



**When someone sees a distorted reality, there has to be a reason and sometimes you can never eliminate the distortion because it is part of them.**

لَهُ مَعْقَبَاتٌ مِنْ بَيْنِ يَدَيْهِ وَمِنْ خَلْفِهِ يَحْفَظُونَهُ مِنْ أَمْرِ اللَّهِ <sup>ق</sup> **إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّى يُغَيِّرُوا مَا بِأَنْفُسِهِمْ** <sup>ق</sup> وَإِذَا أَرَادَ اللَّهُ بِقَوْمٍ سُوءًا فَلَا مَرَدَّ لَهُ <sup>ق</sup> وَمَا لَهُمْ مِنْ دُونِهِ مِنْ وَالٍ (11)

For each (such person) there are (angels) in succession, before and behind him: They guard him by command of Allah. **Allah does not change a people's lot unless they change what is in their hearts.** But when (once) Allah willeth a people's punishment, there can be no turning it back, nor will they find, besides Him, any to protect. (Quran , “Raad” Verse, 11)