ACHIEVING CONTENTMENT



MAULANA BDUL SATTAR و(مت بركاني ABDUL SATTAR



ACHIEVING CONTENTMENT

بن من برک نیم MAULANA ABDUL SATTAR و(میں برک نیم



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ٱلْحَمْدُلِلَّهِ وَالصَّلَاةُ وَالسَّلامُ على سَيِّدْنا مُحَمَّدٍ وعلى اله وأصْحابهِ أَجْمَعِيْن آمَّا بَعْدُ

فأعوذ باالله من الشيطان الرجيم هِبِسَمِ اللهِ الرَّحُمْنِ الرَّحِيْمِ» يَاَيُّهَا النَّاسُ اِنَّ وَعُدَ اللهِ حَقِّ فَلَا تَغُرَّتَكُمُ الْحَيْوةُ الدُّنْيَا وَلَا يَغُرَّنَكُمْ بِاللهِ الْغَرُوُرُ ﴿سورة فاطر: ۵﴾ صَدَقَ اللهُ الْعَظِيْمُ الْهُمَّ صَلِ عَلَىٰ سَيِّدِنَا مُحَمَّدٍ وَ عَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَ بَارِكْ وَ سَلِّمْ

The Benevolent Sailor and Negligent Passengers

There was once a sailor with a boat full of passengers who stopped at an island and asked everyone that had any business on it to unboard and fulfill their tasks but told them to return as soon as possible as there were a lot of people on the boat. The sailor facilitated his passengers but also gave them advice and warned them to return on time for their own good.

The people on the boat reacted differently to the sailor's words. One group paid close attention to the sailor and followed his words closely by completing their tasks and quickly returning to the boat with provisions for the rest of the journey. As a result, they were also able to get comfortable seats.

Another group of people lost track of the time while they were sightseeing the island and forgot the sailor's instructions until the very last moment. They ran to the boat and, as a consequence, did not get a comfortable seat for the rest of the trip. However, they were still among the fortunate ones



as they reached the boat before it left.

Then there was the third group of people that was so lost in the beauty of the island that they started gathering everything they liked, be it a rock that they found pretty or a tree that they cut down. Thus, by the time they had to return to the shore they were laden with the added baggage and ended up being the last ones to reach the boat. Consequently, they found that there was barely any space left on the boat for them, much less for their baggage. Not wanting to part with their belongings, they somehow managed to squeeze in and held their belongings on their heads. This resulted in a trip that was supremely uncomfortable and difficult.

The last group of people consisted of those that were ignorant and neglectful. They became so distracted by the temporary beauty and frivolity of the island that they forgot the sailor's words completely. Since they did not return to the shore by the time the boat was due to depart, they were left behind and were eventually devoured by the island's wild beasts.

Who are the lucky ones?

As illustrated in the story above, Allah 2 has also given us advice and warnings through the Holy Quran to teach us the reality of the world. He has repeatedly informed us that this world is only temporary and warned us to not be bedazzled by the attractions of this world and lose our Hereafter (Afterlife).

لِيَايَّهُمَا النَّاسُ إِنَّ وَعْدَ اللهِ حَقٌّ فَلَا تَغُرَّنَّكُمُ الْحَلِوةُ الدُّنْيَاوَلَا



"O Mankind! ALLAH's promise is definitely true, therefore the worldly life must not deceive you, nor should you be deceived about ALLAH by the big deceiver (Satan)." (Al-Fatir : 5)

Therefore, Allah 🗱 is stating that His promise of the Day of Judgement is the truth. We are told that we are here in this world only temporarily, like the island in the story, and we must not get lost in its apparent glamour. Instead, take and do only what you need, and keep walking toward your destination.

Some people are such that they only do what is necessary. They eat, drink, and earn only as much as they require and get back on the boat as quickly as they can to reach their ultimate destination. Such are the fortunate ones, that don't lose sight of the reality and are the ones that have faith in the promise of Allah 2000.

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The Negligent Remain Uneasy

Some people, on the other hand, are so lost in worldly matters that they forget the words of Allah we completely. Their focus is diverted instead towards the luxuries of this world. The added baggage of the world is accompanied by more problems and this results in stress, depression, insomnia, and other psychological and spiritual ailments that result in an uneasy lifestyle. People live their lives like this and reach old age without asking for forgiveness. Some of these may still, after the age of 50, 60 or even 70, realize the error of their ways and attempt to correct them while



they can. They are still among the fortunate ones, like the passengers that rushed to the boat at the last moment and still made it on time. However, others don't realize what their true destination was - where they were supposed to go rather than where they ended up going - even till their last breath.

