

Embrace  
*Your*  
Spiritual  
Feminine

Workbook

Transform Your Life *and* Nurture Your Soul

Umm Zakiyyah

*aka*

Ruby Moore

# **Embrace Your Spiritual Feminine: Transform Your Life and Nurture Your Soul (WORKBOOK)**

by Umm Zakiyyah (aka Ruby Moore)

an SQ Emotional Couture, LLC Publication

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Arabic script of Qur'an from corpus.quran.com.  
English translation of meanings of Qur'an adapted from  
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## Author's Note

In 2021 I founded SQ Emotional Couture along with my daughter, Fareedah Shaheed, who is a Forbes 30 Under 30 nominee for her work helping mothers protect their children online. At SQ our tagline is "For your spiritual feminine" since our work is focused primarily on supporting women of faith enjoy emotionally and spiritually fulfilling lives.

In 2022 I became certified in Rapid Transformational Therapy® and hypnotherapy after studying under the world-renowned therapist, Marisa Peer, author of *I Am Enough*.

Those who are familiar with my work know that I have been an author, teacher, inspirational speaker, and soul-care mentor for more than twenty years. So, I view my current work as a certified mental health practitioner as an extension of my work in helping women become the best versions of themselves.

In this interactive workbook, I break down what it means to nurture your "spiritual feminine" while using a series of journal prompts to challenge you to look deep within each step of the way.

Sincerely,



Umm Zakiyyah  
(aka Ruby Moore)

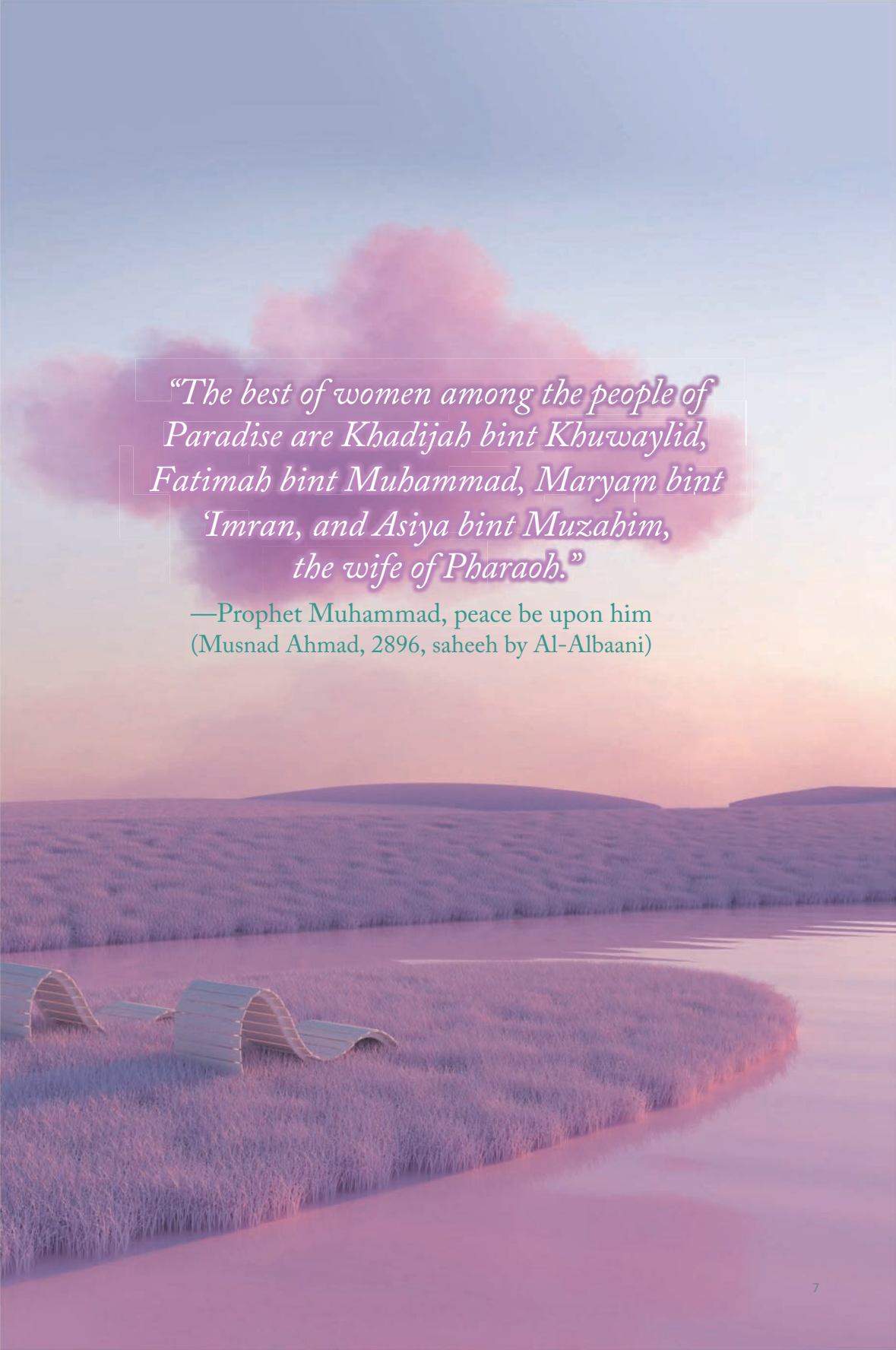
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*For every beautifully imperfect female soul.*



