

Peace Justice Interfaith

In The Studies of Religion I & II

CONFERENCE 2009

Inner Peace in Islam

Presented by Makiz Ansari
Affinity Intercultural Foundation

Introduction

Inner peace is very much measured by its manifestation in outer peace. Those marred with the unmerciful nature of global conflict on one hand and socio-political lens on the other, may question the ability of Islam to instil inner peace within its followers. This paper will discuss the teachings of Islam on the concept of inner peace and its relationship to outer peace. This will be done through referral to Islam's sacred text, the Quran, and through understanding Islam's core teachings.

Some of the questions answered will be; How does Islamic worldview depict peace? What is its prescription for peace, especially inner peace? What is the purpose in attaining inner peace?

Key Focus Areas

- Peace Defined
- Islamic Worldview
 - The purpose for peace
 - Islamic prescription for peace
 - Human Nature
 - Outer peace
- Quranic definition of peace

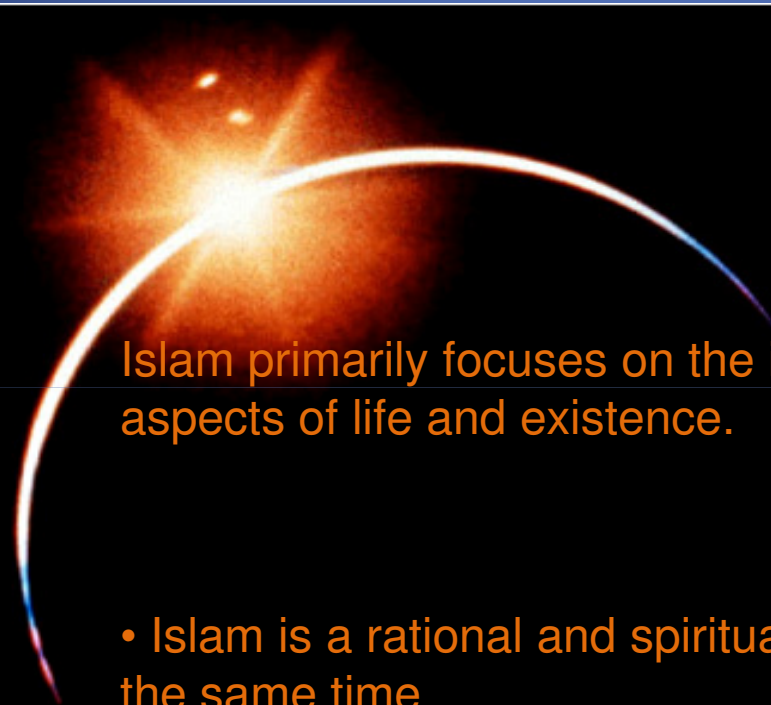
Peace Defined

Miriam Webster Dictionary, defines peace as:

- a state of tranquility or quiet
- a freedom from civil disturbance
- a state of security or order within a community provided for by law or custom
- *freedom from disquieting or oppressive thoughts or emotions*
- *harmony in personal relations a state or period of mutual concord between governments*
- *a pact or agreement to end hostilities between those who have been at war or in a state of enmity in a state of concord or tranquility*

Islamic Worldview

Setting the Context



Islam primarily focuses on the immutable aspects of life and existence.

- Islam is a rational and spiritual religion at the same time.

