

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

**Peace**

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**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/>