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# Sources of Real Peace of Mind

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**Our Commitment**

**>(The Search of Truth)<**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Peace and comfort is the natural requirement of every person, everyone is striving for peace and satisfaction. The purpose of worldly pursuits is to achieve peace and tranquility. Even if the Hereafter life is temporarily put a side, still the peace is Indispensable necessity for this life.

Everyone is a seeker of peace, but most people don't know how to get peace. If you really want peace, then you must read this text once. You will find peace, God will be pleased and the hereafter's life will also be smooth.

## **Human Personality**

Our personality is a mixture of body and soul, our material body is made from this world while the soul comes from the world of immortality (by the order of Allah):

"And then I put into him my spirit" (Al-Hajar: 15:29)

Like the body, the soul also has its own existence and its requirements; it also needs food, the food of the body is: lust and material components, while the food of the soul is the spiritual components, i.e. obedience of God, piety and purification.

**Peace and Anxiety:** Body and soul are satisfied by lust and material ingredients, while spiritual food gives satisfaction to the soul. Unless the soul gets food, only material food can never satisfy our personality. Lust and material ingredients resulted to small, very temporary joys but there is no relief from anxiety. Along with these trivial joys, there is a silent anxiety, and worry constantly remained attached to which

usually a person does not pay attention. This anxiety is actually because of our soul. Since this soul has come from the Lord, its peace is also associated only with the pleasure of the Lord. Our personality can come to true peace and contentment only when the demands of the body are obeyed by the law of God. While doing this, one should also worry about the needs of the soul. The end of fulfilling the physical and psychological requirements by ignoring the spiritual requirements is the humiliation of this world and the hereafter, may Allah protect us from this. (Ameen)

### **Real Sources of our Comfort**

Since the majority have completely neglected the spiritual requirements. Cultivation of material existence has become the goal of life, therefore, just meeting the sexual needs, making wealth through legitimate and illegitimate means, greed and curse, fulfillment of lust, gluttony, self-interest, loss of rights... which result in chaos, anxiety, insecurity and restlessness, there is nothing else. How can one get peace by violating the rights of others and causing them pain? Peace can be blessed only by giving peace to others.

### **Let's Come!**

If you really want peace, make the following things part of your life. By adopting them, the spiritual laws of Allah will be activated for you. Hopefully, peace and contentment will surely be yours and you will be happy in this and in hereafter. So these are the keys to peace and security:

1. Remembrance of Allah,
2. Control over desires,
3. Preferring the hereafter over this world,
4. To serve

the humanity, 5. Vaccination for Freedom, 6. Spend time in solitude and pure places, 7. Adopting simplicity, coming to the level of ordinary people, 8. Carrying out responsibility well, 9. Remembering death.

Each of these things is a source of satisfaction in this world and the hereafter, as you increase them, add them to your life, peace and satisfaction will increase. To understand the matter, a brief explanation of them is given here:

### **1. Remembering Allah**

Since Allah is the Creator and Lord of us, His command continues in the entire universe including our body, so without giving Him a central place in the heart, we can never get peace. Allah is necessary for the survival of every particle of the universe, including body and soul. He informed us for the survival of humanity:

"Those who believe, their hearts are satisfied by the remembrance of Allah, be aware that it is only by the remembrance of Allah that hearts find satisfaction."

(Al-Ra'ad:13:28)

Thus humanity was strongly warned that peace and contentment in this world and the hereafter is not possible without remembering Allah. So then why are we ruining our peace by forgetting Allah, and extending friendship with our clear enemy devil....?

The last Messenger (PBUH) of Allah also made it clear:

"The one who remembers his Lord is like the living, and the one who does not remember his Lord is like the dead." (Bukhari: 6407)

What is meant by remembrance of Allah? Other arguments testify that Allah's remembrance means:

- 1) To spend life observing the commands of Allah, observing the limits, and the prohibitions: faith, morals and observance of worship, that is, adopting the whole of the 'Essential Religion'.
- 2) To remember God in: sleeping, waking up, sitting, eating, drinking, buying and selling in every area of life.
- 3) Then remember it with your tongue, heart and mind through the beautiful names of Allah. As the Prophet (ﷺ) said:

"May the remembrance of Allah continue on your tongue at all times" (Tirmidhi: 3375)

In this regard, the Creator of the universe said about his servants:

"Those who remember Allah standing, sitting and lying down, and ponder over the creation of the heavens and the earth." (Al-Imran: 191:3)

That is, everywhere: office, shop, business, home, market, mosque.....spending day and night remembering Allah.