*“The best of women among the people of Paradise are Khadijah bint Khuwaylid, Fatimah bint Muhammad, Maryam bint Imran, and Asiya bint Muzahim, the wife of Pharaoh.”*

—Prophet Muhammad, peace be upon him  
(Musnad Ahmad, 2896, saheeh by Al-Albaani)

# Preface

*Embrace Your Spiritual Feminine* came about from a combination of personal and spiritual lessons that I learned as a female soul on my own emotional and spiritual healing journey. After working through a series of complicated emotional and spiritual trials, I learned that emotional wellness and spiritual contentment for the female soul can be attained through “embracing your spiritual feminine.”

This process of nurturing the nafs can be summarized into four principles of spiritual femininity, which I devised as the foundation of my work with clients, mentees, and students at SQ Emotional Couture:

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

Inspired by the lives of the four best women, I believe these principles are at the root of soul-nourishing self-love. In this book, I explain the spiritual significance of these concepts, along with some personal life lessons that inspired them.

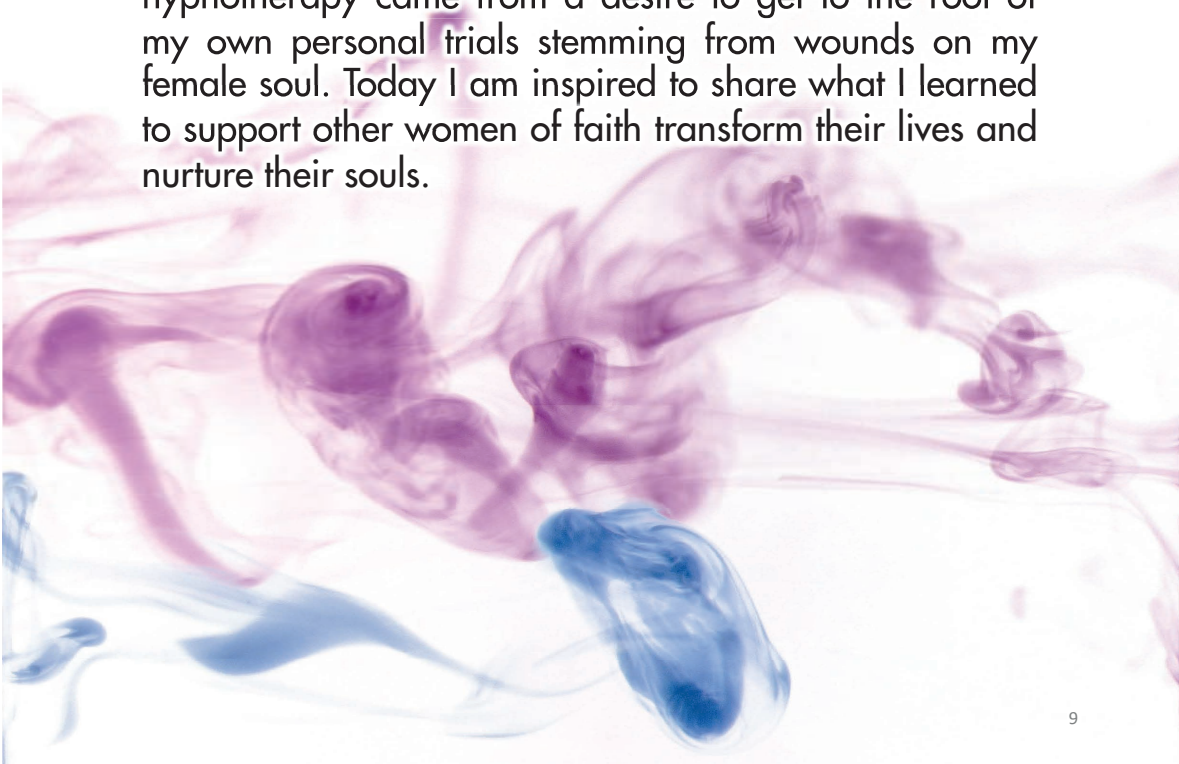



Presently, my area of focus in my soul-care mentorship and in my work as a mental health practitioner is supporting women of faith (especially Muslim women) transform their lives, particularly after sustaining emotional trauma or spiritual wounding.

My passion is being a compassionate facilitator for women of faith in becoming their best selves, reaching their highest potential, and enjoying the healthiest and most fulfilling relationships with themselves. This allows them to, bi'idhnillaah, connect more healthily and joyfully with their friends, loved ones, faith community, and male soul companions.

As such, the book you are reading is part of this vision. In addition to sharing my definition of spiritual femininity and its principles, I share some excerpts from my notes about emotional wounding that I took while training under Marisa Peer.

