

SNEAK PEEK

# *Her* High Standards Make Him *Feel Safe*

The Three  
Feminine Essentials  
*for* Lasting Love



UMM  
ZAKIYYAH

**Her High Standards Make Him Feel Safe:  
The Three Feminine Essentials for Lasting Love  
(FSR Special Edition)**  
by Umm Zakiyyah

Copyright © 2024 and 2025 by Al-Walaa Publications,  
SQ Emotional Couture, LLC and Baiyinah Siddeeq.  
All Rights Reserved.

Front cover photo by Leila Abboud (pexels.com) IG [@5lfilm](#)

Feminine Soul Reset membership, RTT Therapy, SQ courses,  
and UZ mentorship at **sqsoul.com**

UZ Soul Care courses and FREE books at **uzhearthub.com**  
and **uzuniversity.com**

UZ Books (Paperback and Kindle) at **uzauthor.com**

Arabic script of Qur'an from [legacy.quran.com](#)  
Translation of meanings of verses from Qur'an adapted from  
Saheeh International, Darussalam, and Yusuf Ali translations.

Published by Al-Walaa Publications  
Dallas, Texas (USA)

# Author's Note



In this book, I share the three feminine essentials for lasting love, also known as “the three Feminine Soul Reset essentials” in my FSR membership program for women via sqsoul.com (hence the FSR Special Edition seal on the cover of this book).

In offering the reader a deeper understanding of what these three essentials mean for women embracing their own “feminine soul reset” in real life, especially in the context of seeking healthy love in marriage, throughout this book, I offer glimpses into the real-life healing and transformation journey of a woman named Rania.

*For every beautiful, imperfect soul on her personal journey of emotional healing, self-love, and positively transforming her life in the most gratifying, joyful, and soul-nourishing way*



*“I didn’t know love until I found you.”*

—Umm Zakiyyah’s note to herself in her gratitude journal



*“The greatest gift you can give somebody is your own personal development. I used to say, ‘If you will take care of me, I will take care of you.’ Now I say, ‘I will take care of me for you, if you will take care of you for me.’”*

—Jim Rohn, entrepreneur, author, and motivational speaker on wealth and happiness

# Prologue

## Sharing Her Love Story and Mine



Rania has been a therapy and mentorship client of mine for several years now and remains so till today. Before writing this book, I sought Rania's permission to share parts of her story so as to inspire other women on their journey of self-healing and personal transformation. She agreed.

Though Rania has not specifically requested to remain anonymous, I have chosen to not to use her real name and have instead decided, with her consent, to use the name "Rania" for the purposes of this book. I have also chosen to alter certain minor personally identifying details so as to preserve her anonymity and further protect her privacy. Nevertheless, every milestone and major event of Rania's real-life success story is entirely true.

In this book, I also share brief glimpses into my own real-life success story with love. However, my story of success with love and Rania's story of success with love reflect two significantly different—though equally beautiful—life paths, as gifted to us by our All-Wise, Merciful Creator.

Rania's real-life "love story" culminates in her joyfully embracing the soul companionship of marriage following a painful divorce from her first husband. My real-life "love story" culminates in joyfully embracing soul-nourishing solitude and self-love after a painful divorce from my second.

I decided to share glimpses into both of these success stories because too often we as women—especially Muslim women who have been taught that marriage is quite literally half our *deen* (religion and spiritual way of life)—genuinely believe that a successful love story always involves a man and a woman happily becoming husband and wife (and, ideally, never experiencing divorce).

However, the truth is that the only *truly* successful love stories that exist in this world are those that are nourished from within a person's own mind, heart, and soul. In each of these love stories is a foundation built on nurturing a healthy relationship with yourself, with your soul, and with your Creator. Any real-life "love story" that involves a person—male or female—sacrificing his or her mental, emotional, and/or spiritual health to "make it work" is neither a story of success nor a story of love.

In fact, it is *only* possible to taste the sweet fruits of a truly successful love story when you enjoy a healthy, joyful relationship with yourself. This includes nurturing and taking care of every part of your *nafs*—i.e., that interconnectedness of body, mind, and soul—while cultivating a healthy relationship with your Creator.

Thereafter, the sweetness of any successful love story is deepened when the connection between your *nafs* and your Rabb healthily endures in a space of beautiful patience and soul-nourishing gratitude—regardless of your "relationship status" (or lack thereof) with any of His creation.

Nevertheless, no sincere, honest soul would deny that a love story that begins in beautiful, joyful solitude is made all the more beautiful and joyful when our Merciful, All-Wise Creator decrees that this joyful soul is gifted both love and emotional safety in the blessed soul companionship of marriage. This companionship is all the more beautiful and powerful when the marital union is *mutually* gratifying for both the man and the woman.

