



Happiness

Introduction

Happiness is an abstract feeling that is very strong in the sense and very much desirable by the human. It is the nature of every person to seek happiness which is defined subjectively as a positive and emotional state. However, Islam has a different version about the reality of happiness and ways to pursue it. We will discuss it at length here.

In order to understand the reality of happiness, we make a refined comparison of higher levels of human needs with the levels of emotions attached to them.

The Logical Comparison

We make a list of all necessary wishes of a man that can make him happy in this life. This list may consist of a luxurious life, big house, library, best food, fancy clothing, and cosmetics, travel and tours, established business, good family and etc. Importantly, the emotional gains which will be regarded as the comfort, the fame, the power, contacts, authority, protocols, and respect will be considered as the major achievements.

The other important aspect which is the ultimate aftermath of all the factors discussed here is the Happiness, Contentment, Comfortability, and peace of mind. This is actually regarded as the ultimate happiness of a man in this world. Whereas, if we look around the world to the people of almost all walks of life who have achieved all those necessary things which are considered as necessary ingredients for the ultimate happiness usually commit suicide out of depression. We can quote the examples of Dale Carnegie, Ali Reza Pahlavi, Chris Benoit, and Robin Williams etc.

If happiness were the necessary result of all these factors which we have discussed, then, why all of these mentioned people committed suicide? What made them so depressed in life to commit suicide? Since they were considered the most accomplished and successful people of the world. Well, what they have gained is actually what is dreamed of by thousands of the people of the world, what factors were involved which led them to commit suicide? We need the answers to these questions.

The Pursuit of Real Happiness

The primary question is we mere the bodies? Or are we mere the soul part? What are we actually? Do we feel the changing emotions due to the imbalance of chemicals inside us? Or mere psychological beings who have feelings attached to every event?

We are human being's composition of both body and soul. Our body can somehow be regarded as a mixture of chemicals, but our soul is a higher entity than a mere body.

The evidence of the existence of the soul in human can be understood with the help of an example, if a super fit soccer player dies immediately in the field, no one can resurrect him what so ever treatment is provided to him. What happened to him while he was quite fit to play this tiring game? We know his soul has departed his body for good. It will never come back into his body to revive him. So, we come up with a conclusion that we are essentially the soul.

The Soul Vs. The body

The reality of human existence is the soul. This body is merely a mean of transportation of our soul. We can regard our body as a vehicle to carry our soul. Hence, the body and the soul are two separate and different realities jointed together, that is known as a human.

There are many needs and requirements that our body always requires from us to fulfill to survive it. Just like our body needs, our soul has also some needs to be fulfilled. Since our body is from the Earth, therefore, everything it needs also belongs to The Earth. Whereas, our soul is from Allah (SWT) and all of its needs also belongs to Allah (SWT). The food for the soul is also from Allah (SWT).

The Standard of Happiness

The standard of happiness lies in the soul. If your soul is contented, you will find an ultimate happiness. If your soul is in peace while you have nothing materialistic stuff in your life, you still feel satisfied and happy. If you are the richest person in the world, but with a restless soul, you will never be happy. If a beggar has a discontented soul, he will remain worried throughout his life.

So, A rich with a contented soul will remain happy. Hence, the ultimate happiness lies in the contentment of soul of a person. If a person tries to make his soul contented with the bounties of the worldly stuff, he will not be able to do it. The happiness of the soul lies in the zikr (remembrance) of Allah (SWT).

In the Quran, Allah (SWT) said,

“Only in the remembrance of Allah (SWT) will your hearts ever find rests.”
[Surah Ar-Rad: 28]

Our soul has a great longing for Allah (SWT). There is an embedded element in our fitrah to return to Allah (SWT). We have several verses from the Quran.

“Whoever does good whether male or female and he is a believer, We will most certainly make him live a happy life, and We will most certainly give them their reward for the best of what they did.” [Surah An-Nahl:97]

“And those, who accepted faith and did good works. They are the people of Paradise. They have to remain there in forever.” [Surah Al-Baqarah:82]

“No doubt, those who accepted faith and did good deeds and established prayer and paid the Zakat, (poor-due) their reward is with their Lord and there is neither any fear nor any grief to them.” [Surah Al-Baqarah:277]

The Promise of Depressed Life

Allah (SWT) said,

“And whoever turns away from my remembrance-Indeed, he will have a depressed life, And we will gather him on the day of resurrection blind.” [Surah Al- Nahl:97]

The people who refuse to see the truth in this world, they will be blinded in the Hereafter also. Allah (SWT) opened various ways for the guidance of human in the world.

Even the Quran will intercede before Allah (SWT) of the people who recite it and act accordingly on a regular basis. Imam e Shafi said, “If a person recites an ayah of the Quran and ponder on it, this act is more reward worthy than reciting the whole Quran”. The Quran is Shifa (Cure) for our souls.