



Inner
and **Peace**
Happiness

Sarah

I am happy, and I have all the things one can dream of whether it's a good job or a lovely family. But still, something is missing... I just cannot find that sense of inner peace. Not sure what's the matter.

Ayesha

Where have you been searching for inner peace?

Sarah

Ummm, I don't know. I thought, achieving my goals and milestones would bring me peace. It did bring me happiness, but not the peace. That happiness stayed for a while but then vanished. I want something consistent and eternal...

Ayesha

Did you try looking for it within you?

Sarah

Oh...Ummm... How do I do that?

Sarah

For that, let's go through this eBook together!

Peace – That, my friend, is a consistent feeling of being at home, being you, and being connected.

This E-Book is all about helping you understand happiness and peace and how to make your way to it.

But you may be thinking:

Why should I spend my time on this book? I get you. Here are three reasons why I think we should spend time together via this book:

We will explore the difference between happiness and peace together (that too with psychologically backed evidence).

Then, we will look into psychological practices of achieving inner peace.

But, what about the practical applications? Yes, we will give you handy and practical ways to lead the path of inner peace. To top it off, we even have a two-week checklist for you!



So, if this resonates with you, let's begin!



Happiness

vs

Peace






Based on the psychological definitions, here are three differences between both:

- ✓ **Happiness is a temporary state**
- ✓ **Happiness is dependent on people, things, or choices**
- ✓ **Happiness depends on peace**

- ✓ **Peace is eternal and consistent**
- ✓ **Peace is something internal and is born because of faith**
- ✓ **Peace does not depend on happiness**

That being said, I think we are already on the same path to understanding our goal. Our goal is to strive for internal peace while making our way to eternal peace (The Jannah) and not fall into the pit of temporary happiness that lies on the path of wrong. But here's the catch, once you strive for inner peace, happiness comes as a by-product.





To understand this idea better, let's go through an excerpt of the book

'Secrets of Divine Love' by A. Helwa:

"The word islam means 'to surrender, to submit' and comes from a triliteral root sin-lam-mim, which also can mean 'well-being, completion, freedom, and peace'.

Linguistically, then, the word islam can be said to mean 'to surrender in peace', for it is only when we submit as a servant to God that we are liberated from the enslavement of our ego...To surrender is not to give up, give in, or to lose; rather it means being with what Allah (SWT) has written for you by embracing, in faith, gratitude, and with complete trust, that 'Allah (SWT) is the best of planners' (3:54)."





MEDITATION

Self-love is the foundation of good mental health.

You explore psychology for inner peace, and it doesn't start with the idea of meditation?! That's impossible. But what is meditation? Mindful defines meditation as:



MEDITATION PRACTICE

'Meditation is a practice that involves focusing the mind to achieve a state of calm and clarity...a technique that trains the mind to concentrate and redirect thoughts, often towards the breath, which serves as an anchor.'

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So, if I break it down into simple terms, it's the idea of sitting by yourself and making your mind concentrate on the present moment by focusing on your breath.



LEARNING TO FORGIVE

Every other person has a story about getting hurt by people and finding it hard to let go of their anger. However, we usually forget that holding anger inside our bodies is damaging our own selves. Life is short, so we need to learn how to forgive, let go, and move on.



MEDITATION PRACTICE

It also includes the idea of forgiving yourself for the mistakes you made or wrong decisions you took. To cultivate forgiveness, you need to practice compassion and kindness in your day-to-day lives.

ACHIEVE
INNER
PEACE

BE GENEROUS

It's intrinsic to human nature that when we do something to make others happy or make their life easier, it brings us peace. Seeing someone struggle makes our hearts ache, and we want to make an effort to reduce their pain. Psychology highlights the importance of being generous and giving to achieve inner peace.

This giving can be in terms of kind words, compassionate actions, charity, and more.



BEING GRATEFUL

Inner peace is all about being in harmony with your existence, your present, and the world around you. This starts with the idea of being grateful for all the blessings you have. From health to wealth, the list is long.



THREE GOOD THINGS

Psychologists recommend the idea of maintaining a daily journal of things that you are grateful for. Or you can simply recall your day before you sleep and thank for at least three good things to happen that day.

ACCEPT THE UNCONTROLLABLE

Psychology defines acceptance as an important part of achieving inner peace and as the root of letting go of worry. In life, there are certain things that you can control by either making a choice or taking action. However, not everything can be controlled, and that's the distinction we need to learn.

One of the common practices regarding acceptance is the idea of affirmations and writing down the problems to label the uncontrollable ones.





GOOD SLEEP

Psychology starts with the idea of having good sleep when it comes to achieving calmness in life. Our mind and body need time to relax, and good sleep is an essential part of it.