Relationship between God, Humanity and the Universe

- **Islam explains the relationship between God, Humanity and the Universe.**

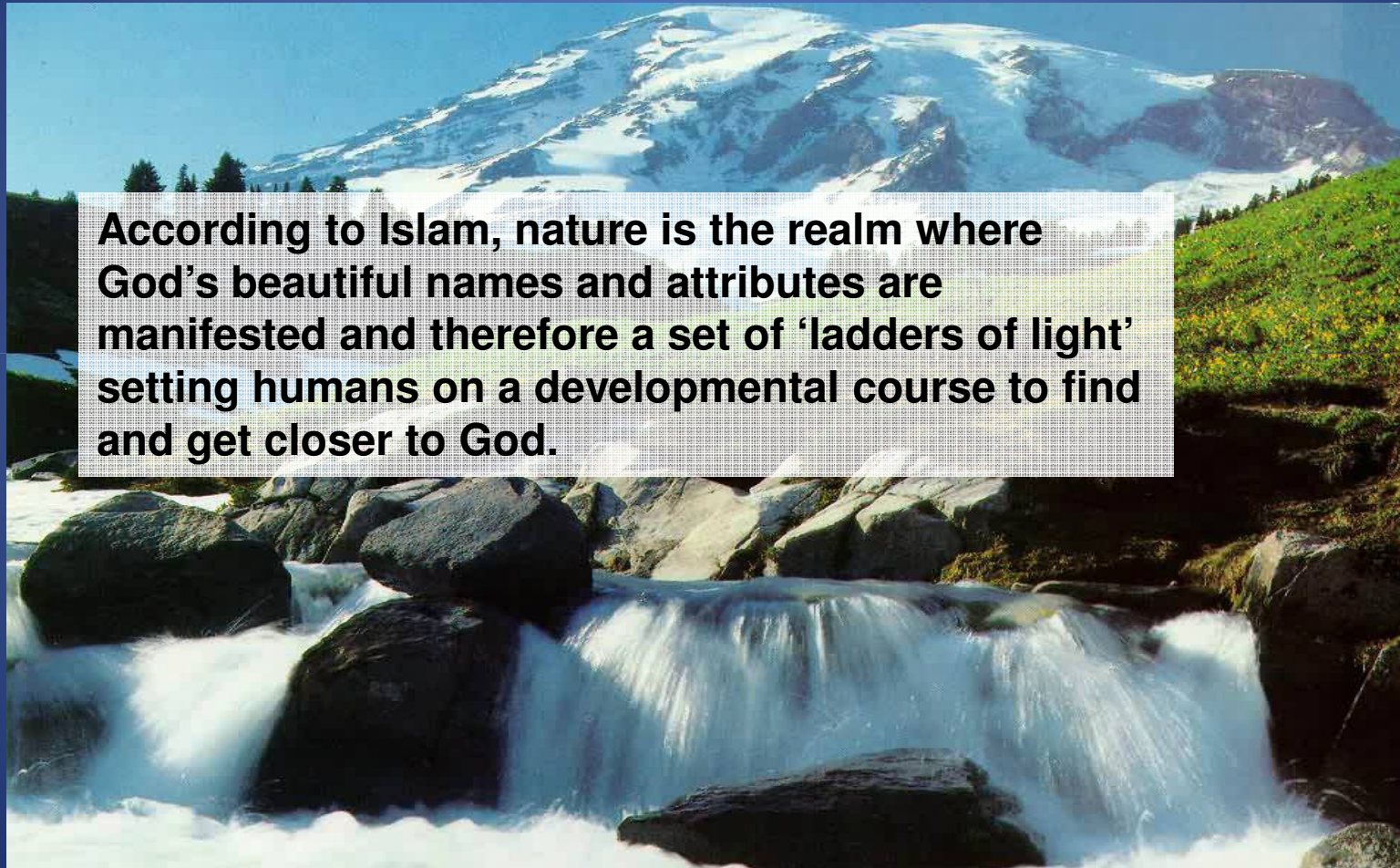
“Behold! In the creation of the heavens and the earth, and the alternation of night and day, there are indeed Signs for men of understanding. Men who celebrate the praises of God, standing, sitting, and lying down on their sides, and contemplate the (wonders of) creation in the heavens and the earth, (and say): ‘Our Lord! You did not create this in vain.....’ ”

Relationship between God, Humanity and the Universe

“Beauty and perfection want to be seen by the holder in his discerning eye and by other adoring eyes.”



Relationship between God, Humanity and the Universe



According to Islam, nature is the realm where God's beautiful names and attributes are manifested and therefore a set of 'ladders of light' setting humans on a developmental course to find and get closer to God.

