

May 14, 2020 - May 23, 2020

The Last 10 days are the most spiritual of the entire month.

Some spend the entire 10 days in a state of mediation. They spend the 10 days & nights in a room or in a mosque praying and meditating.

The last 10 nights provide hope. Not only that god can fix our situations, but will give us the strength to fix it ourselves and to survive troubled times. We gain the strength to stay hopeful and continue to move forward.

In a religious sense, the last 10 nights are for repentance and turning back to god. Each action is towards spiritual enlightenment and for a good afterlife. The 10 days a person spends in meditation brings them closer to god and gives them the strength to break bad habits and build good ones.

Many people ask me what's the point? If everything someone does during Ramadan, they won't see or know if it actually helps them then what's the point?

Ramadan builds the faith of a Muslim. Though we probably will never know the outcome of our prayers until we die, Ramadan is a good practice for building habits.

For example, if you're trying to quit smoking, Ramadan provides a person with a test to break their habit. They have 30 days to try to break and even if they can stop for just one day, it shows that they have the power within themselves that they can break the bad habit.

Ramadan is a spiritual month for both practicing and non-practicing Muslims.

It gives us hope. And that's something desperately needed in this pandemic.

We can't give into despair because if it's anything that Ramadan teaches us, it's to not give up hope. You can improve yourself and your situation no matter what. You just need to take a step in the right direction.

It's that initial step that can put people on a healthier path to a better life.