For this reason, in this book I share glimpses into the story of both Rania and myself in hopes that the three Feminine Soul Reset (FSR) essentials that have positively transformed both of our lives—as well as the lives of so many other women (and the men who have embraced similar essentials of spiritual masculinity in *taqwaa*-centered manhood)—will inspire you, dear reader, on your own journey of self-love, self-healing, and personal transformation.



# PART ONE

## Sabr and Shukr

### The Dual Foundation of Feminine Soul Reset

*“True faith isn’t about walking through life completely happy and undisturbed in every circumstance. It’s about staying sincerely connected to your Lord despite the inevitable ups and downs in life. But giving your problems to Allah and having tawakkul (complete trust in Him) is not always a smooth, tranquil process. Many times, the process continues to be an internal battle for a very long time. But this isn’t a sign of weak faith. It’s a sign of the natural fragility of the human heart—and a sign of the believing soul seeking purity.”*

—Umm Zakiyyah, *Broken yet Faithful*



# 1

## *He Felt Safe with Her*



“Your high standards make me feel safe,” he said to Rania.

Later that day, Rania reached out to me to book a same-day appointment. As she and I talked, she shared the exciting news of her engagement and the inspirational story behind why she had accepted Karim’s marriage proposal. The story was particularly inspirational because before meeting Karim, Rania had been divorced for more than five years and was unsure if she ever wanted to get married again.

Following her divorce, Rania had drawn firm boundaries with men and refused every single inquiry for marriage that came her way. For about three years straight, Rania even blocked any man who reached out to her via social media requesting to get to know her better, no questions asked. During our sessions together, she and I explored why she was unwilling to even communicate with a man if he expressed romantic interest in her.

In our RTT (rapid transformational therapy) and UZ mentorship sessions together, I would often remind Rania that it was okay to make room for unknown possibilities in

her life, that it was okay to embrace the unknown, and that it was okay to open her heart to love.

I also reminded Rania that protecting herself from another devastating heartbreak didn't have to be so hard. Yes, at the beginning of any relationship, it was true that there was absolutely no guarantee of how things would turn out, for better or worse—no matter how confident any person or couple felt about *their* ability to beat the odds.

“But I don't want to ever go through that again,” she said, referring to the catastrophic breakdown of her last relationship that ended with her husband leaving Islam and escaping his own personal challenges through alcohol, drugs, and self-harm.

“And you don't have to,” I told her. “Because now you know that lasting love starts within,” I reminded her, referring to everything she had learned in our sessions together so far. “And the more you feel safe and loved within yourself, the higher and healthier your standards become, and the less likely it is that you will ever suffer or abandon yourself again in the name of love.”

I added, “No, this doesn't mean you'll never again face heartbreak or disappointment, but it does mean that, *bi'idhnillaah* (with the help of Allah), you'll never again sacrifice your mental, spiritual, and physical health to make a relationship work. And you'll never again allow your entire life to fall apart because of someone else's choices.”

“Well, thank you,” she said. “Because the truth is, I was only able to have this relationship with Karim because of you, *maashaa'Allah tabarakAllah* (by Allah's will and blessing). Without everything you taught me about self-love and having high standards for myself, I would've never been able to open myself up to marrying again. I don't think I would've even known what it felt like to *be* in a healthy relationship. With Karim, I feel happy, safe, and loved. And I really think

we're going to make it long-term, *inshaa'Allah* (God-willing).”



A few weeks later, Karim himself requested to meet with me and shared how he was now making concrete plans to build his own million-dollar business. He had already saved up thousands of dollars by the time we talked.

After speaking briefly, Karim said he planned to meet with me more regularly so he could get guidance and advice on how to navigate some of his own personal challenges on this new path. For Karim, this new path entailed fully embracing a wealth mindset rooted in gratitude and joy—the same mindset Rania and I had worked on in our sessions together over the past few years.

During the conversations Karim had with both me and Rania, he shared that he was already beginning to enjoy this new shift and upgrade in his life.

“I feel really good about this,” he said one day. “I’m really excited about giving Rania the life she wants, and I’m starting to realize how doing this for her makes some of my own goals and dreams come true.”

In other words, with his newfound wealth mindset, Karim now felt that challenging himself to show up in the very specific ways that the woman he loved required him to, made him feel more capable and inspired to do so many of the things he’d always wanted and dreamed of doing for himself. Due to this, he said that Rania’s high standards

made him value and cherish her more. He said her standards made him feel safe and valued as her husband.