Another analogy to illustrate the temporary nature of this world may be a house taken on rent. People living on rent do not tend to do as they please and spend their own money renovating the house and getting nicer flooring installed when they know that the landlord can ask them to move out at any time. Why would they do so if they may have to leave it all behind?

A Believer's True Abode

What we as believers need to understand is that this world is to us what a house on rent is to a tenant. Once we realize that, we will not spend our time fulfilling worldly desires. A believer's true home is in the Afterlife, as we will realize once we get there. There will be no restrictions and we will be able to do whatever we desire.

أُولَٰبِكَ هُمُ الْوَرِثُوْنَ الَّذِيْنَ يَرِثُوْنَ اللَّفِرْدَوْسَ هُمَ فِيهَا خَلِدُوْنَ "Those are the inheritors, Who will inherit Firdaus (The Paradise).They will be there forever." (Al-Mumenoon : 10,11) According to this verse, Allah عن will make believers the heirs of Jannah. They will become the landlords of their homes forever and evermore, and will never be in danger of being told to leave.



وَلَكُمْ فِيهَا مَا تَشْتَعِيْ أَنْفُسُكُمْ وَلَكُمْ فِيهَا مَا تَدَّعُونُ

"And for you here is whatever your souls deisre, and for you here is whatever you call for." (Fussilat : 31)

Therefore, believers will have whatever they want and will be able to do whatever they desire.

Once Muslims used to be firm in their belief of the temporary nature of this world. They did not forget that at any moment, the Lord of the Worlds will ask them to move out of their rented house. They did not forget that this life is as insubstantial as a bubble of water. However, that belief is now receding from the sight of Muslims among all the noise and clamor of this world.

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The Height of Ignorance

Muslims today want all their desires fulfilled despite this knowledge. However, what would we call a person that starts renovating their rented house after the landlord tells them they'll have to leave after a month? What would we call a person that spends their energy chasing worldly desires despite knowing that it will all be for nothing when death knocks on their door?

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A Cause of Discord

A frequent cause of arguments between a husband and wife, a mother and daughter, a father and son, is that the other does not fulfill their wishes. People make extensive plans for themselves and greed is prevalent, and when one person's plans clash with another's, it sows discord among them. Hence, the clash is not among people but among their desires. In other words, people are chasing their own personal desires at the cost of their relationships. However, for people that don't even know when we will die, we are not making the smartest decision running after worldly gain only, even if the world sees such people as highly successful. Today, everyone is a victim of this mindset.

مَا عِنْدَكُمْ يَبْفَدُ وَمَا عِنْدَ اللهِ بَاقَ

"What is with you shall perish and what is with Allah shall last." (An-Nahl : 96)

This world and everything in it is temporary. Only that which belongs to Allah 🗱 is eternal. May Allah 🗱 grant us a firm belief of that life.

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When Can Contentment Be Achieved?

What do we get in exchange for a firm belief in the Hereafter? We get contentment in this world granted by Allah ()). Whoever keeps their sight on the Hereafter, Allah ()) keeps them away from worldly greed, jealousy, and desires. They are blessed with peace and satisfaction in what they have - even if that only amounts to a small cottage, two meals a day, and a few clothes for the year. After all, how long are we to stay here? Just like the passengers that listened to the sailor's instructions and only took what they needed from the island and returned quickly, such people also believe that we are merely travelers, and the lighter we travel the



better. The smaller the house and car the more fortunate, the fewer the expenditures the better, the lower the societal status the better, as this results in pleasure and contentment as well as an easier journey.

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The Heart Cannot Contain Two Kinds of Love

These days, our list of wants has become so extensive that we have started to confuse them with our needs. These endless desires show our love for this world and all it has to offer. However, the heart which has the love for this world in it cannot contain love for Allah 2000 in it as well. Just like fire and water cannot be contained in a single container, neither can the love for Allah 2000 and the love for the world.

