

REMEMBER ALLAH

TO HAVE MENTAL PEACE

In recent years, we come to see or hear of mental illness of various sorts increasing at an alarming rate in many parts of the globe. It is said that in certain countries as many as one in every six human beings becomes psychiatric patient. Mental illness respects no person, it affects the poor and the rich; the young and the middle-aged and also the elderly.

The scientific and technical advances of recent years have placed in the hands of man powerful forces which are being used without due consideration for the real welfare of mankind. It has generated growing sense of fear - fear for the present, fear for the future, fear for one's economic and residence security, fear against racial discrimination, fear against robbery and so on. Fear that breeds hatred and leads to violence.

The abandonment of moral standards in every sphere of life is a major cause of mental and physical breakdowns. The films and the movies that depict permissive ways of western life and degenerated foreign culture are allowed to cast their demoralizing influence over the minds of the young. It is perhaps not realized that this is one of the great sources of present day's emotional stress and mental upsetting.

The severe pressure imposed on people involved in big business and the problems of militant trade unionists give rise to dangerous emotional disturbances.

Bad housing conditions where people are herded together in ugly and noisy surroundings are exposed to psychological stresses. 'The twentieth century' says the late Aldous Huxley 'is among other things, the Age of Noise - physical noise, mental noise - a din that goes for deeper, of course, than the ear-drums. It penetrates the mind, filling it, with a label of distractions.'

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By H. S. Smith

mombasa

Mental Peace (m)

What is lacking most today is mental peace and contentment. In search of that some go after amassing wealth through exploitation and cheating. Some think that is attainable by running away to distant lands from their country homes. Some consider the merry-making, the dance, the drinking parties and gambling as sources of mental peace and contentment. But alas! none of these has proved to give lasting and true mental peace.

What is forgotten is the fact that the true source of mental peace is the same in whose control is our destiny, our life and death, our health and sickness, our wealth and poverty. It is the Almighty Allah in Whose prayer and remembrance can man attain that true peace he is in search for. There are points of repose and tranquility in prayers when man becomes conscious of Allah's presence and His ability to provide all that he needs.

Many a learned and distinguished men on this earth have expressed their faith in prayers and God's remembrance as a source of true mental peace. They have related their experiences of how in moments of great fear and affliction, they resorted to prayers for maintaining their mental equilibrium.

Dr. Walter - a member of American Congress says, "During 1925, I went to China as a member of a medical mission. At that time the country was passing through a very critical stage but I had retained the confidence in Almighty God that He is always with us wherever we went. At times there was so much fear of the Communists that none of us dared to take off our clothes and sleep at night lest we were attacked and there would be no time to flee. I always carried with me a torch and some cash so that I was not stranded if I had to run away at a moment's notice. Every morning I would sincerely pray to Almighty God for His mercy and protection, for the peace of mind as well as an opportunity to serve humanity. The result of my sincere prayers was that I gradually gained the mental peace I needed badly and I felt ~~that~~ my heart lifted with fresh courage and stability. I became fully confident of the might and mercy of God."

Harold Modnia, the Judge of American Court of Appeal says "one can only step forward towards spiritual strength and peace when he acknowledges the fact that he can only accomplish appreciable tasks in this world when he puts his confidence in God and makes a habit of regular prayers. He should remember God day and night and express the fact that he loves God and seeks His pleasure. This is the only way of salvation.

During the course of my legal profession, I always searched to know whether what I thought and understood was right. In every matter, I prayed to God and invoked His help and I received it in every critical moment."

Islam has guided us on every aspect of our life problems. On the subject of how to attain mental peace, the holy Quran has this to say: "Those who believe and whose hearts are set at rest by the remembrance of Allah, now surely by Allah's remembrance are the hearts set at rest." (Al-Raad - verse 28)

The lives of the Prophets of Islam and their rightful vicegerents show us how day and night they indulged in prayers whether in moments of peace and tranquility or in times of great hardships and torture. They have shown to the world the high value of Allah's remembrance in our daily life.

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