Ability to Learn & Worship

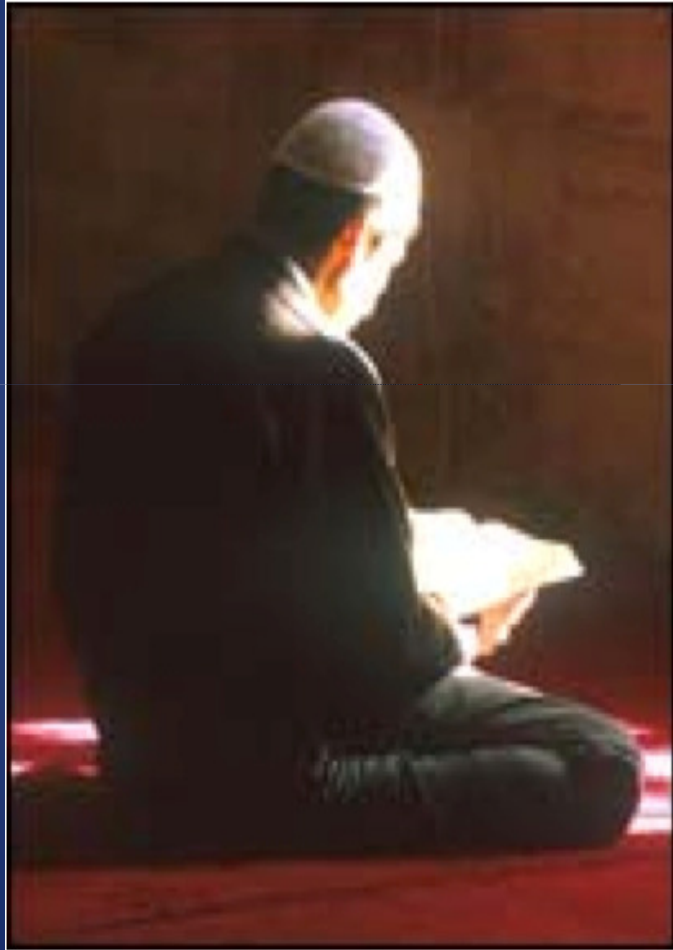
Ability to learn.....

and worship..