It is recommended to have at least 6 hours of proper sleep to achieve that state of zen.



NO EXPECTATIONS

Expectations are the narrative of return that we have developed in our minds based on what we did for someone. Now, it's not essentially important and practical that our narrative stands true. People have different personalities and giving languages, to say. So, getting disappointed by having expectations is a no-brainer.

Considering that psychology recommends keeping no expectations from people and doing good for the sake of the greater good.

Now that we have looked into seven psychological practices, let's transform them into practical practices to achieve inner peace as per the guidance of Allah (SWT). (I am too excited to explore this with you, let's begin!)



SALAH PRAYER



This is how you practically make meditation and mindfulness work in your life. Salah is not about Allah (SWT) asking us to pray five times, but Allah (SWT) blessing us to meet and talk to Him five times a day.

“Successful indeed are the believers: those who humble themselves in prayer;”
[Quran [23:1-2](#)]

Some tips to introduce more focus in your Salah:

Get ready for it. Take time to make ablution, and intention, and be in your best form.

Don't be disappointed by your failed efforts. Keep trying and know that Allah (SWT) never lets any effort go unnoticed.

Pray every prayer with the thought that it may be your last!

Bonus tip: Introduce an extra unit of prayer into your routine. The best form is the Tahajjud (prayers during the night). However, to begin with, you can offer nafl (non-obligatory prayers) with one of the obligatory prayers.

FORGIVE

Islam has a high value on forgiveness. And Allah (SWT) Himself sets the precedent for it by forgiving our countless sins each day!

Yes, it's difficult to forgive someone. But consider the Mercifulness of Allah (SWT) and how He forgives you daily. Isn't it the smallest return to forgive His creation?! Let Allah (SWT) handle it for you.

“And the retribution for an evil act is an evil one like it, but whoever pardons and makes reconciliation – his reward is [due] from Allah (SWT). He certainly does not like the wrongdoers.” [Quran [42:40](#)]

To practice forgiveness:



Start by acknowledging your hurt.

Ask Allah (SWT) to put peace in your heart.

Forgive that person for the sake of Allah (SWT)'s love. (With the idea of return from Him, it is easier to let go of the temporary hurt).

Forgiveness also includes forgiving yourself and not falling into the constant guilt-shaming trap.

GIVE

While the world promotes the idea of giving, Islam makes it more practical by putting a greater reward in sight and introducing concrete concepts like Sadqah (charity), Zakat (compulsory annual charity), and Akhlaq (morality and virtue).

You give and Allah (SWT) rewards you magnificently. Don't believe me? Here take Allah's (SWT) word for it:

“The example of those who spend their wealth in the cause of Allah (SWT) is that of a grain that sprouts into seven ears, each bearing one hundred grains. And Allah (SWT) multiplies ‘the reward even more’ to whoever He wills. For Allah (SWT) is All-Bountiful, All-Knowing.”
[Quran [2:261](#)]

So, if we do some maths, it's like you plant one seed by spending in His cause and He rewards you seven hundred times of it back! How huge is that?!

Some tips to introduce giving more in your life:

Set a fixed portion of 1% to 5% (or more!) of your monthly earnings as Allah (SWT)'s share and give that away as sadqah.

Establish a habit of doing one good deed each day for the sake of Allah (SWT).

Devote your time to learn more about His religion.

So, you see, the scope of giving extends far beyond wealth. Start small but stay consistent.

BE GRATEFUL

Being grateful is a very important aspect of having a peaceful life.

An important concept about gratefulness – It's not supposed to be based on circumstances but based on your connection with Allah (SWT).

Being grateful is a practice, which expands to a level of it becoming your personality trait.

“Be grateful to Allah (SWT), for whoever is grateful, it is only for their own good. And whoever is ungrateful, then surely Allah (SWT) is Self-Sufficient, Praiseworthy.” [Quran [31:12](#)]

Their own good – Inner peace, purification of soul, and contentment. Yes exactly, the whole idea of this book!

Tips to introduce gratefulness in your life:

Make a practice of offering two units of prayer with your night prayer to thank Allah for His countless blessings.

Before sleeping, take a moment to recall three things you're grateful for that day.

Be expressive in your words to be grateful to the people around you.

Remember, as long as that breath of yours is there, the things to be grateful for, cannot end.

FAITH IN HIS PLAN



Psychology promotes the idea of accepting the uncontrollable, but it is often difficult to practice. This is because there is no concrete base on which to anchor the acceptance.

But the good news for Muslims is that they have the strongest and eternal anchor to put their acceptance on and that's Allah (SWT)!

