

## Abstract

Prayer. All you need is prayer. All I needed was prayer.

As with most people post covid, I too treaded down the dark path of unstable mental health. Obviously in need of help, I did what most people do and made my way to the office of an amazingly helpful psychologist. There were many things I didn't expect going into the process, healing being one of them. But the least of those things was to realise that the solution was with me all along.

Having mostly prayed 5 times a day, I am not ashamed to admit that I *am* ashamed to have never really established proper khushu. Growing under the wing of hardworking baby-boomers, it was the wrath of Allah that lead a lot of our teachings with concepts of love and spirituality inferior in importance, if even that. Even in an age where mental well-being and mindfulness are in full focus, the connection between these concepts and salah was lost to me.

Through my sessions with the phycologist, and in a desperate attempt to avoid having to go on medication, we delved into many different concepts on how to achieve overall mental well-being. Having started to practice these techniques on a daily basis, I soon realised the correlation between my actions and Salah.

Rather than reiterate large sections of text in yet another written form, I have attempted to display my findings in a way that would have been useful to me in my healing journey. The attached '[Website](#)' is a small example of what a more thoroughly researched 'Islamic Mindfulness and Khushu' program could look like. Although each section is worthy if its own thesis, my purpose is to provide some light into the overall mental well-being benefits Muslims can achieve through proper adherence to the 5 daily prayers.

Please note that, given the restrictions on size, my time and (frankly) my knowledge on the topic, the attached has been developed at a very high level. It begs for extended research on further mindfulness recommended in Islamic practices (such as Zikr) and other mental health benefits (such as anxiety and panic).

## Website

<https://mindfulness-khushu.my.canva.site/mindfulness-khushu-in-salah>

## Bibliography

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