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A Common Illness

The disease that is the love for this world is so widespread today that people are completely lost in their lives and have forgotten about the afterlife. They run after status and wealth and want to fulfill their worldly dreams. They say that if they can get just a little more, they will be satisfied. However, just like adding dried grass to fire, more wealth and fortune only fuels the fire of greed. Water, however, can put fire out, and only the water that is contentment can put the fire of greed out.

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Differences between Muslims and Non-Muslims

Believers are told in the Quran not to worry about the fact that Non-Muslims appear to have worldly success while they don't and not to think that Non-Muslims have a lot therefore Muslims should too as the purpose of life is very different for the two groups.



"Never stretch your eyes towards the things We have given to some groups of them to enjoy ;so that We put them to test thereby ,it being merely glamour of the worldly life" (Ta-Ha : 131)

Therefore, Muslims are told not to pay attention to the non-Muslims and their wealth and power. This apparent luxury is their test. When people lose sight of their Hereafter and get lost in worldly matters, their wants, desires, and plans - and ultimately greed - keep growing. Their only focus becomes to gain more and more. In other words, they are never satisfied with what they have and are trapped in this mindset forever. Since disbelievers do not believe in the Hereafter, this world is everything to them.

A Believer's Beautiful Life

It is dispiriting that people now are prioritizing the world over the Hereafter. As a result, the blessing of contentment - which is far more valuable than worldly wealth - does not come their way. However, the Hereafter is where Muslims can fulfill all of their desires, where Allah 🗱 will make them owners of palaces. They will be told that this is the day for them to fulfill all their wishes, and they will do so to their heart's content. Therefore, Muslims should keep this truth in mind at all times.

The Story of Ibrahim Ibn Adham

Ibrahim Ibn Adham الله used to be a prince who was living a life of ignorance. One day, he was sitting in his royal court and working as usual when a stranger entered the court and started looking around. Ibrahim Ibn Adham الله what he was looking for. To this, the stranger replied that he was a traveler and was looking for a place to sleep in this inn. Ibrahim Ibn Adham

The person then asked Ibrahim Ibn Adham تَنْتُ who was in his place before him. Ibrahim Ibn Adham الله replied his uncle was the ruler before him. The person asked him where his uncle was now, and Ibrahim Ibn Adham تَنْتُ replied that he had passed away. The stranger then asked him who was in court before that. Ibrahim Ibn Adham تَنْتُ replied it was his uncle's father. The stranger again asked where he was now and Ibrahim Ibn Adham تَنْتُ replied that he too had passed away. Then the stranger asked once more who was in charge before even that, and Ibrahim Ibn Adham تَنْتُ told him that it was his uncle's grandfather. When the stranger asked him where he was now, Ibrahim Ibn Adham After this exchange, the stranger said that a place where a person comes and stays for a while and then leaves, and then another person comes and stays and leaves, and then another, is more of an inn than a place to stay. The stranger delivered this idea with such sincerity that it moved Ibrahim Ibn Adham المنافي and changed his life completely. He realized that this world is indeed akin to an inn and so he left the throne and his luxurious lifestyle. He then became a leader of Islamic teachers and students.

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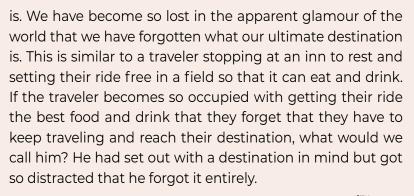
The World is a Temporary Play

There exists no one who has stayed on this earth forever nor will there exist any such person. Eventually, everyone ends up under the earth. Those that did not let even a fly sit on them are now being eaten by insects. Those with eyes that used to sparkle or brains that were always engaged in wicked schemes have become dust. There have been so many people to exist that considered themselves above everyone else, that everyone thought were great, but where are they now? What did their status and power do for them when death paid them a visit? Everything came to an end because nothing is meant to last forever. Therefore, the greatest lesson for a Muslim is a constant reminder of the reality of death.

Muslims Astray

Muslims today have forgotten what their true destination

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Similarly, our physical bodies are like a ride that Allah we have provided us so that we can reach the Hereafter and that is its only purpose. However, we have become so distracted feeding and looking after this ride that we have completely forgotten our destination. We have become so preoccupied with the comfort of this ride that we only think about it, that the face doesn't get blemishes, the beauty does not fade, its clothes don't get ruined and the list continues. Therefore, we are no better than the traveler as we too have forgotten our true destination.