Initially, my interest in Marisa's approach to RTT and hypnotherapy came from a desire to get to the root of my own personal trials stemming from wounds on my female soul. Today I am inspired to share what I learned to support other women of faith transform their lives and nurture their souls.





*You are safe.  
You are loved.  
Allah is with you.*

—UZ affirmation of self-love



PART ONE

*The Spiritual Feminine*

An Introduction and Clarification

# 1

## What Is SQ Emotional Couture?

The initials SQ come from this personal reflection that I wrote in my journal years ago:

*What is your SQ? We often take pride in our IQ—our underlying intelligence that fuels our success. But tell me, dear soul, what is your SQ—your underlying spirituality that fuels your life and heart?*

Thus, just as IQ refers to our “intelligence quotient,” SQ refers to our “spirituality quotient.” In practical application, optimizing our SQ means using our ‘aql (human intelligence) as defined by our Merciful Creator:

كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ آيَاتِهِ لَعَلَّكُمْ تَعْقِلُونَ ﴿٢٤٢﴾

**“Thus, Allah makes clear His ayaat (signs) to you in order that you may use reason (i.e. use your ‘aql).”**

—Al-Baqarah (2:242)

Also, the Qur’an narrates the regrets of the people who wronged their souls in this world and thus suffered the ultimate spiritual loss in the Hereafter:

وَقَالُوا لَوْ كُنَّا نَسْمَعُ أَوْ نَعْقِلُ مَا كُنَّا فِي أَصْحَابِ السَّعِيرِ ﴿١٠﴾

**“And they will say, ‘Had we but listened or used our ‘aql (reason or intelligence), we would not have been among the dwellers of the blazing Fire.”**

—Al-Mulk (67:10)

Thus, as a means of consistently using our ‘aql in this world, we root all our success in optimizing our spiritual intelligence. We achieve this through nurturing our hearts and souls such that we attain optimal mental, emotional, and spiritual health, bi’idhnillaah.

