

Journey of a Learning Mom

I am a Mom on a learning journey, a doctor by profession currently on a unschooling journey with my 2 highly charged kids, 10 year old son and 8 years old daughter.

My journey started with the realization of a massive collateral damage happening to my then 1.5-year-old son as I was going through the high point of my post-graduation studies. I was fortunate enough to pull out of a situation that was detrimental to the whole fabric of my family. I took a break, paused my career and took a complete u-turn from a very high-strung busy life a full mind mom to a mindful slow living mom who by choice wanted to show up for all the big and small achievements in my loved ones lives be it the spouse the children or parents and extended family.

It was a very hard decision for me to take, I'll be honest I was sad for nearly a year as I questioned who I was if stripped off the label that I had attached to myself e.g. a doctor, a professional, a high achiever, etc, etc.

Next came the really hard questions, a phase that I lovingly remember as my middle life crisis that propelled me on the most beautiful journey of self-awareness, a search for a more intimate relationship with my Creator, my Prophet, the Book and the creational signs of Allah swt.

Who am I? What is my reality? Why was I created? And where am I headed to? Were questions that literally kept me up at night. I felt a huge responsibility of the two tiny hearts that were gifted to me by Allah swt. I could not outsource their Tarbiyah and neither could I hide my ignorance behind some college or university degrees. One question that really triggered my journey was when one of my mentors asked me Sana what is your truth? This question rocked the very core of my already wavering boat.

What was my truth? This question led me down beautiful paths meeting exquisite teachers, counsellors, mentors, it brought me face to face with gems of books and learning experiences that made me realize that the core essence of my being is my relationship with my Rabb. All other relationships, all other roles are but a manifestation of this one core relationship that is me, Abd and Allah as my Rabb. Currently I am studying Qira'at, Arabic, Sindhi, Quran, Seerah, Names of Allah swt, Plants identification, weaving baskets, hand sewing, cooking food without burning it, Volunteering at medical camps in villages around Rawalpindi, buying and hoarding books. My current passion is studying names of Allah swt, Risalah Nur of Bedi uz zaman Said Nursi, different mentorship programs, courses with multiple teachers.

Every one answer that I found led to two more questions and I have realized that this is a most beautiful journey of learning more about Allah swt, this universe and our role in it. So I invite you to start your own journey by asking you some hard hitting questions for you to ponder upon. You don't have to share the answers with me but I would advise to get really honest and personal with your own self and ask yourself these questions and see how the answers come to you and which questions do they bring. You will have a most unique learning journey start by one simple question.

So ask yourself what is your truth?

THESE ARE THE QUESTIONS THAT STARTED MY JOURNEY

Feel free to start anywhere.