The Blessings of Contentment

Contentment is a blessing that helps contain a believer's worldly wants since these wants are usually a result of love for the world and ignorance of the Hereafter. The root cause of this is that our belief in the Hereafter has become weak. Because of this, we see our relationships fall apart as well since those with a firm belief in the Hereafter are satisfied with what they have and do not let their worldly desires sow discord among themselves. The clearest sign that signals a strong belief in the Hereafter is that the person is blessed with contentment in their life and is satisfied no matter what happens, in fortune or misfortune. The person that is upset at losing their status, for instance, and cares about what others may think about them are those that want to stay in this world forever. Therefore, they get upset at the loss and may even sink into depression and be unable to sleep properly at night.

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How an Ignorant Person Thinks

Another sign that a person has a strong belief in the Hereafter is that Allah is grants them the ability to do Taubah early on. After all, a person who believes that they may die at any moment would not be occupied with accumulating more wealth, would not keep themselves engaged in interest, would not keep doing what they know is not acceptable in Islam, and think that they'll ask for forgiveness later. Only those people can think this way whose belief in the Hereafter has weakened.

People with a firm belief in the Hereafter do their best to cleanse their lives of all sin. They attempt to correct their ways, offer Nafl prayers, and ask for forgiveness from Allah and offers Salaat ul Haajat as well and prays to Allah we to protect them from sin. Then Allah we responds to their prayers and helps them protect themselves from evil and sin.

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Laziness in Worship

Another sign of strong and correct belief in the Hereafter is that the quality of the good deeds and obedience of Allah is becomes far better. This is so as when one knows that they will get a great reward for all of their efforts and the difficulties they face in obeying Allah is , they will enjoy it and put in their best efforts. When one learns that they will be welcomed with honor in the court of Allah is and rewarded in front of everyone by virtue of their worship and good deeds, they will automatically be more sincere in their worship. On the other hand, if the belief in the Hereafter becomes weak, life becomes devoid of worship and it becomes burdensome for them to take part in any such acts. If for some reason they have to take part in worship, their heart is not in it and it feels lazy and insincere.

وَإِذَا قَامُوْ اللِّي الصَّلُوةِ قَامُوا كُسَالَىٰ

"And When they stand for Salah, they stand up lazily" (An-Nisa : 142)

In other words, these people take part in prayers lazily and do good deeds like they are a burden. Their worship looks like it is only being done for the sake of getting it over with, like they are being forced to do it. They either don't perform their worship at all or when they do, it lacks sincerity. This is a sign that their belief in the Hereafter is weak and their hearts are full of love for this world.

How to be Free from Want

Today, one of greatest needs is to free ourselves from the

disease of ignorance, especially ignorance of life after death. Being aware of the Hereafter at all times makes it easy for us to reign in our otherwise unlimited wants.

The beloved Prophet 🖉 said:

أَكْثِرُوا ذِكْرَ هَازِمِ الَّذَّاتِ ، الْمَوْتَ

"Keep much in your remembrance the cutter off of delights i.e death"

Therefore, we must think of the next life often because that is how worldly desires and those extensive worldly plans will let go of us.

Modesty with Allah 🞉

Hazrat Abdullah ibn Masood said that the beloved Prophet a once told his companions:

استَحيُوا مِنَ اللَّهِ حَقَّ الْحَيَاءِ

Prophet, prayers and peace of Allah be upon him, has said, "Be truly shy from Allah"

The companions said, "O Messenger of Allah, praise and thanks be to Allah, we are shy from Him.' upon which he replied, 'it is not that I mean."

لَيْسَ ذَاكَ وَ لَكِنَّ مَنِ استَحْيَا مِنَ اللَّهِ حَقَّ الْحَيَاءِ فَلَيَحفَظِ الرَّ أَسَ وَمَا حَوىٰ، وَلَيَحفَظِ الْبَطنَ وَمَا وَعىٰ وَلَيَذكُرِ الْمَوتَ وَالْبَلَىٰ وَمَنْ أَرَادَ الأَخِرَةَ تَرَكَ زِيْنَةَ الدُّنْيَا، فَمَنْ فَعَلَ ذَالِكَ فَقَدِ اسْتَحْيَا مِنَ اللَّهِ حَقَّ الْحَيَاءِ

"Being truly shy from Allah means that you preserve your head and what it comprehends (your thoughts, ideas,



creed, religion) and preserve your belly and what it contains (your source of livelihood should be lawful). Moreover, you should remember death and rottenness. He who seeks the Hereafter should abandon the adornments of this worldly life. Whoever does that is shy, i.e., truly shy from Allah."