When Karim spoke to his family and told them he had found the woman he wanted to spend the rest of his life with, he told them that he had finally found his “dream girl.”

# 2

## *Painful Truths of Struggle Love*



In the beginning of her first marriage and long before she imagined that she and her now ex-husband (whom I'll call Faqeer) would ever experience divorce, Rania bonded with Faqeer through "struggle love." Rania and Faqeer met in their late teens and married in their early twenties while both of them were still finishing college.

In those early days, Rania and Faqeer agreed to support each other on the path to building the life they wanted for themselves, individually and as a couple. Though Faqeer was unable to support Rania financially, Rania didn't view this as a roadblock or a red flag. Her mother had married her father before he had any money of his own, in fact before he had even the slightest idea what he wanted to do with his life. Given how utterly unhappy, physically unwell, and severely depressed her mother had been all throughout Rania's life—and given how unkind, resentful, and emotionally withholding her father had been to her mother all those years—her parents' marriage should have been a cautionary tale. However, instead, it became a precedent for Rania to follow in her own life.

Like so many other Muslim couples addicted to struggle love, Rania's parents saw their willingness to get married

without a firm financial or practical foundation in place—in fact, without even a signed marriage contract outlining a concrete plan for establishing one—as a sign of piety, faith, and sincere *tawakkul* (placing their full trust in Allah). They even considered this “blind faith” approach to marriage as reflective of the prophetic Sunnah, which encouraged simplicity and ease in marriage.

It didn’t occur to Rania’s parents to consider the possibility that the prophetic Sunnah of simplicity and ease did not mean marrying off their daughter to a man without a single tangible sign of *taqwaa*-centered manhood or *qanwaamah* (divinely assigned provision, protection and leadership) as defined by Allah. In fact, it didn’t occur to them to actually study what the actual Qur’anic and Sunnah instructions were in cases like Faqeer’s (or their own so many years ago).



If they had studied their faith closely, Rania’s parents would have discovered that the actual prophetic guidance and divine instruction required a man like Faqeer to fast while he actively worked toward establishing some tangible evidence in his life of both his ability and intent to provide fully for a wife and family, even if his financial means were relatively meager compared to other men. However, in the case of Faqeer, there was no evidence of even the meagerest financial capability or intent to provide—except what he himself expressed verbally in the context of speaking of the hopes and dreams he had for his life.

They had no idea that Faqeer's plans of establishing himself as a proper *qawwaam* (provider, protector, and leader) would remain forever in the world of hopes and dreams. So, like so many other Muslim men living in poverty mindset, Faqeer's qualities of being a "good man" began as elusive, speculative, and imaginative. And they remained so for the duration of his marriage to Rania.

However, since Rania's parents themselves had romanticized struggle love (though they continued to suffer from it till today), all Faqeer had to do was show them that he was an ostensibly practicing Muslim who was willing to shower Rania with love and affection. This, in contrast to an ostensibly "bad man" who (allegedly) planned to take advantage of their daughter through *zinaa* (fornication) and treat her badly. And this was enough for him considered a man of *deen* (strong spiritual practice) and good character.

Consequently, eager to support the young couple seeking "halaal love" in a world where more and more Muslim youth flaunted their boyfriends and girlfriends for all the world to see, Rania's parents agreed to allow Rania and Faqeer to get married. They also allowed the new couple to live in their family home until Faqeer established himself in the world.

However, Faqeer never established himself in the world.



# 3

## *A Frantic Search for Manhood*



Over the years, Faqeer just ended up getting more and more comfortable with Rania and her parents taking care of everything. It even reached the point where one day Faqeer openly told Rania that he *preferred* a wife who didn't ask anything of him. He said he liked a woman who was willing to sacrifice for him, who was willing to go over and beyond in making him comfortable, and who was dedicated to building her own wealth so she can fully take care of *him* in the marriage.

"I don't mind being a stay-at-home husband," he told Rania one day, though this arrangement had never even crossed Rania's mind, let alone been viewed as a viable option in their marriage. Rania's father herself, despite living in a poverty mindset himself for years, fully took care of her mother during the earliest years of Rania's life.

Rania told Faqeer that she preferred the man to be the breadwinner in the home, and Faqeer reluctantly agreed to consider some job opportunities for himself. However, he requested that Rania help him look for work. She agreed.

Day after day, though she was working full-time herself, Rania brainstormed with Faqeer about some career opportunities and offered Faqeer several ideas on what he

could do to earn money. She also put him in contact with people and organizations that she was connected to personally and who could help him establish himself and get a job.

