# I WANT IT NOW!




You want something.

Something to take the edge off.

Something to satisfy the urge.

Something to calm you down.

Something to make you feel better.

Even if only for a little while.

You know what?

**You do need something.**

Probably more now than ever.

So here it is.

# Allah.

Say it.

**Allah.**

Don't worry about where you are.

Don't worry about what state you're in.

Don't worry about what you've taken, what you've done, what you've watched, or how long it's been.

Just say it.

**Allah.**

Again.

**Allah.**

One more time.

**Allah.**

Feel anything?

A slight shift?

A little pull inside?

A moment of discomfort?

A strange bit of calm?

Something?

If you felt nothing, don't worry.

Maybe you just need a stronger dose.

Take a deep breath.

Close your eyes.

Say it slowly.

Quietly.

**Allah.**

Now say it without moving your tongue.

In your mind.

**Allah.**

Now with your tongue again.

**Allah.**

Then silently.

**Allah.**

Again.

Don't force anything.

Just stay with it for a moment.

## What just happened?

Four parts of you just lined up.

Your body.

Your mind.

Your nafs.

Your ruh.

Maybe only for a few seconds.

But they lined up.

Even the nafs.

It may have felt a little uncomfortable.

It may have wanted something else.

But it came along.

And somewhere inside you, your ruh took the lead.

How do we know?

Because you're here.

You searched.

You clicked.

You kept reading.

And when you were told to say **Allah**, you tried.

That tells us something.

**Your ruh is still very much alive.**

Still pulling.

Still influencing.

Still capable of getting your mind to focus, your tongue to move, and even your nafs to come with it.

Maybe only slightly.

Maybe only for a moment.

But it happened.

And that means more than you think.

Maybe you came here because you're tired.

Maybe because the regret is eating at you.

Maybe because you're scared of where this is heading.

Maybe because you've promised yourself a hundred times that you'll stop.

Maybe you're not even sure you want to stop yet.

Maybe you just want something that feels better than this.

Whatever brought you here...

**something inside you is still looking.**

Still reaching.

Still refusing to give up completely.

And if that part of you is still alive,

then this story is not finished.

Not even close.

## Want to know what just happened inside you?

Why one part of you says:

**"I want it NOW."**

while another part of you is still trying to pull you somewhere else?

**Continue →**