### **What Is Meant by “Emotional Couture”?**

The term *couture* usually refers to high-end custom-made fashionable clothes that accentuate a woman’s physical beauty. Here, SQ Emotional Couture refers to a woman embracing the highest “spiritual feminine” standards while customizing her life of soul-nourishing emotional health, thereby accentuating her spiritual beauty.

# Journal Prompt

When you hear the terms “spiritual feminine,” “soul-nourishing emotional health” and “spiritual beauty,” what comes to mind as it relates to your life and soul?

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## 2

# What Is the Spiritual Feminine?

At SQ Emotional Couture and in the context of this book, **the spiritual feminine refers to a female soul's alignment with her divinely assigned purpose, both personally and spiritually.** As such, the "spiritual feminine" can be understood through the following lenses:

- 1) It is the feminine soul's experience of personal growth, self-awareness, internal healing, and self-love that sparks a spiritually nourishing transformation within her own internal world of heart, mind, and soul—that is, within her nafs.
- 2) By using the term "spiritual feminine," I intentionally distinguish my discussion of nurturing the female soul from the oft-referenced "divine feminine" that has become popular in other spiritual communities.

At SQ and in this book, I aim to offer a spiritually appropriate perspective on feminine growth, healing, and self-betterment that aligns with emaan—true faith and authentic spiritual practice. So, when discussing this holistic feminine transformation, I am referring to the inherent spiritual beauty and honor of the feminine soul that has risen to accept her divinely assigned purpose in life.

Later in this book, I refer to the steps taken to achieve this holistic transformation as "the RISE to Spiritual Femininity."

## What is the RISE to Spiritual Femininity?

In this book and in my own practice as a certified RTT practitioner and soul-care mentor, I use the term RISE as an acronym that I personally devised to outline four essential steps in allowing the body to heal itself emotionally, mentally, and/or physically: Relax, Imbibe, Surrender, and Embrace (as explained more later)—hence “the RISE to spiritual femininity.”

The purpose of this breakdown via an acronym is to simplify the practical application of an otherwise daunting and complex scientific/therapeutic explanation, which involves deeply relaxing the body’s nervous system then “rewiring” the mind.

The purpose of this deep relaxation and “rewiring” is to override any unhealthy messaging buried deep in the subconscious mind—often due to trauma sustained in early childhood—which disrupts or compromises our emotional, spiritual, mental, and/or physical health, as discussed in more detail in my book *You Are Your Own Divine Intervention*.





### 3

## *Spiritual Femininity Makes You a Better Wife and Mother*

In addition to the numerous benefits that it brings to your individual and spiritual life, embracing your spiritual femininity as a lifestyle helps you show up better as a wife and mother. In fact, it helps you show up better in all your relationships, particularly the ones you have with your friends and loved ones—and most especially with yourself.

Marriage experts, life coaches, and mental health professionals are almost unanimous in agreement that when we, whether male or female, begin to love ourselves, heal ourselves, and tap into what nourishes the deepest parts of ourselves, we show up better not only in our own lives but in the lives of those closest to us.

In this way, loving and healing ourselves not only gives us the best path to sustaining our relationships long-term, but it also breathes life and vibrancy into those relationships. As a result, we are not only adding length to our relationships that can be measured in numerical years, *bi'idhnillaah*, but we are also adding immeasurable joy, intimacy, and compassion to those relationships.

# Journal Prompt

In your view, what is it about loving and healing ourselves that allows us to show up better in our roles as wife, mother, friend, family, and community member?

