



ORIGINAL RESEARCH PAPER

Inner Peace and its Significance Factor and Stability in the Pure Life

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Abstract

SUBJECT AND OBJECTIVES: As Muslims, we find inner peace in the remembrance of our Creator "Zikr". People search for peace in many things; Some of them try to find calmness and serenity in reading books. Whether it's non-fiction, fiction, or the many genres available, they seek peace in reading them. Perhaps it is a book on crime investigation, or mysterious and fantasy worlds. We must remind ourselves that reading the Quran and traditions and Bible proves for us that the key for the world peace and any external and real peace is the inner peace.

METHOD AND FINDING: Those who want to be peace makers and peace keepers should be able first to make peace within themselves and with themselves then they are able to be activists in the field of peace. Our religious leaders and saints were real peace makers and peace keepers because they had merely this capacity. When we read about life of our Prophet and the household we find that all of them were prominent peace makers.

CONCLUSION: Examples mentioned in this research are the glorious messenger of God Muhammad and Imam Ali and Imam Hassan and Imam Hussein and Imam Mahdi and Bible. Also some verses of Holy Quran and traditions are surveyed here and also some opinions of modern and contemporary Psychologists are cited for more certainty.

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Introduction

Recent studies indicate that many young adults, especially us college students, experience high levels of stress, depression, anxiety, cyberbullying, and sexual violence. Many institutions of higher education rely on policies that often are reportedly biased towards materialistic pursuits, science and mathematics curriculums, and standardized testing which may promote students and extrinsic motivation and individualistic behaviors. (*Tendhar and Bueno de Mesquita, 2020*)

This article intends to briefly look at the ideas of peace and justice in Islam and explore their deeper significance in the life of a Muslim. So, it will discuss and highlight the different aspects of Prophet Muhammad life and deeds in respect to the peace and social order in present scenario.

Theoretical Foundations of Inner Peace

Inner peace is defined as follows:

- A feeling of being safe or protected. (Merriam Webster Dictionary)
- Inner peace is defined as the state of physical and spiritual calm despite many stressors. To find your peace of mind means finding happiness, contentment and bliss no matter how hard you go through in life.
- Inner peace or peace of mind is a colloquialism that refers to a state of being mentally or spiritually at peace, with enough knowledge and understanding to keep oneself strong

in the face of discord or stress. Being “at peace” is considered by many to be healthy (homeostasis) and the opposite of being stressed or anxious. Peace of mind is generally associated with bliss and happiness. Many spiritual or religious people believe that it is only truly possible to achieve inner peace with divine intervention of some form or another.

The holy Quran says:

“Those who believe, and whose hearts find satisfaction in the remembrance of Allah: for without doubt in the remembrance of Allah do hearts find satisfaction”.
(*Quran,13: 28*)

The dominant meaning of “peace” in Western civilization is the absence of violence; however, the concept of associating inner peace within an individual is rooted in non-Western languages, cultures, and religions. Arabic, Chinese, Hebrew, and Sanskrit have several words for peace. In Sanskrit, words for peace also include Shanti and Chaina, which refers to an individual’s spiritual or inner peace and mental calmness. (*Anderson, 2004*)

Apart from a linguistic inquiry into peace, in some religions, e.g., Buddhism, Jainism, etc peace is used to underscore inner dimension, i.e., the person more than the outer dimension, i.e., the environment. (*Blank and Burau, 2014*)

In general, peace of mind or inner peace refers to a deliberate state of either psychological or spiritual calmness despite the

potential presence of stressors. It is a homeostatic psychological state, which results in the optimal functioning of the mind.

Peace of mind and harmony one of the prerequisites for finding a complete and happy life. We feel more confident and full when we are in a state of inner peace. This is the state when we are balanced, attentive, and conscious.

Being in critical situations or circumstances that are not comfortable for us, peace begins to leave us; but having resumed classes that help to find inner silence, life is gradually improving again. *(Blank and Bureau, 2014)*

Many people pass through this circle. From this, we can conclude if you do not have time for rest, it means that it is necessary for you.

Peace of mind is a state of harmony with oneself and with the whole world; but above all,

the order is a balance. If we compare the soul with a musical instrument, then the inner calm state is when the strings of the soul sound harmoniously and naturally. The sound is beautiful and pleasant for everyone; but when we are tense and fussy, the music will be strained, unnatural, and unpleasant.

