



Top 10 Principles for Peaceful Life



1. Do Not Interfere In Others' Business Unless Asked: Most of us create our own problems by interfering too often in others' affairs. We do so because somehow we have convinced ourselves that our way is the best way, our logic is the perfect logic and those who do not conform to our thinking must be criticized and steered to the right direction, i.e. our direction. This thinking denies the existence of individuality and consequently undermines the Intelligence and Creativity that is only attributed to Allah. Allah has created each one of us in a unique way. No two human beings can think or act in exactly the same way. All men or women act the way they do because Allah has made each one of us different, with different personalities. Be patient with one another, and mind your own business and you will keep your peace.
2. Forgive And Forget: This is the most powerful aid to peace of mind, but also challenging to achieve. We often develop ill feelings inside our heart for the person who insult us or harm us. We nurture grievances resulting in loss of sleep, development of stomach ulcers, and high blood pressure. We further aggravate stress in ourselves by remembering, and reminding ourselves of the very persons that caused us harm. Get over this bad habit. Life is too short to waste in such trifles. Forgive, forget, and march on. Love flourishes in giving and forgiving.
3. Do Not Crave For Recognition: This world is full of selfish people. They seldom praise anybody without selfish motives. They may praise you today because you are in power, but no sooner than you are powerless; they will forget your achievement and will start finding faults in you. Why do you wish to kill yourself in striving for their recognition? Do your duties ethically and sincerely, and only seek the pleasure of Allah through Salah and Ibadah.



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4. Do Not Be Jealous: We all have experienced how jealousy can disturb our peace of mind. You know that you work harder than your colleagues in the office, but sometimes they get promotions; you do not. You started a business several years ago, but you are not as successful as your neighbor whose business is only a one year old. There are several examples like these in everyday life. Should you be jealous? No. Remember, a person's life is shaped by their destiny, which becomes their reality. If you are destined to be rich, nothing in the world can stop you. And if you are destined to be poor, then no matter what you do, you will only be what you are destined to be. Nothing will be gained by blaming others for your misfortune. Jealousy will not get you anywhere; it will only take away your peace of mind.
5. Change Yourself: If you try to change the environment single-handedly, the chances are you will fail. Instead, change yourself to suit your environment. As you do this, even the environment, which has been unfriendly to you, will mysteriously change and seem congenial and harmonious.
6. Endure What Cannot Be Cured: Every day we face numerous inconveniences, ailments, irritations, and accidents that are beyond our control. If we cannot control them or change them, we must learn to put up with these things. We must learn to endure them cheerfully. Believe in yourself and you will gain in terms of patience, inner strength and will power.
7. Do Not Bite Off More Than You Can Chew: We often tend to take more responsibilities than we are capable of. This is done to satisfy our ego. Know your limitations. Why take on additional loads that may create more worries? You cannot gain peace of mind by expanding your external activities. Reduce your material engagements and spend time in prayer, and introspection. It will prevent you from thinking of matters that upset you. An uncluttered mind is a peaceful mind.



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8. Make Regular Dhikr: Dhikr, the remembrance of Allah, calms the mind and gets rid of disturbing thoughts. Try it yourself. If you do tasbeeh, dhikr, whenever you are free, your mind will be at peace during the day. Your mind will not be easily disturbed as it was before. You may think that this will interfere with your daily work. On the contrary, this will increase your efficiency and you will be able to produce better results in less time.
9. Never Leave The Mind Vacant: An empty mind is the devil's workshop. Keep your mind occupied in something positive, something worthwhile and negative thoughts will not plague your mind. Actively follow a hobby, something that holds your interest. You must decide what you value more: money or peace of mind. Your hobby, like social work or religious work, may not always earn you more money, but you will have a sense of fulfillment and achievement. Even when you are resting physically, occupy yourself in healthy reading or mental chanting of God's name.
10. Do Not Procrastinate And Never Regret: Do not waste time in protracted wondering, "Should I or shouldn't I?" You can never plan enough because you can never fully anticipate all future happenings. Value your time and do the things that need to be done now. It does not matter if you fail the first time, so long as you don't leave it for tomorrow. You can learn from your mistakes and succeed the next time. Sitting back and worrying will lead to nothing. DO NOT REGRET. Whatever happened was destined to happen. Why cry over spilt milk?