Constant remembrance of death and a firm belief in it brings beauty and freshness in life. Worship becomes sincere, attitude and behaviour improves, earning is only done through acceptable means, honesty prevails, and humanity awakens inside us. Remembering death also makes it easier to manifest patience, forgive others, control anger and be wary of one's own faults.

How to Remember Death

How do we awaken and remember the reality of death? Think of loved ones that have passed away and think of where they are now. Think of what they looked like, what their voices were like, what their desires were, what their wealth was, and think where all that is now. Think of their situation now as they lay under the earth, surrounded by insects, their bodies decaying, and all alone in their dark graves. Think especially about those that left this world suddenly and consider how they departed without any warning.

Live Simple

For the sake of Allah \bigotimes we should aspire to live simply in this world and be content. When the beloved Prophet \bigotimes

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was seeing Hazrat Maaz Ibn Jabl تَنْتَخَدَ off to Yemen he said: إِيَّاكَ وَالتَّنَعُّمَ فَإِنَّ عِبَادَ اللَّهِ لَيْسُوا بِالمُتَنَعِّمِينَ

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Stay away from the luxury and comforts, for verily the pious servants of Allah do not live in luxury (Musnad Ahmed)

Therefore, Allah's beloved people do not live a life of luxury and frivolity, because those that lose themselves in the luxuries of this world forget the Hereafter. They become so preoccupied with earning money and fulfilling their desires that they forget that they have to eventually go somewhere else.

A Critical Time for Muslims

The beloved Prophet is said:

مَنْ أَصْبَحَ وَ هَمُّهُ غَيْرُ اللهِ فَلَيْسَ مِنَ اللهِ

Therefore, whoever wakes up in the morning worrying about worldly matters, Allah 2 makes it so that they remain worried and stressed all day. On the other hand, whoever wakes up worried about the Hereafter, Allah 2 relieves them from all worldly concerns.

Today, how many of us wake up worrying about the Hereafter? Our situation is such that we go to sleep worrying about some worldly matter or the other, and wake up worrying about worldly matters as well, perhaps our own or our children's. But in trying to achieve success in this world we don't consider that the environment our children are being exposed to may ruin their youth and diminish the sense of modesty in them. In other words, we are so preoccupied with attaining success in this world that we



don't even notice the damage to our Hereafter.

We often hear people lament about their businesses going down, factories not doing well, pay decreasing and more. However, we rarely hear anyone grieve that their daughter or son's Afterlife is being damaged or that the Hereafter is being forgotten in their households. This is because the only desire that remains is to gain as much in this world as possible.

Start of the True Life

However, the real and sustainable life will actually begin after death, about which the beloved Prophet a has said:

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اللَّهُمَّ لَا عَيْشَ إِلَّا عَيْشُ الْأَخِرَةِ

"Oh ALLAH, there is no life but the life of the Hereafter"

Therefore, the true life is that life and this is just a journey. When this journey will end, we don't know. How many people have there been that were among the living when they went to sleep at night but were among the dead in the morning? Or were among the living in the morning but lie under the earth in the evening? These things can happen so fast that we don't even realise it. Some go to sleep and never wake up. Some go to work and next we hear is they got a heart attack and set off towards the ultimate destination. Some get a burst vein in their brain and are thus seen off. This is the reality of the world that we work so hard for, for which we utilize all our efforts.

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Preparations for Appearing Before Allah

The smart decision is to always be ready to go to Allah (), and make Taubah and Astaghfaar (asking for forgiveness) part of our lives. Life should be lived simply with low expenditure so that when Allah (), we can leave with comfort. Moreover, our body parts should also be protected and clean from sin so that Allah (), is pleased, and our hearts should be kept free from jealousy, malice, grudges and such faults so that we are not ashamed when we go to Allah (), and instead go to our Lord happily.

May Allah 🗱 grant you and me true remembrance and concern for the Hereafter.

(Ameen)





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