Staying in the peace of mind, we are full of energy and in a good mood, we efficiently manage to resist the illnesses and bad attitude of others, and we are better at doing any work, we become more creative; we analyze better and solve problems faster. When peace of mind leaves us, and we get out of balance, the energy drops, we attract depression and illness. During the internal stress, we do not get much as we would like, and we make more mistakes.

The Quran says that Muhammad was sent as a warner to his people and to the world, that the Judgment day is coming, when people will be resurrected from their graves and judged by God. The good or the people of the right hand, will go to heaven, while the wicked will be consigned to the torments of hell.

Heaven, a repository of human aspirations, is depicted by the Quran as suffused by peace. In the Quran says that the virtuous admitted to paradise are greeted by the angels with the saying:

“Enter in peace!’ That is the day of eternity”.
(Quran, 50: 34)

The Quran admits that most of those who will be resurrected are ancients, not moderns, i.e. that most of the inhabitants of heaven will be Jews, Christians and members

of other religions. This multi cultural Muslim paradise is described as lush and verdant, with water flowing and a cornucopia of delights provided.

Quran assures the believers:

“Therein they will hear no abusive speech, nor any talk of sin, only the saying, peace, peace”.
(Quran, 56: 25-26)

In heaven, Quran promises:

“And they are among the companions of the right hand, then they will be greeted, ‘Peace be to you,’ by the companions of the right hand”. *(Quran, 56: 90-91)*

And says that after the Resurrection:

“The dwellers in the garden on that day will delight in their affairs; they and their spouses will repose on couches

in the shade. They will have fruit and whatever they call for. "Peace!" The word will reach them from a compassionate Lord". (Quran, 36: 54-56)

Commentators have noted that this verse seems to demonstrate a progression, from delight and repose to the heavenly fruit and finally to the highest level of paradise, where God himself wishes peace and wellbeing on the saved.

In Islam or Christianity, religion or culture, people can come up with millions of reasons to justify their actions and behavior; but what remains true is the source itself.

Islamic View on Inner Peace

Allah the almighty said to us:

"Indeed, there has come to you from God a light and a clear book wherewith God guides

all those who seek his pure life to the ways of peace and he brings them out of darkness by his will unto light and guides them to a straight way". (Quran, 5: 15-16)

World peace, or peace on earth, is the concept of an ideal state of happiness, freedom, and peace within and among all people and nations on Planet earth.

Within this idea of the world, nonviolence is one motivation for people and nations to willingly cooperate, either voluntarily or by virtue of a system of governance that has this objective. Different cultures, religions, philosophies, and organizations have varying concepts on how such a state would come about.

Various religious and secular organizations have the stated aim of achieving world peace;

but we think that world peace begins with inner peace.

How Do We Find it?

Allah says in his Glorious Book:

“Behold! verily on the friends of Allah there is no fear, nor shall they grieve”. (Quran, 10:62)

In contemporary debates on the roots of muslim radicalism and the character of the religion, it is important to go back to the muslim scripture Quran (sometimes spelled Koran). Like the Bible, the Quran has verses about war as well as peace, peace has been insufficiently appreciated, and war is condemned.

The Quran is believed by Muslims to have been revealed to messenger of God Muhammad ibn Abdullah, a former merchant of Mecca on the west coast of Arabia,

between 610 and 632 of the Common Era.

Messenger of God was one in a long series of human prophets and messengers from the one God, standing in a line that includes Abraham, Moses, David, Solomon, John the Baptist and Jesus of Nazareth. Each apostle of God, Muslims hold, has reaffirmed God’s oneness and the need to have faith and live a moral life. In each of these religions, adherence to the basics in the Ten Commandments given to Moses is necessary; including avoiding sins such as theft, adultery and murder.

Peace Making in the Life of Prophet and the Household

In the modern times Islam is being projected as intolerant towards other faiths and religions. We come across instances of suicide bombers and others killing innocent people almost on daily basis.

- In the light of “Seerah” or conduct of the True Messenger of Allah, can it be justified?
- What does Prophet Muhammad's life teach us?
- What is the ideal versus reality?

The messages of the Prophet which would be viewed and analyzed in this study have multipurpose implications both for the muslim world and the Western world.

World peace needs a proper code of conduct and role model. The teachings of the Prophet provide the desired code of conduct, i.e. the law and the life of the Prophet is the reference point, the role model.

The textual messages in this research are the speeches and treaties that the prophet had with his counterparts, companions and followers. In addition, his orations or sermons that he

delivered to address the mankind in general.