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*spiritual beauty, spiritual autonomy  
spiritual wealth, and  
spiritual excellence*

—inspired by the lives of the four best women



PART TWO

*The Four Principles  
of Spiritual Femininity*

## 4

# Rock Bottom

*O Allah! What is the reason for creating the female soul? The weighty question escaped my heart and settled in my mind before I could even process that it was there. Why am I here if there is nothing for me but suffering so that others will feel pleasure? Suppressing so that others will enjoy release? And withstanding lifelong bondage so that the male soul can roam happy and free?*

Mentally, I gave in. I had no more fight in me. I just let the questions flow, though trepidation for my soul gripped me as I realized I really wanted to know.

*If this is the path to righteousness, yaa Allah, why don't I feel spiritual contentment? Why don't I feel my faith increased? Why do I feel so worthless and low?*

I felt the tears and the choking sobs before I realized that I was crying—and before I processed that I was breaking down. My stomach heaved, and I immediately sat up and hung my head over the trash can next to my bed. I heaved and heaved and then coughed and choked and spat, even after there was nothing left inside me to be released. It was like my heart itself wanted to be emptied from my body.

*And perhaps that's for the best,* I thought pensively. Because my heart was not safe inside me. It never had been. I had never been able to protect it and keep it safe. And now, as a divorced woman, I no longer felt safe entrusting my heart to anyone. Especially if it was to be protected by those who'd caused me harm. Because thus far, this is what life had taught me:

*I have to protect myself most from those who have been divinely assigned as my protectors. And that hurt most.*

Exhausted, I collapsed back onto my pillow and wondered if this was what it meant to lose your faith. To lose your soul.

I hoped not. Because if I lost my faith and my soul, what did I have left?

I had already lost myself.

## **My Rock Bottom**

This was my rock bottom, or at least one of many dark moments amidst it. Some say you have to reach rock bottom before you can truly find yourself and connect to your deeper purpose in life. So it was for me.

Today, when I think back to dark moments like this, I hardly recognize myself. This is because my life as I know it today is filled with joy, contentment, and an ever-increasing sense of spiritual nourishment. Today, I love my beautifully imperfect female soul—and I no longer compare the worth of my soul to that of man. The male soul has his customized path of blessed imperfection to walk in this world, as does the female soul.

Moreover, I've come to deeply appreciate the divinely gifted role of the spiritual feminine humbly supporting the leadership of the spiritual masculine in marriage. In this soul companionship, the man compassionately supports his wife in her pursuit of blessed happiness and contentment in this world, just as the woman compassionately supports her husband in his pursuit of blessed happiness and contentment in this world.

Most importantly, in my relationship with myself today, I love my deen—my spiritual way of life—more than ever before. And I love my brothers and sisters in faith more than ever before.

So, how did I do it? How did I pull through?

Most significantly, it was by the mercy and permission of my Rabb, Allah. It was He, in His infinite kindness, patience, and compassion, who inspired me to reconnect with my fitrah and embrace my spiritual femininity.

During my healing journey, I would often reflect deeply on the Qur'an and spend many nights crying to my Merciful Rabb in du'aa. I wanted to truly understand and deeply appreciate the honored station of the female soul that I'd heard so much about in spiritual spaces but experienced so little of in my female life.

It was during this time of soul-searching, Qur'anic reflections, and du'aa that my heart realized that any example of true female honor would be in the lives of honorable females themselves. So, I began to reflect on lives and legacies of the four best women. It was through this reflection that I devised the four principles of spiritual femininity, which I know from personal experience have the power to transform our lives and nurture our hurting souls.

It is these four principles that I share with you in the chapters that follow.



