

Peace of Mind & Contentment

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Achieve Noble Character

Peace of Mind & Contentment

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Peace of Mind & Contentment

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We pray that Allah, the Exalted, completes His favour on us and accepts each letter of this book in His august court and allows it to testify on our behalf on the Last Day.

All praise to Allah, the Exalted, Lord of the worlds and endless blessings and peace be upon the Holy Prophet Muhammad, on his blessed Household and Companions, may Allah be pleased with them all.

Compiler's Notes

We have tried diligently to do justice in this volume however if there are any short falls found then the compiler is personally and solely responsible for them.

We accept the possibility of faults and shortcomings in an effort to complete such a difficult task. We might have unconsciously stumbled and committed errors for which we ask for indulgence and forgiveness of our readers and the drawing of our attention thereto will be appreciated. We earnestly invite constructive suggestions which can be made to ShaykhPod.Books@gmail.com.

Introduction

The following short book discusses Two Aspects of Noble Character: Peace of Mind and Contentment.

Implementing the lessons discussed will aid a Muslim to Achieve Noble Character. According to the Hadith found in Jami At Tirmidhi, number 2003, the Holy Prophet Muhammad, peace and blessings be upon him, has advised that the heaviest thing in the Scales of Judgment Day will be Noble Character. It is one of qualities of the Holy Prophet Muhammad, peace and blessings be upon him, which Allah, the Exalted, complimented in Chapter 68 Al Qalam, Verse 4 of the Holy Quran:

“And indeed, you are of a great moral character.”

Therefore, it is a duty on all Muslims to gain and act on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, in order to Achieve Noble Character.

Peace of Mind & Contentment

PEACE OF MIND & BODY

First Point

I had a thought which I wanted to share. Throughout the divine scriptures there are many examples which indicate that a person shall be treated according to how they act. For example, in one verse of the Holy Quran Allah, the Exalted, declares that He will remember the person who remembers Him. Chapter 2 Al Baqarah, verse 152.

“So remember Me; I will remember you.”

Another example is found in chapter 2 Al Baqarah, verse 40:

“...fulfill My covenant [upon you] that I will fulfill your covenant [from Me]...”

Finally, in a Hadith found in Jami At Tirmidhi, number 1924, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever shows mercy to others will be shown mercy by Allah, the Exalted.

It is quite obvious that people strive in this material world as they desire peace of mind and contentment. In light of the earlier discussion, peace in one's life is often achieved when a person allows others to live in peace. If one reflects on their own life they will realise that people can be split into two categories: those who mind their business and allow others to live in peace and those who do not. It does not take a genius to figure out that those who let others live in peace are the ones who gain peace. Whereas, members of the other group never find peace irrespective of how many worldly blessings they may possess. This is one of the reasons why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Sunan Ibn Majah, number 3976, that a muslim cannot perfect their Islam until they avoid things which do not concern them. Those who ignore this advice and busy themselves with interfering with other people are the ones who never find peace. As they deprive others of peace in turn Allah, the Exalted, deprives them of it.

Therefore, a large step towards achieving peace of mind is to let others live in peace. It is important to note, this does not mean one should abandon commanding good and forbidding evil as this is an important duty. But it means that those things which are not sinful should be left alone as constantly chiding others on issues which are not unlawful only leads to enmity and the loss of peace in peoples' lives. There was a day and age when people loved being advised by others on all lawful and unlawful matters even if this meant they were being chided as they desired to reform themselves for the better. But that day has long

passed. Nowadays, most people dislike being chided over the unlawful let alone those things which are lawful yet undesirable. So it is best to avoid this attitude if one desires to gain a bit of peace in their life.

To conclude, the one who lets others live in peace shall be granted peace by Allah, the Exalted.

Peace of Mind & Body

Second Point

In a Hadith found in Jami At Tirmidhi, number 2465, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever prioritises the hereafter over this material world will be granted contentment, their affairs will be corrected for them and they will receive their destined provision in an easy way.

This half of the Hadith means that whoever correctly fulfils their duties in respect to Allah, the Exalted, and to the creation, such as providing for their family in a lawful manner while avoiding the excess of this material world will be granted contentment. This is when one is pleased with what they possess without being greedy and actively striving to obtain more worldly things. In reality, the one who is content with what they possess is a truly rich person even if they possess little wealth as they become independent of things. Independence of anything makes one rich in respect to it.

