

RAMADAN RESET

A JOURNEY OF PERSONAL GROWTH AND TRANSFORMATION

TEA & CHAT • 14 JANUARY 2026

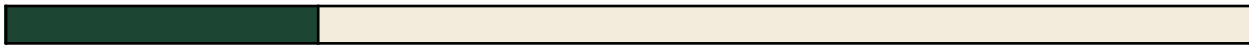


Ethnicity of Participants – 50 Attendees

Pakistani 70%



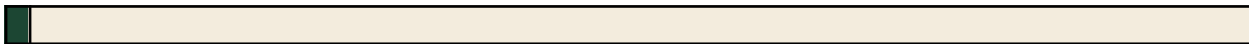
Indian 25%



White British 3%



Afro Caribbean 2%



Led by Ustadha Rummana Shaheen

Location: Kunafa & Tea, Bradford

Time: 12:00pm – 2:30pm

Attendance: 50 women

About the Speaker

Ustadha Rummana Shaheen began her Aalimiyyah studies at the age of sixteen, training in the traditional Islamic sciences under Shaykh Riyadh and Shaykh Naveed Jameel al-Shami, and graduating from Mohiuddin Girls College in Burnley. She went on to study under Mufti Ashfaq Ahmed Ridawi (may Allah grant him Jannah) at the Sayyida Khadija Institute in Nottingham, before travelling in 2018 to Dar al-Zahra in Tarim, Yemen, the institute founded by Habib Umar bin Hafiz.

Several sisters have accepted Islam through her guidance, and she is known among former students as an encouraging and steadying presence. She continues to work closely with young people, drawing them toward Islam and toward a deeper connection with Allah and His Messenger, peace be upon him.

Session Overview

The Purpose of Fasting

Ustadha Rummana opened by placing fasting within the wider history of revelation: it was not prescribed for this Ummah alone, she said, but for the nations before it, including many prophets beyond the twenty named in the Qur'an. The purpose of fasting, she explained, is answered directly in the Qur'an: to cultivate taqwa, God-consciousness, and to return the believer to a natural, unhurried state. Taqwa, she noted, comes from the root quwwah, meaning strength, the strength to remain aware that Allah sees and hears us wherever we are, and to let that awareness shape what we do and say.

Preparing the Heart Before Ramadan

Much of the session focused on the internal work that precedes the month itself. Ustadha Rummana acknowledged that Ramadan can feel difficult, particularly for those balancing childcare and low energy, and said this is a normal response rather than a failing. She spoke of spiritual blockages, pain, resentment, or a sense that Allah has not given us what we think we want, and encouraged the women present to look for the root of these feelings rather than expecting them to resolve on their own. She reminded the group that none of us knows whether we will live to see the month we are preparing for, and encouraged everyone to begin, today, making a written list of what they want to change.

The Body-Mind Connection

Ustadha Rummana described a physical dimension to fasting: the stomach and brain are linked, she explained, and the sudden shift between hunger and fullness affects energy and focus in ways many people do not notice day to day. She referenced the Hanafi position that anything entering the stomach or the brain breaks the fast, and described Ramadan as an opportunity for the body and mind to reset together.

Building Habits That Last

Drawing a comparison with the way new habits are formed in recovery programmes, Ustadha Rummana said that any habit, good or bad, takes a minimum of forty days to take hold or to break. With Ramadan approaching, she encouraged the women to use the time beforehand to write down what they wanted to change, rather than waiting for the month to begin.

A Practice of Stillness: Muraqaba

The session closed with a guided breathing exercise, a practice Ustadha Rummana described as Muraqaba, silent remembrance through stillness, comparable to techniques now recommended by therapists under different names. She led the room through it: sitting as though in prayer, hands on the knees, breathing in deeply while turning the head to the right and silently saying “Allah,” holding briefly, then turning to the left while breathing out. She recommended repeating this ten to twelve times, describing it as something she practises herself after Isha prayer, and one that can ease anxiety and stress over time.

The session ended with a shared hope for the month ahead: that consistency, however small, would bring the mind and heart gradually into alignment.

**Report created by the Tea & Chat participants
supported by the MWC Team**

