

EID MESSAGE

STEPPING OUT TO STEP UP

At the turn of the last century psychologists conducted experiments and determined that remaining in a state of relative comfort created a steady level of performance. This was called the comfort zone where activities and behaviours fitted into a routine and pattern that minimised stress and risk. This provided a state of mental security with the benefit of low anxiety, reduced stress and happiness

It is human nature to remain in such surroundings doing tasks that we are familiar with. However, in staying within this comfort zone we miss out on opportunities to improve our abilities and broaden our horizons others. Therefore, to maximise performance it is imperative to step outside this zone.

Teachers, good managers and leaders know this principle first hand and ensure that they provide challenges to insulate people against becoming unconsciously incompetent by remaining in their comfort zone. Athletes train in groups or compete against the clock to raise their performances above their comfort zone. Management experts when conducting specialist intensive courses for key people employ this principle by removing people from their comfort zone by conducting their lessons at secluded retreats away from their the company and home environment.

The biggest single exponent and living example of this principle are small children for whom each day brings a mountain of new challenges. From birth to the first faltering steps and to early childhood, children each day learn new skills that provides new perspectives that help shape their character. Trying something new

such as a new skill, a new task, a new adventure, travel, a new job or hobby gets the adrenalin going and will give the thrill of what can be achieved when you extend yourself. The idea is that with each new **"victory"** you gain the confidence to take your performance to a higher plane.

Among the various programmes intended to awaken the spiritual life of a Believer, Ramadaan, the month of fasting contains the most intense training to instil Taqwa (Allah consciousness) in the hearts of Muslims. This Divinely-ordained practical training of determination in warding off the pangs of hunger and thirst voluntarily while abstaining from conjugal relations for a month from dawn to sunset, devotion to prayer, exercising discipline in speech and action with increased acts of charity makes it mandatory to step out of our comfort zone. As a result we drew closer to our Creator and instil a sense of purpose in our lives.

Eid is a culmination of our sacrifices and a victory over the training regimen that we had undertaken. We must reflect on the experiences and apply them to our day-to-day activities to reap the full benefits. Let's step up to a higher plane by welcoming Eid as the day of victory and pray that Allah Ta'ala guides us to continue striving to obtain His pleasure.

On behalf of all of us at SANHA, our certified plants and families we ask the Almighty to bless you and your family, your homes and business with harmony, peace and prosperity on this joyous occasion of Eid-ul-Fitr.

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Our offices shall be closed as follows:-

CLOSE : FRIDAY, 17TH JULY 2015

REOPEN : MONDAY, 20TH JULY 2015



Flash News

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