In addition, this attitude will allow one to comfortably deal with any worldly issues which may arise during their life. This is because the less one interacts with the material world and focuses on the hereafter the less worldly issues they will face. The less worldly issues a person faces the more comfortable their life will become. For example, the one who possesses one house will have fewer issues to deal with in respect to it,

such as a broken cooker, than the one who possesses ten houses. Finally, this person will easily and pleasantly obtain their lawful provision. Not only this but Allah, the Exalted, will place such grace in their provision that it will cover all their responsibilities and necessities meaning, it will satisfy them and their dependents.

But as mentioned in the other half of this Hadith the one who prioritises the material world over the hereafter meaning, by neglecting their duties or striving for the unnecessary and excess of this material world will find that their need, meaning greed, for worldly things is never satisfied which by definition makes them poor even if they possess much wealth. These people will go from one worldly issue to another throughout the day failing to achieve contentment as they have opened too many worldly doors. And they will receive their destined provision with difficulty and it will not give them satisfaction and never seem enough to fill their greed. This may even push them towards the unlawful which only leads to a loss in both worlds.

Peace of Mind & Body

Third Point

I had a thought which I wanted to share. Many people set the standards for their happiness according to the rules and desires of other people. The problem with this mentality is that one will become sad or happy depending on the desires of people. If they persist on this attitude than they reach a level where they love, hate, give, withhold and act according to the desires of people. This attitude will only lead to overall sadness in one's life as truly pleasing others is unattainable. People are not pleased with Allah, the Exalted, when He granted them countless blessings how can they possibly be pleased with people who innately gave them nothing? So living with the attitude of always aiming to please others will only result in sadness.

A muslim should therefore strive to obtain the pleasure of Allah, the Exalted, which is easily obtainable. This person will love, hate, give and withhold for the sake of Allah, the Exalted, which is an aspect of perfecting one's faith. This is confirmed in a found in Sunan Abu Dawud, number 4681. This is only achieved through sincere obedience to Allah, the Exalted, which involves fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and being patient with destiny. This will lead to true happiness in both worlds and therefore it is the key to happiness.

Peace of Mind & Body

Fourth Point

I had a thought which I wanted to share. It is important for muslims in all aspects of their life to always set realistic expectations as setting unrealistic expectations always leads to disappointment, sadness, grief and depression which are the ingredients for impatience and the disobedience of Allah, the Exalted. This only leads to further trouble in both worlds. For example, muslims should reject the fantasy created by Bollywood by believing their marriage will be like a fairy-tale. This is a ridiculous and unrealistic expectation which will only lead to disappointment. Whereas, if one understands that marriage has difficulties but is willing to work through them then they are more likely to achieve happiness and peace of mind.

In addition, a muslim should set realistic expectations according to their own situation and life meaning, they should not observe others and set their expectations according to their standards. This has been indicated in a Hadith found in Jami At Tirmidhi, number 2513.

In reality, a true muslim will not set expectations in respect to people as they would only rely and trust in Allah, the Exalted. But this is a high and rare status to achieve. Therefore, if a muslim must set expectations in respect to people they should make them realistic otherwise they will only lead to disappointment, grief and depression.

Peace of Mind & Body

Fifth Point

Islam teaches muslims that they should never compromise on their faith in order to gain something from the material world. Chapter 4 An Nisa, verse 135:

“O you who have believed, be persistently standing firm in justice, witnesses for Allah, even if it be against yourselves or parents and relatives...”

As the material world is temporary whatever one gains from it will eventually fade away and they will be held accountable for their actions and attitude in the hereafter. On the other hand, faith is the precious jewel which guides a muslim through all difficulties in this world and in the hereafter safely. Therefore, it is plain foolishness to compromise the thing which is more beneficial and lasting for the sake of a temporary thing.

Many people especially women, will encounter moments in their lives where they will have to choose whether to compromise on their faith. For example, in some cases a muslim woman may believe that if she

removed her scarf and dressed a certain way she would be more respected at work and may even climb the corporate ladder more quickly. Similarly, in the corporate world it is considered important to mingle with colleagues after work hours. So a muslim might find themselves being invited to a pub or club after work.

