Etiquettes Of Making Du'a

- To say it at a recommended time, like after the *adhan*
- To be in a state of ritual purity
- To make repentance (*tawba*) beforehand
- To face the qibla and raise one's hands
- To begin with praise of Allah
- To make *salawat* on the Prophet ﷺ in the beginning, middle and end
- To end it by saying Ameen
- To remember the ummah in one's du'a
- To have a good opinion of Allah ﷻ, certain that He will answer it
- To be humble and speak in a lowered voice
- To persist in making it, even if it is not answered immediately

Du'a For Trials

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ
رَاجِعُونَ، اللَّهُمَّ أْجُرْنِي
فِي مُصِيبَتِي وَ اخْلُفْ
لِي خَيْرًا مِنْهَا

Verily to Allah we belong, and verily unto Him we return. O'Allah, recompense me for my affliction and replace it for me with something better.

Innā liLlahi wa innā ilayhi rāji'ūn
Allahumma-'jurnī fī muSībatī wa-khluf lī khayran minhā

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Muslima Coaching

Muslima Coaching is a coaching service that aims to encourage Muslim women to be the best wives, mothers, friends, and daughters that they can be. We coach single women, married women, divorced women, and teenagers (17+).

- **Relationship Coaching** – marriage advice centered around traditional Islamic teachings, modern-day marital advice, and self-help tactics for singles, newlyweds, and any married woman, as well as couples
- **Life Coaching** – life guidance geared towards getting in touch with your Islamic purpose/fitra and forming life goals
- **Emotion Coaching** – educational tactics used to teach women how to process, deal with, and react to negative emotional states
- **Adult Teen Coaching** – practical advice of how to transition from a teenager into an adult woman (must be 17+)
- **Deen Coaching** – teaching the rulings related to the five pillars of Islam, the fiqh of menstruation, and much more
- **Islamic Inspiration** – solutions that are built upon and around the deen inshaAllah
- **Affordable Prices** – more than half the price of other services
- **Group Sessions** – courses and workshops teaching sisters about marriage, life, and self-development
- **Individual Consultation Sessions** – unique personal sessions catered to your life circumstances
- **Complete Confidentiality** – no one will know your stuff except us

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