His skillful use of rhetoric demonstrated his commitment for meaningful competent communication for humankind in general. His speeches demonstrated that he sought to see all humankind from the lens of kindness, modesty, moderation, justice, liberty, gentility, generosity and love. The paper focuses on the argument that the basic teachings of the Quran and the Prophet are not inconsistent with modern charters of United Nations.

For example, Pact of al-Ḥudaybiyah (January 628), compromise that was reached between Muḥammad and Meccan leaders, in which Mecca gave political and religious recognition to the growing community of muslims in Medina.

Muḥammad had been approaching Mecca with approximately 1,400 followers in order to perform the ‘umrah pilgrimage as directed in a dream. The Meccans, however, humiliated by their inability to besiege Medina (March 627), would not allow Muḥammad entry into their city. Instead, a Meccan delegation met the muslims at their stopping place, al-Ḥudaybiyah, situated about 9 miles (14.5 km) outside Mecca, to negotiate a treaty, thereby acknowledging the equality of the Muslims as bargaining partners. A 10-year truce was declared.

Muḥammad then agreed to abandon his ‘umrah, on the condition that he be allowed to enter Mecca the following year, at which time the city would be emptied for three days to allow the Muslims to perform their rites. In addition,

provision was made for the return of any Meccan who might flee to Medina without permission from his guardian; although a similar provision for muslims going to Mecca was not stipulated. Finally, the various tribes could ally themselves with either the Meccans or the muslims, as they wish. (Ref: *Mutahhari, 2020*)

According to Imam Ali's statements:

“Every human you encounter is your brother either in your faith or in creation”.
<https://en.irna.ir/news/83543588/Imam-Ali-s-message-summarized-in-justice-peace-Indian-scholar>

In any case, he is a fellow human. All humans should be united and loving towards one another; it is not about a specific group or community being united.

Thus, Muslims are ordered to do good to even those who are different from you in faith and beliefs:

“God does not forbid you from dealing with kindness and justice with those [polytheists] who did not make war against you on account of religion and did not expel you from your homes. Indeed God loves the just”. (Ref: Reynolds, 2018)

This, while studying the realities of Imam Hassan's life shows that he was a smart politician who had closely examined the social spirits, propensities and motives of his time and designed his plan with insight and foresight so that he founded a great revolution in the form of an inevitable peace.

For your eternal success, see the beauty and excellence of Islam by what you directly read from the two revealed sources of knowledge and guidance: The Holy Quran and the Sunnah.

Do not judge Islam from the bad behaviors and misdeeds of some muslims who do not practice Islam according to these two authentic sources of guidance. Do not be influenced by the false propaganda and lies made against Islam by those who want to destroy the image of Islam out of their ignorance of the truth. The enemies of Islam read some portion of the verses in the Quran and parts of traditions and misquoted them in their writings and speeches to disprove the truth about Islam.

Many psychologists and behaviorists argue that at the end of the day the greatest human drive is mental peace. Islam is

the road to peace and serenity. It starts with the most basic thing i.e. greeting among muslims; Muslims are prescribed by Allah to say "as-Salam-alikum" whenever they meet with other muslim brothers. The meaning of this Arabic phrase is "May Allah blesses you with peace". Similarly, there is one of the names of Heaven 'Dar as-Salam' which means "House of Peace".

Among 99 names of Allah, there is one name "as-Salam" which has its own beautiful meaning "The Source of all Peace". Allah is the best source of peace, and mental peace lies in the remembrance of almighty Allah.

According to Islamic eschatology, the whole world will be united under the leadership of imam Mahdi. At that time love, justice and peace will be so abundant that

the world will be in the likeness of paradise.

Bible View on Inner Peace

"The result of practicing fellowship with God in prayer is that we enjoy the peace of God. The peace of God is actually God as peace (V. 9) infused into us through our fellowship with Him by prayer, as the counterpoise to troubles and the antidote to anxiety". (Gospel of John, 16: 33)

Conclusion

Inner peace is the key to world peace. If people can get access to this peaceful space inside them then outer peace can become a reality. In this quest for inner peace, knowledge of the true nature of the world helps knowing that everything is going to change, and everything is changing.

Allah is the creator of this entire universe and of all the things we are blessed with, so in order to find peace in those things we must thank Allah daily, for being blessed with the luxuries, children, parents, and for everything we have.

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