In times like this it is important to remember that ultimate victory and success will only be granted to those who remain steadfast on the teachings of Islam. Those who act in this way will be granted worldly and religious success. But more importantly their worldly success will not become a burden for them. In fact, it will become a means for Allah, the Exalted, to increase their rank and remembrance amongst mankind. Examples of this are the rightly guided Caliphs of Islam. They did not compromise on their faith and instead remained steadfast throughout their lives and in return Allah, the Exalted, granted them a worldly and religious empire.

All other forms of success are very temporal and sooner or later they become a difficulty for its bearer. One only needs to observe the many celebrities who compromised on their ideals and belief in order to obtain fame and fortune only for these things to become a cause of their sadness, anxiety, depression, substance abuse and even suicide.

Reflect on these two paths for a moment and then decide which one should be preferred and chosen.

Peace of Mind & Body

Sixth Point

I had a thought which I wanted to share. I was pondering over a common problem most people encounter during their lives. People often complain that no matter how hard they try they cannot seem to please everyone. No matter what situation they are in someone always seems to be displeased with them. This is a reality which all experience whether it is in their family life, work life or with friends. A muslim should always remember a few simple things which would prevent them from stressing over this issue.

Firstly, the majority of people are not pleased with Allah, the Exalted, even though He granted them countless blessings without being asked to. How then can these people be truly happy with another person who in reality gave them nothing? Their lack of pleasure with Allah, the Exalted, is quite evident from their complaining and the lack of gratitude they show Him.

Secondly, no matter how much a person improves their character they will never reach the sublime character possessed by the Holy Prophet Muhammad, peace and blessings be upon him, and the other Holy Prophets, peace be upon them, yet they were still disliked by some people. If this is the case with them how can a normal person achieve the pleasure of everybody during their life?

A muslim should also remember that as people were created with different mind-sets they will always find people who disagree with their attitude and behaviour. Because of this there will always be some people who are not pleased with a person at any given point in time. The only one who can come close to pleasing everyone is the two-faced person who changes their attitude and beliefs depending on who they are dealing with. But eventually even this person will be publicly disgraced by Allah, the Exalted.

Therefore, obtaining the pleasure of all people is unattainable and only a foolish person will strive to achieve something which cannot be obtained. A muslim should therefore strive to prioritise the pleasure of Allah, the Exalted, above all else by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience according to traditions of the Holy Prophet Muhammad, peace and blessings be upon him. This does not mean a muslim should not be respectful to others as this contradicts the tradition of the Holy Prophet Muhammad, peace and blessings be upon him. It means a muslim should understand that if they obey Allah, the Exalted, He will protect them from the negative attitude and effects of people even if this protection is not obvious to them. But if they prioritise pleasing people they will not achieve it and Allah, the Exalted, will not protect them from the displeasure and negative effects of people.

Peace of Mind & Body

Seventh Point

I had a thought which I wanted to share. As all people have not been created the same they are bound to disagree on certain things. In matters related to religion and those which differentiate between lawful and unlawful things a muslim must remain steadfast on the obedience of Allah, the Exalted, irrespective of who challenges or disagrees with them. But in matters where the choice is between to lawful worldly options a muslim is entitled to offer their opinion to others when they are requested to. But they should not waste their time nor stress if others disagree with their opinion. When one holds onto these disagreements over time they can cause enmity to build up between people which can lead to fractured and broken relationships. This can even result in the sin of severing ties with people. So in cases like this it is important for muslims to let things go and not harbour a negative feeling towards someone who disagrees with their opinion and choice. They should instead push themselves to agree to disagree and move on from the situation without any ill feelings. The one who fails to do this will find themselves always arguing and possessing enmity for others as they are bound to disagree with others on certain topics and issues due to a difference in their characteristics and mentality. Understanding and acting on this advice is a branch of finding peace in this world.