## **2. Control of Desires**

A great passion of lust has been placed in man for testing. Desires are very dear to our self. The great cause of restlessness is the unrestrained spread of lust. The most intense passion among lusts is sexual lust, followed by wealth, children, gold, silver, big houses, cars, position and fruits... etc. Man thinks that 'attainment of peace' is in fulfilling

desires as much as possible, whereas the case is opposite, freedom and inner peace is in:

"Controlling desires, fulfilling our basic needs and of course limiting 'needs'."

As soon as man begins to develop 'needs', new requirements of desires are ready to bind him. The pursuit of one desire is introduced by many other desires which take the form of chains and the person goes on tying them in desires. The unrestrained spread of desires and their fulfillment creates anxiety and restlessness, while controlling desires creates peace and contentment.

In this context, the words of Pakistani scholar 'Wasif Ali Wasif' are very worthy of consideration, he said:

"The difference between man's achievement and his desires is sadness".

He further said:

"Man wants to get happiness by changing his life. For this, he travels to faraway... however, happiness is the name of the state of the mind which is obtained by being satisfied with the current situation".

For detailed information in this regard, see our article:

(Humanity's Great Calamity)

### **3. Preferring the Hereafter Life over this World**

Man has been created for eternal life. The immortal luxury of the hereafter is waiting for man. The life of this world is a testing ground. Until a person considers this life as a testing ground and makes the hereafter his destination, he can't get

rid of anxiety. If the Hereafter is not made the first priority, the human soul cannot find peace and stability. Making this world a destination and goal and forgetting the Hereafter is a great cause of restlessness. The Messenger (PBUH) of Allah, peace and blessings be upon him, said:

“Indeed, Allah says: Man! Abandon (the world) for my worship, I will fill your heart with contentment, I will remove your neediness...etc”.

(Mishkat, 5172, Ibn Majah)

Are we willing to give priority to the hereafter over this world and seek the pleasure of Allah along with real peace...?

#### **4. Trust on God**

If the results of life's affairs are entrusted to Allah after striving & praying for success as much as possible, then life becomes peaceful. It is not possible to find peace and contentment in the ups & downs of life without God.

#### **5. To Serve the Humanity**

It is very liked by the Creator to take care of His creatures, to serve them. In this context, there are many orders in the Quran and Sunnah. All the Prophets (PBUH), including the beloved last Prophet Hazart Muhammad (PBUH), are on the path of serving the people. By serving the creature, the pleasure of the Creator and the satisfaction of the soul come. The reward of mercy, compassion, service and self-sacrifice with the creature will surely give you heart and spiritual peace. If you want worldly peace, then for the sake of Allah: take care of the needy, the poor, and other creatures, spend your extra money to provide financial support for the basic

needs of the poor, especially giving food to them, peace will be a must.

**Remember!** In this regard, peace will be found only when the intention is correct, that is, the purpose is to please Allah and serve people, rather not to use people.

## **7. Vaccination for Freedom**

The burden of disobedience to Allah falls on our spiritual body. Until the commands of Allah are fully adopted, the spiritual part will not be spared and man will not be blessed with peace. It is very important to get rid of the fear of accidents, diseases and death by adopting the whole religion based on necessary commands and duties and obligations as soon as possible. In the same way, by adopting the 'necessary religion', one can get rid of the fear of accidents and death. Unfortunately, if he becomes paralyzed (may God save all of us) and, on the next day due to an accident or illness, he becomes unable to perform an action on merit & perfection, then until death, the reward for the action will continue upto the death to be in the same way as he performs in health condition. Messenger of Allah (PBUH) openly explained this fact as:

"When a servant is sick or suffering, similar actions are written for him what he used to do in a state of health."

(Bukhari: 2996)

Do you want relief and freedom from fear and sorrow by adopting 'complete religion' not for tomorrow but today...?

