

Healing the Emptiness

A guide to emotional
and spiritual well-being

YASMIN MOGAHED

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Dedication

I want to begin by expressing my deepest gratitude to God for giving me the ability to complete this book after years of turbulence in my life that made it difficult for me to write another book after *Reclaim Your Heart*. Truly the opening and the capacity to finally complete this heavy task came only from God. But I could not have done it without the people God blessed me with. First, I am deeply grateful to my husband and family for their unwavering support throughout this difficult journey. I could not have reached this point without them. I am also so thankful to my publisher, Chris Cornell, who has consistently shown the highest level of integrity, and proven to be one of the most reliable, consistent, and hard working people I've ever known. I am grateful to all my teachers who have helped shape me into who I am. And I am thankful to my talented designers, Peter Gould and his team, and to Zayd ul Islam and his Arabic team.

I have put my heart and soul into this book and I pray that it becomes a means of healing hearts for years to come.

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*Emptiness:
The Origin*



At the Beginning

We all began with God. He created our heart and soul to know Him and love Him. When we were with God, we were whole. But then, the separation came. We had a noble journey to take. We were chosen to come down to this world. It was not a punishment. It was an honor given to mankind. We were chosen to represent God on this earth. God announced to the angels that He would create a representative on this earth: *Khalifah fil ard*. And what greater honor could there be than to be a deputy of God, a carrier of God's light and love in this world?

Here on earth, God would be unseen—but only to our eyes. We would see Him with our hearts. We would have to know Him through our souls. But unlike our original home, this world would not be perfect. There would be darkness. There would be cold. There would be long, dark nights sometimes. There would be storms, and there would be pain. Here, we would bleed. Here, we would experience the entirety of what it means to be human: vulnerable, frail, and in complete and desperate need for God. And then, this vulnerability would become our rope—our reminder of our Origin, and our Savior.

And saved we would be.

Just as we were sent on this worldly journey with the capacity to fall, we were also given the capacity to rise. Just as we would bleed, we would also heal. We would be designed with the divine capacity to cope. To survive. To even thrive through the storms. Each and every one of us would be given the God-given potential to see through the darkness. To rise through the cold. To break again and again, and to heal again and again. And then to be even more beautiful at the broken parts.