Peace of Mind & Body

Eighth Point

I had a thought which I wanted to share. It is important for Muslims to fulfil the rights people have over them, such as their parents, according to the teachings of Islam. But they should not do this for the sake of people nor should they go overboard in their duties by crossing the limits set by Allah, the Exalted. One should instead act only for the sake of Allah, the Exalted, and stay within the limits set by Him when fulfilling their duties to others. For example, they should not disobey Allah, the Exalted, in the process of pleasing people. The problem with dedicating one's life and efforts to people, even if no sins are committed, is that a day will certainly come when this person will realise that they dedicated so much effort to people but in return obtained nothing significant from them, such as gratitude. This attitude leads to bitterness towards life and people. If one persists on this attitude they will eventually fail in their duties towards Allah, the Exalted, and especially those duties towards people. On the other hand when one acts for the sake of Allah, the Exalted, irrespective of how little gratitude people show them they will not become bitter as they acted for and hope reward from Allah, the Exalted. If one's intention is sincere this will prevent bitterness as they seek payback for their efforts from Allah, the Exalted, not people. People might let them down through a lack of gratitude whereas Allah, the Exalted, will reward them beyond their expectations.

Peace of Mind & Body

Ninth Point

First of all, it is important to understand, that the major thing which separates a human from an animal is the fact that people live by a higher moral code. If people abandoned this and simply acted on their desires then they would be no difference between them and animals. In fact, people would be worse as they possess the higher level of thinking yet, still choose to live like animals.

Secondly, whether people want to admit it or not in reality, every person is a servant of something or someone. Some are servants of others, such as Hollywood executives and do whatever they command them to do even if it challenges modesty and shame. Others are servants of their relatives and friends and do whatever it takes to please them. Others are the worse by being servants of their own desires as this is the attitude of animals who generally act to please themselves. The best and highest form of servanthood is being a servant of Allah, the Exalted. This is quite evident if one turns the pages of history which clearly shows that those who were the servants of Allah, the Exalted, such as the Holy Prophets, peace be upon them, were granted the highest honour and respect in this world and will be granted this in the next. Centuries and millennia have passed yet their names are remembered as the pillars and beacons of history. Whereas those who became servants of others especially, their own desires were eventually disgraced in this world even if they achieved some worldly status and they became mere footnotes in history. The media barely remembers those who pass away for more than a few days before moving onto the next person to report

on. During their lives these people eventually become sad, lonely, depressed and even suicidal as selling their souls and decency to their worldly masters did not grant them the contentment they were looking for. One does not need to be a scholar to understand this obvious truth. So if people must be servants they should be the servants of Allah, the Exalted, as lasting honour, greatness and true success lies only in this.

Peace of Mind & Body

Tenth Point

Those who disbelieve or avoid acting on their faith in Islam do so out of love for the material world and the things within it. They believe that believing or acting on their faith will prevent them from enjoying worldly blessings meaning, for them faith is something that restricts their desires and therefore they turn away from it either literally or practically. Instead they turn towards the material world and strive to fulfill their desires without restrictions believing that true peace lies in this. They look down at those who accept and actualize their faith by controlling their actions and using their worldly blessings in ways pleasing to Allah, the Exalted. They believe that these pious Muslims are lowly slaves who been restricted from enjoying themselves whereas they, the disbelievers and the misguided, are free. But in actual fact this could not be further from the truth as the real slaves are those who fail to accept and submit to Allah, the Exalted, and the superior ones are those who have done this as they become free of slavery to the world. This can be understood by an example. A good parent will restrict the type of food their child eats meaning, they will only let them eat junk and unhealthy food once in a while and instead force them to follow a healthy diet. This child therefore believes that their parent has placed undesirable restrictions on them and that they have become slaves to their parent and their healthy diet. On the other hand another child has been given permission from their parent to eat whatever they desire, whenever they desire and how much they desire. So this child believes that they are completely free of all restrictions. When these children come together the child who has been given complete freedom criticizes and looks down on the child who has been restricted by their parent. The latter child will also feel sorry for themselves when they observe the other child has been given free reign to

behave however they wish. Outwardly it appears the child who has been granted freedom has obtained happiness whereas the other child is too tied up with restrictions to enjoy life. But years down the line the truth will become manifest. The child who had no restrictions grows up to become extremely unhealthy e.g. obesity, diabetes, high blood pressure, etc. As a result of this they even become mentally unhealthy as they lose confidence in their body and the way they look. Because of this they become a slave of medications, diseases, mental and social problems. All these things restrict their happiness and life. Whereas, the child who was restricted by their parent grows up healthy in mind and body. As a result they become confident in their body and ability, which aids them to succeed in life. They become free of any slavery to medications, diseases, mental and social problems as they grew up with the correct balance and guidance. So the child who had no restrictions grew up becoming a slave to many things, whereas the child who had restrictions grew up independent of all restrictions.

