

Reclaim your Heart

Personal Insights on Breaking Free
From Life's Shackles



Yasmin Mogahed

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Recent posts and praise

Reclaim Your Heart is mirroring the spiritual message of Islam : simple, profound and elevating. Through her personal and intimate journey, Yasmin Mogahed is taking along her reader in a very special way : she speaks from the heart to the heart, and succeeds in appeasing the mind. The success of this book is well deserved and this new edition (with four new chapters) is a gift, full of hope and light. This is a book helping every one of us to come close to the One, close to one's heart. *Reclaim Your Heart* is all about physical and spiritual reconciliation, through love and with peace. We all need it.

– Tariq Ramadan, Professor

“It fills the heart with light and hope—a wonderful blessing. *Reclaim Your Heart* is like a dear travelling companion through the unpredictable journey of life. Yasmin's beautiful insights, wisdoms and stories have inspired readers from all over the planet.”

– Peter Gould, Award Winning Designer

“To put it plainly, this is a book that makes sense of it all. All the heartbreaks, the pain, disappointments and losses that occur are put in their place... Dare I say, you may never look at hardship in the same way again.”

– Sahil UK

“Mogahed's work reads like advice from a wise counselor or trusted friend, allowing readers to turn its pages for solace and relief when overwhelmed by the pressures of life. To put it simply, this book is a must have for every Muslim woman's library.”

– Azizah Magazine

“The words in this book... have the ability to elicit tears, tears which come from knowing and recognizing the truth and then attempting to find this truth within yourself. The book...promises the reader a journey of enlightenment... and it has indeed kept its promise.”

– Muslim Women Exposed

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This world cannot break you—unless you give it permission. And it cannot own you unless you hand it the keys—unless you give it your heart. And so, if you have handed those keys to dunya for a while—take them back. This isn't the End. You don't have to die here. Reclaim your heart and place it with its rightful owner: God.



Why do People Have to Leave Each Other?

When I was 17 years old, I had a dream. I dreamt that I was sitting inside a masjid and a little girl walked up to ask me a question. She asked me, “Why do people have to leave each other?” The question was a personal one, but it seemed clear to me why the question was chosen for me.

I was one to get attached.

Ever since I was a child, this temperament was clear. While other children in preschool could easily recover once their parents left, I could not. My tears, once set in motion, did not stop easily. As I grew up, I learned to become attached to everything around me. From the time I was in first grade, I needed a best friend. As I got older, any fall-out with a friend shattered me. I couldn't let go of anything. People, places, events, photographs, moments—even outcomes became objects of strong attachment. If things didn't work out the way I wanted or imagined they should, I was devastated. And disappointment for me wasn't an ordinary emotion. It was catastrophic. Once let down, I never fully recovered. I could never forget, and the break never mended. Like a glass vase that you place on the edge of a table, once broken, the pieces never quite fit again.

However the problem wasn't with the vase, or even that the vases kept breaking. The problem was that I kept putting them on the edge of tables. Through my attachments, I was dependent on my relationships to fulfill my needs. I allowed those relationships to define my happiness or my sadness, my fulfillment or my emptiness, my security, and even my self-worth. And so, like the vase placed where it will inevitably fall, through those dependencies I set myself up for disappointment. I set myself up to be broken. And that's exactly what I found: one disappointment, one break after another.

Yet the people who broke me were not to blame any more than gravity can be blamed for breaking the vase. We can't blame the laws of physics when a twig snaps because we leaned on it for support. The twig was never created to carry us.

Our weight was only meant to be carried by God. We are told in the