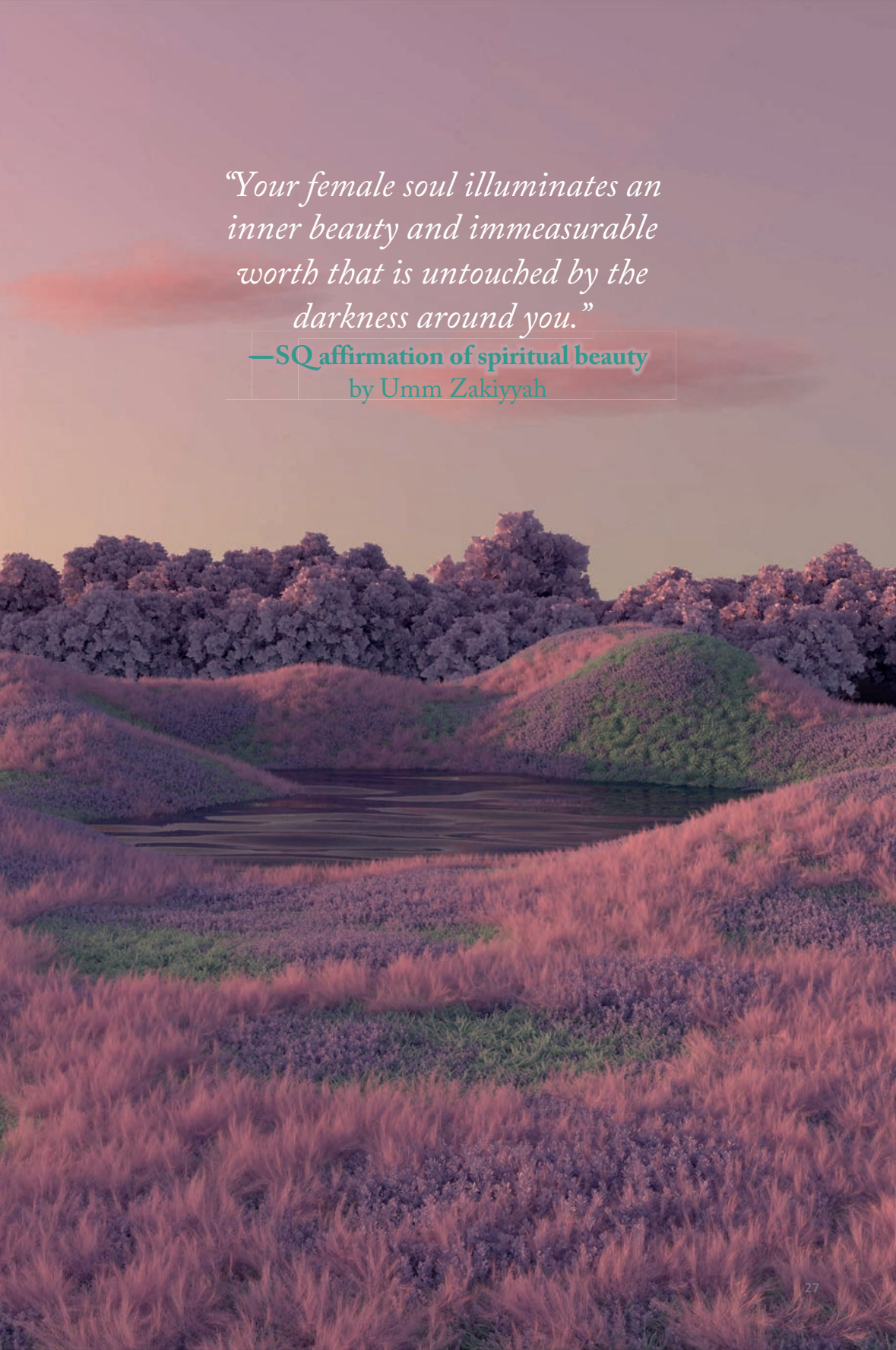


# Principle 1

## *Spiritual Beauty*

—inspired by Asiya, wife of Pharaoh



A landscape of rolling hills covered in purple and pink flowers under a soft, hazy sky. The hills are covered in dense, vibrant purple and pink flowers, possibly lavender or similar, with some green grass visible. The sky is a mix of soft pinks, purples, and blues, suggesting a sunrise or sunset. The overall mood is serene and beautiful.