In the beginning, Faqeer followed through with some of Rania's suggestions, but over time, it became more and more obvious to Rania that Faqeer had no real desire to do anything with his life. Consequently, no matter how much Rania encouraged Faqeer to find a career he loved so that he could make his own money, he resisted. Ultimately, he became resentful of Rania's constant suggestions, and he felt that she was emasculating him.

In response, Rania began to step back and allow Faqeer to find his own path in life. However, instead of actively implementing a plan of self-betterment for himself, Faqeer began to actively micromanage Rania's life and that of her parents. In this newfound concept of "masculinity," Faqeer began to make increasing demands on Rania's time and money, as well as that of her parents. In seeking to feel in control of his wife and the life they lived, Faqeer also began to complain about the most trivial of things, from the food choices of Rania and her parents to even how her mother organized and cleaned the house.

Slowly but surely, it became painfully obvious to Rania that Faqeer's increasingly critical attitude toward her and her family was how he embraced "manhood."



Even though Faqueer himself was not working or contributing to the house in any way, he refused to cook any meals or even clean up after himself. He maintained that cooking and cleaning were the sole responsibility of the women in the house. So, as Rania went to work each day and both her parents ran their own business while fully financially supporting Faqueer, he expected Rania and her parents to come home each day and prepare meals for him and ensure that his living space was properly cleaned.

Over time Faqueer began to withdraw further and further into himself and became easily aggravated any time his wife even *inquired* about his job search. Ultimately, he accused Rania of being a nagging, unloving wife.

Eventually, Faqueer stopped praying and fasting and turned to alcohol and drugs to escape an inner turmoil that Rania felt helpless to help him soothe. When he began to self-harm and Rania herself began to fall into depression and her physical health began to suffer, she broke down and sought a divorce.

However, not before staying with him a few more years in the name of “having *sabr* (patience).”

# 4

## *Myths of Sabr as Suffering and Self-Abandonment*



One of the first things I advised Rania to do when she first came to me for RTT therapy and mentorship was to face and upgrade her own poverty mindset. Although this was challenging to acknowledge, let alone confront and work through, Rania and I discussed how it was her own lack of self-love that had inspired her to marry Fageer at all. It was also this same lack of self-love that had incited her to remain married to him for years while living in a perpetual cycle of anxious people-pleasing, self-erasure, and emotional self-abandonment.

“I know this is hard,” I told her honestly. “I myself had to heal from this same type of poverty mindset about my role as a ‘righteous woman’ in marriage.”



Like Rania in her marriage to Faqeer, it took me a long time to accept that my marriage was over. I kept suffering in the name of “struggle love.” I had invested so much time, energy, and wealth into the relationship, I refused to believe that the “forever love” I was investing in was never happening.

So, I kept pushing myself to be a little more patient, to sacrifice one more thing “for the sake of Allah,” and to abandon yet *another* of my own desires and needs to center my husband’s. However, no matter how much I gave up, it was never enough, and no matter how far I shrank myself, I was never small enough.



It would take years of hurting and healing before I realized that you can’t emotionally abandon yourself in hopes of establishing an emotional connection. You can’t trivialize or downplay your significance in the hopes of being appreciated. And you can’t erase yourself from existence in the hopes of being seen.

Moreover, you can’t day after day, suffer in the name of “never giving up” while imagining you’re embracing a praiseworthy path of *sabr* that will earn you countless blessings from Allah and “forever love” from your husband. At a certain point, you have to take a step back and assess exactly what it is you’re *actually* investing in, not only what you’ve *convinced yourself* you’re investing in.

Like so many women before me, I had to hit rock bottom—emotionally, mentally, and physically—before I realized I should’ve never begun my love life with the bar so low on the ground.

However, the truth is my path to hitting rock bottom started long before I even entertained the idea of marriage. Looking back on my life today, I can see clearly how I was living with what I now call a “tough love wound.”

This was a wound that, unbeknown to me, had been living inside me since childhood. I didn’t even realize I *had* any childhood wounds—until my life, health, and marriage began to fall apart.