## **8. Spend Time in Solitude and Pure Places**

The blessings of goodness are the satisfaction of the soul, while the contamination of sin is a source of disgust for the



spiritual part of body. Places where there is remembrance of Allah, observance of Allah's commandments, where there is no sin, such places bring spiritual peace, such as mosques and solitude places etc. Where there people rush, there will be disobedience to Allah, therefore such lonely places: fields, forests and mountains etc. where there is no majority of people, there is great peace due to the absence of sin. The soul of man feels this unique taste. As much as the soul is dominant and powerful over the materialistic part of body, this spiritual peace will be clearly felt. Therefore, to benefit from such places, must spend some time on said places.

### **9. Adopt Simplicity**

Allah loves simplicity; the way of the Prophets (PBUH) has been simplicity in all fields of life: to live, to eat and drink.... the simpler it is, the less the burden of worldly demands will be on us, which will lead to real peace. If reaches the level of common people, life will become easy. If every person at least adopts simplicity according to his status, wealth will be available for spending in the way of Allah, prayers of people will be received, Allah will be pleased and peace will be granted. Therefore, if you need peace, try to adopt a simple lifestyle as possible in accordance of your resources, you surely will get the result.

### **10. Carrying out Responsibility Well**

Performing one's religious and worldly responsibilities with hard work & in well manner also gives satisfaction to the spiritual being. Paying one's duties and obligations on time, working sincerely with one's relationships, work, profession,

and country rights is a source of peace and happiness. On the contrary, there is anxiety and restlessness if we don't care of our responsibilities.

### **11. To Remember Death**

The thing that destroys the fort of laziness and negligence. Cuts off lust, opens the door of every good. Closes the door of every evil is remember to die. If we remember death while spending our days and nights. So our life should go in the right direction, worldly concerns, fears and dangers, anxiety and troubles will be controlled. Prophet (PBUH) said:

"Remember often the death that cuts off pleasures."

(Mishkaat: 1607, Tirmidhi: 2307)

Are we willing to settle the memory of death in our hearts to enjoy eternal pleasures including freedom and peace from temporary pleasures and desires?

For details in this regard, see our article (Pamphlet):

(Discovering the Death)

According to our knowledge, experience and observation, whatever were the sources of real peace in the true sense of body and soul, they have been pointed out in this writing for you. Now it is your choice whether, you follow the path of peace or not?

May Allah grant us peace and contentment in the real sense of this world and in hereafter's life. (Ameen)



## Our Writings

For the benefit of humanity & betterment of this & hereafter's life, Allah (SWT) enabled us for some highly beneficial inspirational life changing work in the form Books, which is based on:

*“Truth & sincerity, Quran & Sunnah, Balnace, Ethics, Unification of humanity through truth & especially unification of Muslims”*

This work is comprising of: Books, Pamphlets & Broshers.

- **Books:** Out of our 27 books (written in Urdu language), following books are selected to convert into English:
  - 1) The existence of God..... (Completed)
  - 2) Purpose of Life..... (Completed)
  - 3) The way to God.....(Completed)

Following topics are under consideration:

(4) Hadyet (True Guidance), (5) Human rights in Islam, (6) Real reasons of our moral decline, (7) The real solution to our worries, (8) How to control desires, (9) Importance of Quran understanding, (10) The reality of this world and the hereafter, (11) Touheed (monotheism), (12) Risalat (requirements of Prophethood), (13) Meaning of worship, (14) The greatest cruelty, (15) Powerful devilish deceptions, (16) Unification of Muslims, (17) Do's & don'ts of Islam, (18) Islamic law of divorce, (19) Rules of male & female interaction.

- **Pamphlets:** Short writings consisting of about: 5-10 pages.

About 32 Pamphlets on highly important topics have been produced until now in Urdu language, which need to be converted into English. Out of which following are completed:

- 1) Our reality (soul & spirit).....(Completed)
- 2) What is life?..... (Completed)
- 3) True sources of real peace & satisfaction.....(Completed)

- **Broshers:** Breif single pager inspiring text on variety of important topics. It will continuously be uploaded on web-site as developed.

You will find this work a powerful tool in awakening religious awareness. Read and let others read. This will be a continuing act of charity for you and this gift may change someone's life. May Allah keep us on truth, sincerity & right path.(Ameen).

- **Need Volunteers:** Regarding the conversion of said work in English, we will try to do it in future but need **volunteers** to help us & to seek great reward from Allah.