To conclude, the real slave is the one who becomes a slave to all other things except Allah, the Exalted, such as social media, society, fashion and culture, and this leads to mental, physical and social problems, whereas the real free person is the one who submits only to Allah, the Exalted, thereby achieving peace of mind and body.

Peace of Mind & Body

Eleventh Point

I read a news article a while ago which I wanted to briefly discuss. It reported on the stricter measures the government was taking in order to combat the spread of the Corona Virus.

As people have been placed in a lockdown type scenario it should remind muslims of being placed on permanent lockdown meaning, death. The same way people are rushing in order to stock pile their daily necessities, such as food, a muslim should hasten towards stock piling the necessities required in order to succeed in both worlds namely, the obedience of Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Muslims should take the opportunity of being on lockdown by gaining and acting on Islamic knowledge in order to prepare for their permanent lockdown which will occur soon at an unknown time.

In addition, muslims should make use of the time they have at home by truly reflecting on their life, actions and the path they are on. It is vital to understand that the one who assesses and judges their deeds during their life sincerely for the sake of Allah, the Exalted, will be inspired to improve their character towards Allah, the Exalted, and the creation.

This will ensure they have an easy judgment on the Day of Resurrection. But those who fail to make use of their time by judging themselves will continue in heedlessness and therefore find a strict and difficult judgment on the Day of Resurrection.

Finally, this reflection is unlikely to occur when one worships excessively especially, in a language they do not understand. This reflection only occurs when one studies reliable Islamic knowledge. There is plenty of knowledge available at the click of a button so muslims are left with the no excuses.

Peace of Mind & Body

Twelfth Point

I read a news article which I wanted to briefly discuss. It reported on the stresses of modern day work and finding peace in one's life. It is a universal aim and goal for all people, irrespective of their faith or social class, to achieve peace of mind in this world. It is the ultimate reason why people strive in this material world, work long hours and dedicate the majority of their efforts to this world. People desire to obtain such a life whereby they have no stresses or worries such as financial difficulties. But it is strange how people, especially muslims, look for peace of mind in the wrong place. Just like a person who desires to watch a football game yet, goes to a cricket match. Allah, the Exalted, has made it clear that true peace of mind only lies in His obedience which involves fulfilling His commands, refraining from His prohibitions and being patient with destiny. Chapter 13 Ar Ra'd, verse 28:

"...Unquestionably, by the remembrance of Allah hearts are assured."

Whenever a person seeks peace of mind in the material world it will only lead them further away from their goal. Whenever a person sets a target in respect to this material world that target will only lead onto more targets. This continues until the person departs this world without obtaining what they were looking for. It is obvious that the rich do not obtain true peace of mind as they stress more than normal people and

whatever they obtain of the world ends up becoming a burden for them. It is why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Jami At Tirmidhi, number 2465, that the one who focuses on the hereafter will be blessed with a rich heart and Allah, the Exalted, will organize their affairs meaning, they will obtain peace of mind. But the one who focuses on the material world will only see their poverty and their affairs will become scattered meaning, they will not achieve peace of mind. The one who obeys Allah, the Exalted, will find peace of mind even if they possess little of this world. But the one who is lost in the material world will go from one worldly door to another but will never find true peace as it has not been placed there. If a person wants to watch a football game they should not go to a cricket match and if a muslim desires peace of mind they should not search for it in the material world as it lies only in the obedience of Allah, the Exalted. It is important to note, that those who adhere to the teachings of Islam will encounter difficulties throughout their lives as this is guaranteed but through their obedience Allah, the Exalted, will remove fear and grief from them so that they remain firm and steadfast on the correct path. This is similar to the one who only feels slight discomfort from a medical procedure as they have been anaesthetised.