“...And whoever puts their trust in Allah (SWT), then He 'alone' is sufficient for them. Certainly Allah (SWT) achieves His Will. Allah (SWT) has already set a destiny for everything.” [Quran [65:3](#)]

The simplest tip about accepting the uncontrollable and not fearing the unpredictable is to abide by the idea of Making choices that stand right per His defined principles. Once done, let Him handle the bigger picture for you!

ROUTINE AROUND PRAYERS

Islam is all about bringing you closer to your intrinsic nature, which ultimately makes life easier for you.



“By the ‘passage of’ time! Surely humanity is in ‘grave’ loss, except those who have faith, do good, and urge each other to the truth, and urge each other to perseverance.” [Quran [103:1-3](#)]

Since this life is temporary and we are here for a purpose that surpasses all the distractions of this life, it's important to maintain that focus. To help you with that focus, here's a little template for you (modify as needed):

Offer Isha > Aim to sleep at max one hour after it.

Get up 30 minutes before Fajar > Offer Tahajjud.

Offer Fajar > Work till Zuhar

Offer Zuhar > Take a little break and continue working till Asar.

Offer Asar > Family time and rest till Maghrib

**Offer Maghrib > Dinner and Exercise/Walk
Offer Isha > Repeat!**

Having prayers as your anchor for the day makes it easier to schedule.

RETURN FROM ALLAH SWT ONLY

Putting expectations on people is something that usually disturbs the peace of our hearts. It is because everyone has a different style of giving.

Islam eradicates this whole problem by giving us an eternal source to ask from – Allah (SWT). 

“Why should we not put our trust in Allah (SWT), when He has truly guided us to 'the very best of ways? Indeed, we will patiently endure whatever harm you may cause us. And in Allah (SWT) let the faithful put their trust.”

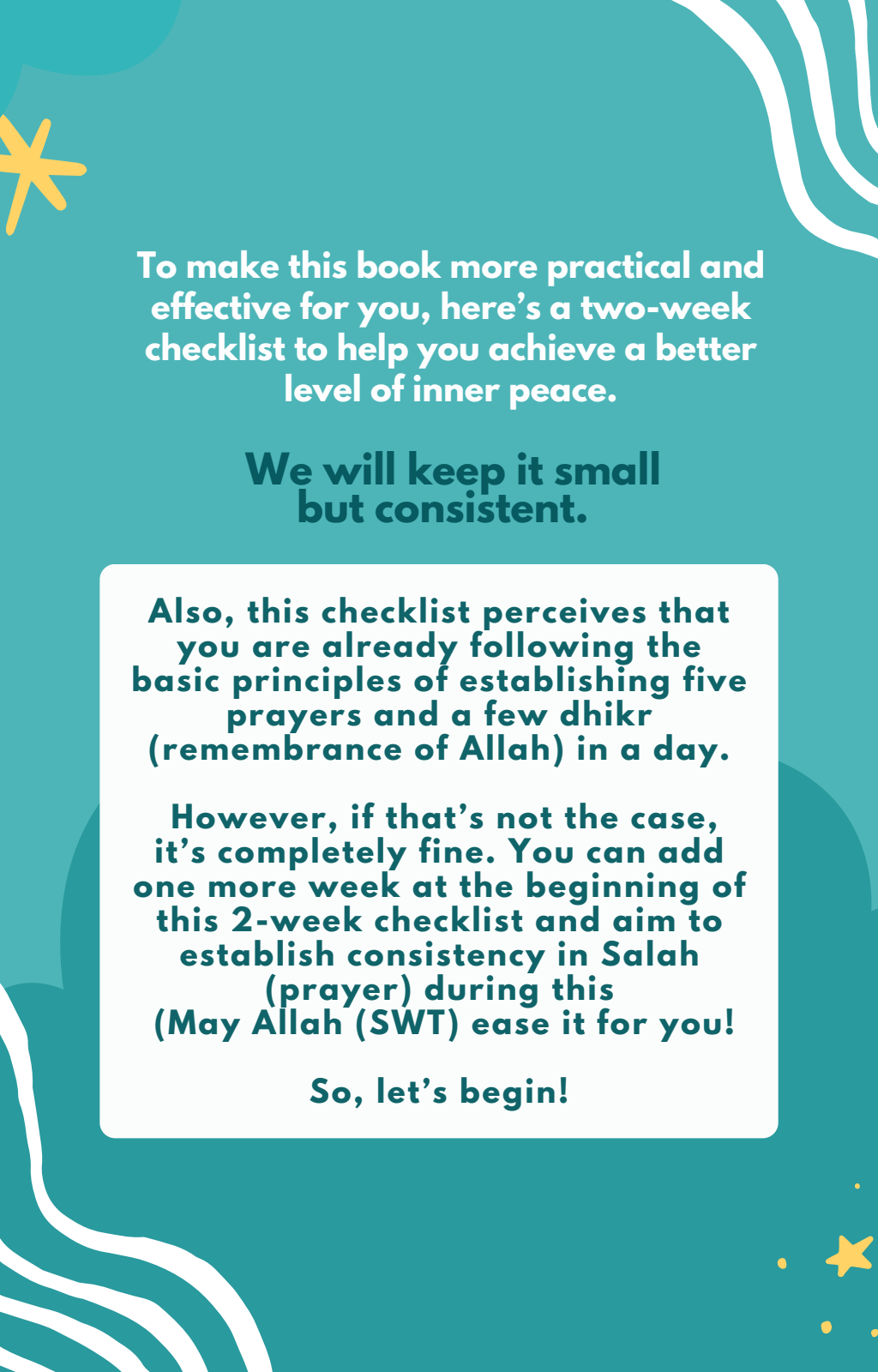
[Quran [14:12](#)]