**are the distinguishing
characteristics of
humanity.**



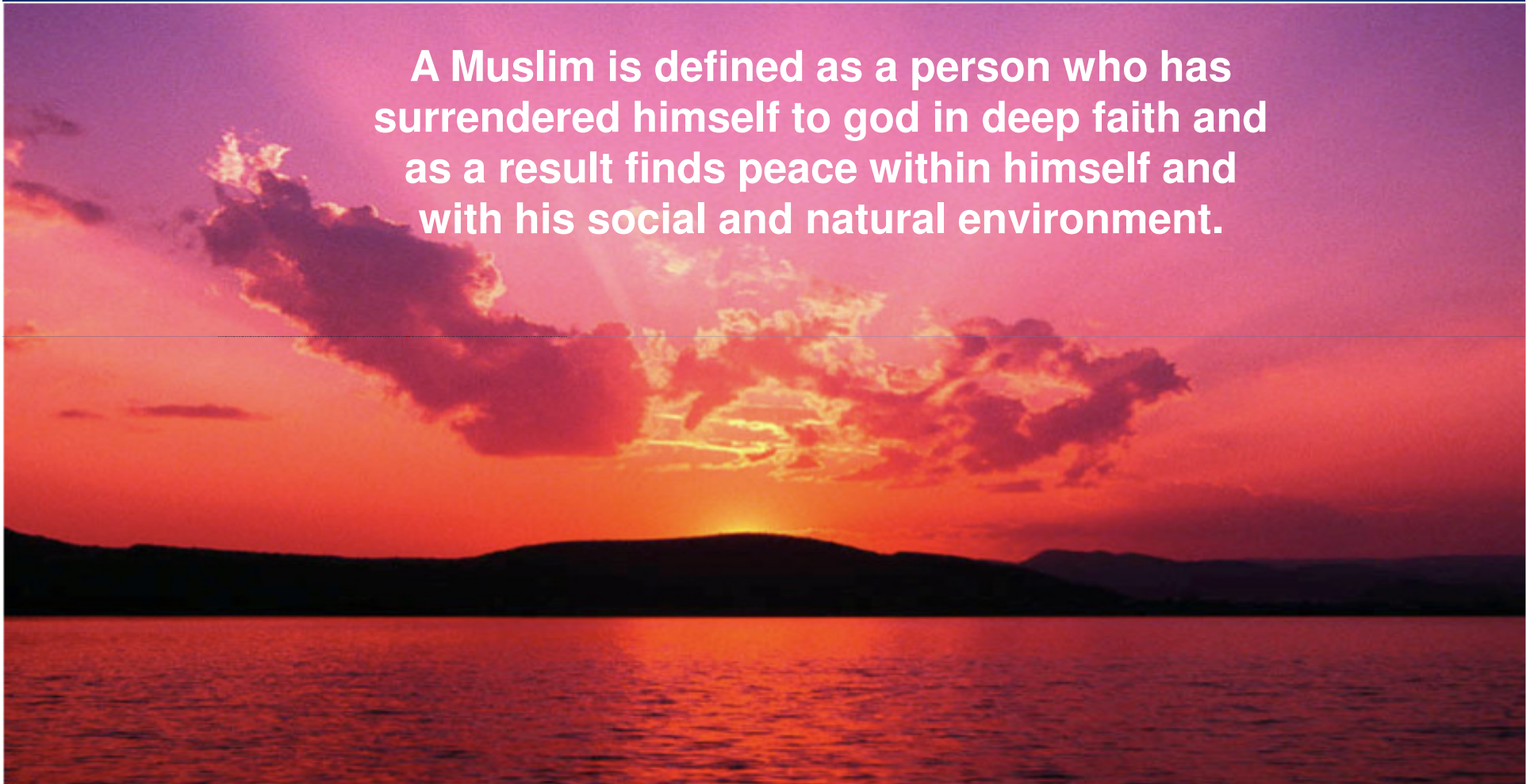
Ability to Learn & Worship



*“Read! In the name of your Lord,
Who has created (all that exists);
has created human from a clinging
blood-clot. Read! And your Lord is
the most Generous, who has taught
(the writing) by the pen;
has taught man that which he
did not know ” (55, 1-4)*

Human Nature

A Muslim is defined as a person who has surrendered himself to god in deep faith and as a result finds peace within himself and with his social and natural environment.



Quranic Supplication

Our Lord! Make of us those who surrender in peace, bowing to You, and of our progeny a people who surrender in peace, bowing to You; and show us our place for the celebration of (due) rites; and turn unto us (in Mercy); for You are the Answerer of Prayers, Most Merciful.” (2:128)

Core Principles in Islam

- Peace is manifest in universe.
- Principle motivation therefore in life is to help one another instead of struggle.
- Mutual assistance results in peace and harmony in the both interpersonal and social planes.
- The purpose of existence is to recognise and worship God, (49:13) to reach a level of personal integrity built on virtue and to express these in good works to attain the acceptance and approval of God.

Purpose & Prescription for Peace

- Universe is created in stunning order, harmony & peace.
- It is natural to be in sync with peace.
- Human nature is comprised of mind, body and spirit.
- Harmony & balance with mind and heart develops the soul.
- Five pillars of Islam addresses this need.

Quran on Peace

- Beware, in the remembrance of God do hearts find peace and tranquility (13:28)
- Return to your Lord, well pleased and well-pleasing. Enter among My servants, and enter My Garden (89:29-30).
- No fear shall come upon them, neither shall they grieve (2:62)

Outer Peace

- Continuous learning, spirituality and constructive social activism provide a balanced personal development in Islam.
- It is the proportional balance within each individual that manifests itself in the social plane
- Inner peace is directly proportional to outer peace

Summary

Peaceful hearts always seek God's pleasure or approval, and the "compass needle" of their conscience never swerves. Peacefulness is such an elevated rank of certainty that a soul traveling through it sees in every station the truth of: I wish to set my heart at rest (2:260)

Imam Fethullah Gulen