

Welcome to ALI 151
Qualities of a Believer, Part 1
Session Two

Peace

Question

- 1) What are some obstacles to achieving peace?
- 2) Think of a day when you felt particularly at peace.
What created that peace? What took it away?

Agenda

- Inner peace – Important realizations
- What are peaceful people like
- Ways of obtaining inner peace
 - Acceptance
 - Trust
 - Emotional Balance

What are peaceful people like?

Inner peace is not a fleeting emotion it is a state of mind. However people who find this peace do not simply live every moment with a smile on their face, They still get ill and feel sorrow as they are still human! The only difference is that there is a vast comforting space around such difficult times and an inner knowing that such times will pass. There is also a very light uplifting and joyful feeling towards others and yourself which makes you feel complete. People who achieve this inner quietness generally show a kindness towards all living things and a deep appreciation for the natural world around them.

<http://www.inner-peace.org.uk/>

Inner Peace – Important Realizations

- Peace comes from within, do not seek it without
- Acquiring peace is a life long process
- You are in control over your emotional responses and reactions
- Be aware of your emotional baggage and your weak ‘buttons’
- You can only change yourself
- Inner peace is strongly linked to meditation

Ways of Obtaining Peace

1) Acceptance

1a) Being pleased with Allah's decree - Ridha

And it may be that you dislike a thing which is good for you and that you like a thing which is bad for you. God knows but you do not know.” (al-Baqarah, 2:216)

The chief of all obedience to Allah is being pleased with what Allah has decreed, of what a servant likes and what he dislikes.
Imam as-Sadiq (a)

How can a believer be a believer when he is angry at what he has been given, and dislikes his state, while the One who rules over him is Allah?

Imam al-Hasan (a)

1b) Contentment

- satisfaction with what you have in life
- gratitude for the positive things in life
- not comparing with others
- conquering of desires

There is no treasure richer than contentment.

The most helpful thing in improving yourself is contentment

Whoever is not content with less, he will not benefit from more

Imam Ali (a)

1c) Not having constant fear/grief (worry)

- Most people live with grief over the past and fear of the future. True happiness is the conquering of fear and grief; *...they shall have their reward near their Lord, and they will have no fear, nor will they grieve.* (al-Baqarah, 2:62)

- Live in the present moment and appreciate each day. Every day is a fresh chance to worship and rise on the ladder towards perfection.

All Praise is for Allah who gave me life so that I praise Him and worship Him (dua at the time of waking up)

Ways of Obtaining Peace

2) Trust

Say, nothing will befall us except what Allah has ordained for us, He is our Master, and in Allah let the believers put their trust

(at-Tawbah, 9:51)

If Allah helps you no one can overcome you, but if He forsakes you, who will help you after Him? So in Allah let the believers put their trust.

(Aale Imran, 3:160)

Also check 3:173, 6:17, 8:62-64, 10:106-107

Meaning of Trust in Allah – at-Tawakkul

The Holy Prophet (s) asked Jibrael what it meant to trust in Allah. He replied:

To know that a creature does not harm nor benefit, does not give nor denies. To cut off hope from creatures.

When a servant does this he does not act for anyone except Allah, does not hope or fear anyone but Allah and does not expect from anyone but Allah.

This is Tawakkul.

Effects of Tawakkul

- Strength

The essence of strength of the heart is reliance upon Allah – **Imam Ali (a)**

- Needlessness and Honor

Needlessness and honor wander around in the heart of a believer. When they reach the place in which there is Tawakkul they inhabit it. **Imam al-Baqir (a)**

- Ease of difficulties

Whoever trusts in Allah, difficulties submit to him, and affairs become easy for him – **Imam Ali (a)**

Ways of Obtaining Peace

3) Emotional Balance

Emotions are responses to internal or external events.

Emotional extremes destroy inner peace. Too much of any emotion – positive or negative – creates an imbalance.

So that you may not grieve over what escapes you
nor exult for what comes your way
and Allah does not like any boastful, vain person.

al-Hadeed, 57:23

Readings

- <http://home.swipnet.se/islam/articles/InnerPeace.htm>
- <http://www.selfgrowth.com/articles/Sinclair11.html>
- <http://www.inner-peace.org.uk/>