Peace of Mind & Body

Thirteenth Point

I read a news article a while ago which I wanted to briefly discuss. It reported on the emotional state of people who try to balance different aspects of their life, such as their work, personal and social life.

One thing which can help a person to avoid stress is by adopting a balanced state of mind. This is when one tries to control their emotions in such a way that they do not allow themselves to experience extreme emotional states as these often lead to stress and mental disorders. This has been indicated in chapter 57 Al Hadid, verse 23, of the Holy Quran:

“In order that you not despair over what has eluded you and not exult [in pride] over what He has given you...”

Islam does not prohibit one from showing emotions as this is a part of being human. But it advises a balanced state of mind whereby one does not swing from one extreme emotion to another. Being sad in difficult situations is acceptable but one should not despair, which is extreme sadness, as this often leads to other mental disorders, such as depression. And being happy is acceptable but one should not become

overly happy namely, exultant, as this can often lead to sins and regrets in both worlds. A muslim should strive to obtain a balanced state of mind by remembering the countless blessings they still possess in times of difficulty which prevents extreme sadness namely, despair. And in times of ease they should remember that they will be held accountable for the thing that pleases them and if they misuse it or fail to fulfil the duties linked to it they may face punishment over it. This will prevent one from becoming overly happy namely, exultant.

A balanced state of mind is always best which prevents the negative effects of extreme moods. This will take a muslim closer to true peace of mind and the obedience of Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience.

Peace of Mind & Body

Fourteenth Point

Many people strive to achieve more in this material world even though they have already gained much worldly success. Even though, Islam does not prohibit this type of mentality as long as unlawful things are avoided a muslim should understand an important reality. It is obvious that peace of mind is not obtained with many worldly possessions, such as wealth. In fact, these people are often the ones who end up depressed to the point they even commit suicide. Human worldly desires have been created in such a way that no matter what one obtains they always desire more irrespective of their faith and social status. For example, Pharaoh who lived in the time of the Holy Prophet Mosa, peace be upon him, obtained every worldly blessing imaginable yet, he still did not obtain peace of mind and satisfaction. Instead his desire for more pushed him to such a stage that he desired to be worshipped like a God. Chapter 79 An Naziat, verse 24:

“And said, “I am your most exalted lord.””

No matter what desires a person fulfils it only leads them to desiring more things. A person who owns two houses wants three; the millionaire wants to become a billionaire. It is why the Holy Prophet Muhammad, peace and

blessings be upon him, warned in a Hadith found in Sahih Bukhari, number 6439, that the person who has one valley of gold would only desire another. A muslim who desires true peace of mind, which is more valuable than the treasures of the Earth, should therefore limit their worldly desires. The more they limit them and only fulfil their necessities and responsibilities the more they will obtain peace of mind. This mentality closes the doors of preoccupation and striving for more worldly things which in turn gives rest to both the mind and body. If a muslim couples this with striving in the obedience to Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience, then they will be granted true peace of mind which extends to every aspect of their life in both worlds. But the more worldly desires they have the more their mind and body will be preoccupied with them and thus the further from true peace of mind they will be.

Peace of Mind & Body

Fifteenth Point

It is important for muslims to adopt a positive mind-set as it is a great tool to aid them when dealing with difficulties so that they remain obedient to Allah, the Exalted. Whenever a person faces difficulties they should always understand a truth that the difficulty could have been much worse. If it was a worldly problem they should be grateful it was not an affliction affecting their faith. Instead of dwelling on the immediate sadness which accompanies the difficulty they should concentrate on the end and the reward which is waiting for those who demonstrate patience for the sake of Allah, the Exalted. When a person loses a few blessings they should recount the countless blessings they still possess. In each difficulty, a muslim should remember the verse of the Holy Quran which reminds muslims that there are many hidden wisdoms to difficulties and tests which they have not observed. Therefore, the situation they are facing is better than the situation they desired. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

To conclude, a muslim should reflect on these facts and others so that they adopt a positive mind-set which is a key element in dealing with difficulties in a way which leads to countless blessings in both worlds. Remember, the cup is not half empty it is instead half full.

Peace of Mind & Body

Sixteenth Point

It is important for muslims to strive in the obedience of Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience as Allah, the Exalted, has guaranteed a good life in both worlds for the one who behaves in this manner. Chapter 16 An Nahl, verse 97:

“Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.”