*“Your female soul illuminates an inner beauty and immeasurable worth that is untouched by the darkness around you.”*

—SQ affirmation of spiritual beauty  
by Umm Zakiyyah

## 5

# *Embrace Your Spiritual Beauty*

It took me years to re-embrace my spiritual beauty. I say re-embrace because, there was a time during my youth when I felt so blessed to be a Muslim girl. I remember reading the Qur'an and feeling so honored that my Merciful Creator revealed a divine ordinance that protected and honored the female soul in all circumstances.

Throughout middle school, high school, and the beginning of my undergraduate studies, I recall feeling immensely blessed that my brothers in faith had been given (and presumably accepted) the honorable divine assignment of protecting the female soul, providing for her, and nourishing her heart through kindness, compassion, and living with her in tranquility for the duration of the soul companionship of marriage.

My world shifted when I entered the adult world of married men and women—amongst fellow worshippers and religious teachers—and thus began to see my female soul through their eyes and no longer through the eyes of the beautiful relationship I'd cultivated with my Creator while reading the Qur'an alone as a youth.

Over the years, slowly but surely, all the damaging religious messaging took its toll, and I ultimately sustained a deep, though initially imperceptible, wounding on my female soul. Where I used to feel immensely honored, I began to feel inherently "less than." Where I used to feel spiritually nourished, I began to feel spiritually deficient. Where I used to feel spiritually beautiful, I began to feel innately tinged.

Consequently, I began to genuinely imagine that my most distinguished role as a female soul in this world lay in sacrificing my own happiness and personal fulfillment—even at the cost of my emotional health—so that the superior male soul could be happy and personally fulfilled for all his days.

In this way, I permitted the spiritual darkness of those around me—which I now know was most likely rooted in their own unhealed emotional trauma that had somehow become entangled in their religiosity—to penetrate my soul and nearly extinguish the last traces of spiritual light inside me.

## **Light Always Wins**

For the female soul who has survived abuse or mistreatment at the hands of someone who was divinely assigned to nurture or protect her, I see this as one of the most daunting challenges and roadblocks on her journey of seeking healing and spiritual purpose in this world. Once while reflecting on my own trials in this regard, I wrote in my personal journal: *I know nothing more confusing to the female soul in this world than having to protect herself from those who were divinely assigned as her protectors.*

Some time ago, I spoke to an RTT therapist about the challenges I myself continued to face in emotionally triggering environments where I'd encounter someone who had previously harmed me or someone who viewed the presence of a female soul as a license to denigrate or harm.

"Light always wins," she said to me. "Just stay in your light."





PART FOUR

*Affirmations of  
Spiritual Femininity*

Loving your Rabb means loving  
His creation.  
And you are His creation.

You are beautiful.  
You are blessed.  
You are worthy of love.

You are worthy of all the joy,  
love, wealth, and abundance  
that your Merciful Rabb offers  
His creation in this world.

There's no finish line for the  
healing you're doing, my love.  
The daily emotional and  
spiritual work is the goal itself.

Dear gentle soul, trust the journey.  
Trust the process.  
But most importantly,  
trust your Merciful Rabb.



Dear gentle soul,

Your beauty emanates from within, and this beauty is only enhanced with each step you take in striving to please your Creator. No matter how many mistakes you make or losses you face, as long as you continue to praise and worship your Merciful Rabb, and as long as you humbly and sincerely submit to Him, then you are amongst the most beautiful, honored souls in this world.

So please do not let any lost soul make you feel “less than” simply because their eyes are blind to the honor and distinction that the King of Kings has bestowed on your beautiful heart and soul.

This divine gift is your “crown of emaan,” so wear it with dignity and humility. And know that all the mistakes you’ve learned from, all the sins you repented from, and all the losses you recovered from—and all the emotional wounds you’ve suffered and healed—are amongst the countless jewels shining from this spiritual crown. These jewels are your “gems of life” and thus do not lessen your worth. They only enhance it.

So, dear gentle soul, raise your head and embrace your divinely bestowed beauty and honor.

And know that only those with eyes and hearts endowed with true beauty and spirituality will be able to fully see, treasure, and appreciate both you and your crown.



# 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).

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

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