The idea is simple:

Whenever you do something good for someone, do it out of your love for Allah (SWT).

This way, you aim for a bigger reward rather than minor rewards from people. You put your faith in Allah (SWT) to acknowledge your effort. Now, after this, if people want to offer you a return, that stands as a plus!

Now, you have some practical tips down your sleeves. But know that the difference between successful and unsuccessful is the execution. Knowing things won't improve anything until you put these ideas into action.



To make this book more practical and effective for you, here's a two-week checklist to help you achieve a better level of inner peace.

We will keep it small but consistent.

Also, this checklist perceives that you are already following the basic principles of establishing five prayers and a few dhikr (remembrance of Allah) in a day.

However, if that's not the case, it's completely fine. You can add one more week at the beginning of this 2-week checklist and aim to establish consistency in Salah (prayer) during this (May Allah (SWT) ease it for you!

So, let's begin!



WEEK 01

Day 01 – Write your intention on paper and ask Allah (SWT) to help you with this journey.

Day 02 – Let's experience talking to Allah (SWT). Today, before you sleep, share all the details about your day with Him.

Day 03 - Give a small charity today, be it 100 rupees. While you do, do so with the intention of thanking Allah (SWT) for all His blessings!

Day 04 – Sit with yourself and journal all the raw thoughts on a paper.

Day 05 – Take a 30-minute walk by yourself. Preferably in nature. Do not listen to any songs.

Day 06 – Spend an hour with yourself. Do any activity that you like (phone doesn't count). The more you get comfortable with solitude, the easier it is to get closer to the peace in your heart.

Day 07 – Today is a rest day.

UP NEXT



WEEK 02

Day 01 – Go to any orphanage or old age home and spend a day there!

Day 02 – Before you sleep, write down three things you are grateful for the day.

Day 03 — Choose any of your favourite peace dhikr (remembrance) and add it to the routine of your day. (Hint: Find one of my favourite ones here: [Quran 3:173](#))

Day 04 – With your night prayers, offer two units of non-obligatory prayers to thank Allah (SWT) for His blessings.

Day 05 – In your daily supplications, include prayers for the ease of all Muslims. With a sense of connection with the Ummah (Muslim community), it's easier to connect with that intrinsic peace.

Day 06 – Choose any one skill that boosts your creativity and start learning that. The sky is the limit!

Day 07 – Commit to offer at least three Quranic ayats (verses) each day along with their translation.



Do not limit these activities and tasks to just these two weeks. You don't have to do all of them consistently but pick at least three and make them a part of your routine. Once you get comfortable with them, you can add more.

Remember, achieving inner peace has to do with achieving a connection with your soul and getting closer to the intrinsic nature upon which Allah (SWT) created you. And there is no better way to do it than enhancing your connection with The One who created you. And for that connection, it's all about little, yet consistent efforts!

With this, we come to the end of this book.

To sum it all up, remember happiness depends on circumstances and people. It's a temporary feeling we get when the world we have made inside our brains aligns with reality. Although it's great to experience, it is not the goal. The goal is internal peace, which depends on no one, but you.

**As a Muslim, you have
the biggest edge because
Islam is all about peace.**

**“And “Peace!” will be ‘their’
greeting from the Merciful Lord.”
[Quran 36:58]**

**Islam is not the ideology that
restricts you, rather it’s a way of
living that protects you. To achieve
inner peace, you need to place your
expectations and reliance on the
eternal source - Allah (SWT). With
that, aim to improve just by a bit
each day, and you will see wonders.
Submit to your Lord and let Him do
miracles for you!**

**May Allah (SWT) ease this world and
hereafter for you! (Ameen)**