This good life will protect a muslim from severe grief, depression and other extreme moods and mental disorders which can destroy a person's life. Even though, muslims will face difficulties which will sadden them but if they obey Allah, the Exalted, this sadness will never become extreme and effect their entire life on a long term basis. This is because a muslim who strives in the obedience of Allah, the Exalted, has an excellent reason to continue moving forward through their difficulty without giving up and turning to depression and even suicide. For example, they look forward to

the countless reward which will be granted to the patient. Chapter 39 Az Zumar, verse 10:

“...Indeed, the patient will be given their reward without account [i.e., limit].”

Whereas, the muslim who does not strive in the obedience of Allah, the Exalted, and only claims the title of being a muslim with their tongue will not be granted this attitude and a good life. And whenever they face difficulties it will drive them to extreme moods and mental disorders which will destroy their entire life.

Peace of Mind & Body

Seventeenth Point

I read a news article a while ago which I wanted to briefly discuss. It reported on the difficulty in balancing and fulfilling all of one's worldly duties in the modern world and the stress associated with this. Muslims should understand that if they desire to avoid this common stress they should prioritise each task and responsibility correctly. This is only possible when one does this according to the teachings of Islam instead of their desires or the desires of others. Whenever one reorders the list of priorities advised in Islam it always leads to difficulties and stress. For example, when one strives excessively in the material world beyond their needs and necessities thereby neglecting their other responsibilities such as correctly raising their children it will lead them to nothing but stress from both what they acquired and from their misguided children. The one who does not prioritise their duties correctly is like the university student who prioritises having fun over preparing for their exams. This only leads them to obtaining a poor degree and a difficult job. Because of prioritising incorrectly they gave up an easy life through a good job for a few years of fun at university which leads to a difficult life in the long run.

Incorrectly prioritising affects every aspect of one's life and it can lead to sins if one obeys people over Allah, the Exalted. Therefore, it is important for Muslims to follow the priority set by Islam which begins with obeying Allah, the Exalted, and the Holy Prophet Muhammad, peace and blessings be upon him, above all others. This is only possible to obtain through seeking and acting on Islamic knowledge. Through this, a

muslim will find the precious and rare gift of peace in this world and everlasting bliss in the hereafter.

CONTENTMENT

First Point

In a Hadith found in Sahih Bukhari, number 6470, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever is content with what they possess will be made self-sufficient.

The truly rich person is the one who is not needy and greedy for things. This occurs when one becomes satisfied with what they have been granted by Allah, the Exalted, which is achieved when one rightfully believes that Allah, the Exalted, gives what is best to each person according to His infinite knowledge. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

This person is truly rich whereas the one who is always greedy and needy for things is poor even if they possess much wealth. This has been indicated in a Hadith found in Sahih Muslim, number 2420.

Contentment

Second Point

In a Hadith found in Jami At Tirmidhi, number 2305, the Holy Prophet Muhammad, peace and blessings be upon him, indicated some important characteristics for muslims to adopt.

One of the things is that the richest person is the one who is satisfied with what Allah, the Exalted, has granted them. The one who is always in need of more worldly things is needy, which is another word for poor, even if they possess much wealth. But the one who is pleased with what they possess is not needy and is therefore rich even if they possess little wealth or worldly things.

In addition, the one who is pleased with what Allah, the Exalted, has granted them will be provided with grace which will ensure their possessions fulfill their needs and the needs of their dependents and it will grant them peace of mind and body. Whereas, those who are not pleased will not obtain this grace which will cause them to feel as if their possessions are not enough to fulfill their needs and the needs of their dependents. This will prevent them from obtaining peace of mind and body.

Satisfaction includes being pleased with what Allah, the Exalted, has chosen for a person namely, destiny. A muslim should firmly believe Allah, the Exalted, always chooses what is best for His servant even if they do not observe the wisdom behind the choice. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

If a muslim concentrates on obeying Allah, the Exalted, in every situation, such as patience in times of difficulty and gratitude in times of ease, they will be provided with peace of mind.

All praise is due to Allah, Lord of the worlds and may peace and blessings be upon His final Messenger, Muhammad, his noble Family and Companions.

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