he pleases them, he also pleases those who love them, including his own self.

One should pray to Allah for a knowledge of his faults so that he will not make a fool of himself. One should desire to be uncomfortable with his faults so that he will have a greater motivation to change.

Having a knowledge of oneself prevents surprise or embarrassment when one is confronted by others concerning his fault. One can say, "Thank you, I am working to improve that now." That ends the conversation on a positive note.

The Muslim need never despair about

personal faults or bad habits, because he knows that the solution is always within his reach. Sometimes it is not immediately evident; sometimes he must exert much effort to find it, but he knows that it is there.

One generally takes great care with the physical body, determining which toiletries he needs to use to make himself pleasing to self and others. He determines how much rest he needs; what are the best foods for him to eat and the best times for him to eat or not to eat in order to feel good.

Why are not we equally concerned with mental and spiritual self-improvement? You would not continue to use a product from which you received a negative reaction or no results at all, so why keep giving the mind those things which cause a negative reaction to the natural, righteous state?

Unclean thoughts, obtained from television and movies, books, songs, or other people, burden the mind. Jealousy, hatred, general negativeness, or selfishness burden the mind.

Those who sit around acting bored or spending time discussing others' business or being critical of everything another does, should try a self-improvement program.

Study self first and ask Allah's guidance in dealing with what one finds. Then, watching oneself grow, one will have another source of joy and peace. One becomes more patient and understanding, as a result.