# *Learn more about*

Our tribe of Compassionate Accountability for Women:



Visit us at [SQsoul.com](http://SQsoul.com)

*with*  
Umm Zakiyyah

Download  
and Read

**BOOKS** *by* Umm  
Zakiyyah

**FREE**



uzhearthub.com





# Special Releases

## by Umm Zakiyyah

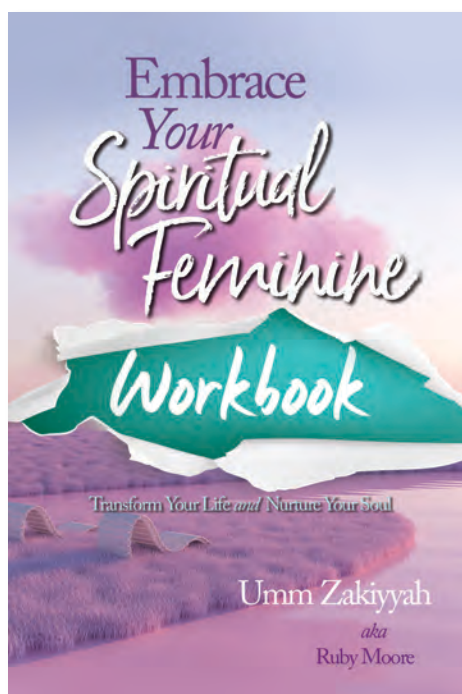


*Embrace Your Spiritual Feminine*, which includes a series of journal prompts to challenge each female soul to look deep within, came about from a combination of personal and spiritual lessons that Umm Zakiyyah learned as a female soul on her own healing journey. She says spiritual femininity has four principles, as inspired by the lives of the four best women:

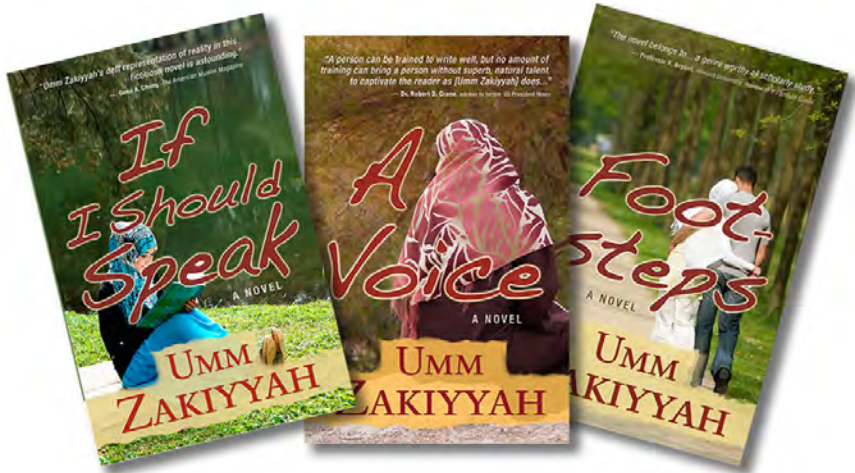
- 1) spiritual beauty
- 2) spiritual autonomy
- 3) spiritual wealth
- 4) spiritual excellence

In this groundbreaking book on healing through hypnotherapy, Umm Zakiyyah shares how each of us has within us the divinely gifted tools to transform our lives and heal ourselves. As she breaks down how the mind works and how trauma affects our thinking and how we show up in life, Umm Zakiyyah shares evidences from the Qur'an and prophetic teachings that support what we now know about the mind and the role of the subconscious.

*Available on Amazon now!*



# Read More Than 30 Books by Umm Zakiyyah



[amazon.com/author/uzauthor](https://amazon.com/author/uzauthor)



*Using the camera app on your mobile phone or smart device,  
hover over the above QR code and wait a few seconds.  
Then follow the link.*

# About the Author

Known for her soul-touching books and spiritual reflections on emotional healing, Umm Zakiyyah is a world-renowned author, teacher, and soul-care mentor.

Also known by her birth name Ruby Moore and her “Muslim name” Baiyinah Siddeeq, Umm Zakiyyah is the internationally acclaimed, award-winning author of more than thirty books, including novels, short stories, and self-help. Her books are used in high schools and universities in the United States and worldwide, and her work has been translated into multiple languages.

Umm Zakiyyah has a BA degree in Elementary Education, an MA in English Language Learning, and Cambridge’s CELTA (Certificate in English Language Teaching to Adults).

She is a certified Rapid Transformational Therapy® (RTT) practitioner and hypnotherapist currently based in the United States and is a certified member of IACT (International Association of Counselors and Therapists) and an executive member of IICT (International Institute of Complementary Therapists).

Connect with her online:

[SQsoul.com](https://sq soul.com)

[uzuniversity.com](https://uzuniversity.com) and [uzauthor.com](https://uzauthor.com)

Instagram: @uzauthor

*Interested in Rapid Transformational Therapy or  
mentorship with Umm Zakiyyah? Apply here:*

[tinyurl.com/applyuz](https://tinyurl.com/applyuz)

*Questions? Email [uz@uzauthor.com](mailto:uz@uzauthor.com)*