

# inner

- on attaining qalb in saleem -

# peace



# بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ اللّٰهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى نَبِيِّنَا مُحَمَّدٍ

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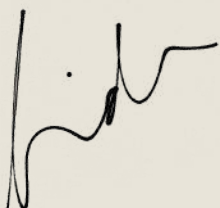
"If it costs you your peace,  
it's not worth it."

Inner Peace is something that we all covet – it is something that you cannot inherit, borrow, or steal. It's priceless, and it's power is life-changing and transformative. I remember reading somewhere years ago that "if you have peace in your heart, then you are the richest man in the world" and that never left my mind.

But what really intrigued me about this concept of 'Inner Peace' is that it is something that the inhabitants of Jannah possess. Allah SWT describes in the Quran that the greeting, or the welcome in the next life is only for one with '**qalbin saleem**' – a sound and peaceful heart (Qur'an 26:89), and if we all want to be residents of His Paradise, then we need to strive to have a qalb that is Saleem, that is at peace.

I am grateful and honoured to present some of the thoughts and reflections on this topic by the beautiful ladies that I am proud to call my Sisters, my Family, my Champions. And it is our intention that through this humble publication, all of our hearts can take one step closer in finding tranquility, Amin.

All good is only from Allah, and all mistakes are entirely mine.





WHAT IS  
INNER PEACE  
*to you?*



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# WHAT IS INNER PEACE TO YOU?

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We asked you what was your definition of 'Inner Peace' and here are some of your answers.

## 1 – Contentment and Gratitude

A number of you associated inner peace with having the feelings of contentment and gratitude, **no matter the circumstance**. That despite the chaos that is swirling in the outside world, when one remains grounded and anchored with gratitude, inner peace will settle in one's heart.

This is important to remember as life can be a mix bag – some days (and some months, even) are not exactly a walk in the park. But remembering the countless of blessings that Allah SWT has so generously pour unto us can be the lifejacket that we need to help us tide through any rough storms. Gratitude is the cure to all anxiety, just like how the remembrance of Allah is the cure to tired hearts.

Being full and content with where exactly we are in our lives also contributes significantly to our inner peace. We need to understand that Allah SWT's plans for us are always pregnant with wisdom and purpose and we are exactly where Allah SWT wants us to be.

So, breathe. You are needed right here, at this very moment, and you also have all that you require, to get through today.





## 2 – Clarity & Trust in Allah

The second component that most of you attribute to having inner peace is having a clear understanding of the Qadr (Decree) of Allah and having full Yakeen and Trust in Him.

When one holds on to the Truth that Allah SWT has absolute and perfect control over everything in our lives, the easier it will be for one to fight off the anxieties and worries that might burden one's day to day thoughts. One of the Champions shared, "If you can trust the bus driver to take you to your destination, and you can sit back and relax on your commute without worrying if he should have turned left or right, why can't you trust Allah SWT, the One Who has Full Knowledge about everything, the One Who Loves you most, to take perfect care of your life?"

A lot of us struggle with having inner peace because we don't understand how powerful it is to be able to have full trust in Allah SWT.

### 3 – Submitting & Surrendering to Allah SWT

This factor is arguably the most difficult to do, but will, without a doubt, immediately heighten your inner peace.

Like one of the Champions shared, "When I live my daily life according to the commandments of Allah SWT, and I strive to submit to Him, to be the best slave that I can be to Him, then I will feel this calmness and peace within me. That even if the world isn't happy with me, I'm still at peace knowing that In Sha Allah, Allah SWT will be pleased with me, **and that is more than enough.**"

When you carry out your life submitting to Allah SWT and then surrendering all of your affairs to al-Alim (the Most Knowing) and al-Wadud (the Most Loving), the lightness that you feel in your heart is simply indescribable.

Surrendering to Allah SWT is essentially us giving away all of our doubts, flaws, insecurities, problems, anxieties, worries, mistakes, and anything that has been burdening us to the One who holds the Key to all Solutions and Power.

And there's nothing more freeing than falling into complete neediness to the One who loves to be asked.





## 4 – Solitude + Reflection

Another noteworthy definition of what Inner Peace is to some of you was having ample time for solitude and deep introspection. To be able to quiet not just the bustle of life, but also the chatters of your thoughts. Some of you also mentioned that inner peace is when you can enjoy your own company, in the dark, being unflinchingly true to ourselves.

And when priceless moments of Solitude happens, the beautiful by-product of that is being able to deeply reflect and digest the signs, lessons and reminders that Allah SWT is constantly giving us. And when the soul gets "fed" with quiet contemplation, the heart and the mind will in turn also get to enjoy inner peace, In Sha Allah.



**WHAT AFFECTS YOUR  
INNER PEACE**  
*negatively?*



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# WHAT AFFECTS YOUR INNER PEACE NEGATIVELY

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We asked you what are some of the things that depreciates the level of one's 'Inner Peace' and here's a round up.!

## 1 – Sins

Personally, this is one of the biggest factors that disrupts my Inner Peace and most of you agree and could relate to this as well. Transgressing against Allah SWT and His commandments affects our inner peace because everything that He has forbid us to do is for our own good and going against that brings us nothing but harm.

It is the fitrah (natural inclination) of our hearts that it is attracted to light and goodness so when we engage in sins, it taints our heart and affects the level of peace. When we sin, our faith and Iman also takes a hit, and this, unfortunately, will affect other forms of our worship, such as being late or missing prayers, feeling anger, envy and resentment, which are all diseases of the heart, and being distracted and disconnected from Allah SWT.

## 2 – Negative Self Talk / Self-Sabotage

Another pressing reason that disturbs one's inner peace is incessant negative self-talk. The words and vocabulary we use to speak to ourselves tremendously affect the state of our hearts. If we are constantly putting ourselves down, complaining, and saying we are "not good enough", it cripples our confidence and that negatively influences our inner peace. The main trigger points for this are: spending too much time on Social Media and comparing one self with others.



### **3 – Overthinking**

One of the other big barriers that stands in one's way of attaining inner peace that most of us struggle with is overthinking. Whether it be caring too much of what others are saying or thinking of you, worrying too much about the future, or regretting past decisions, this act of excessive dwelling doesn't just affect your inner peace, but can incapacitate you.

### **4 – 'Running on Empty'**

When we are sucked into the hustle and bustle of day to day life and not take the time to re-charge, whether spiritually, mentally, or physically, 'burn out' happens. Unfortunately, we are all no stranger to that concept especially in this modern day and age, where things are constantly "go, go, go" all the time. When that happens, we find ourselves drained and our inner peace will inadvertently also run on empty.



**HOW CAN WE  
IMPROVE OUR**  
*inner peace?*



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When you feel your heart is malnourished and in disarray, feed yourself with as many sources of **barakah** as you can. Sit in the banquet of Allah's immense blessings and keep the company of His Beloved and His Friends, and your heart will find lightness and tranquility again, In Sha Allah.

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# HOW CAN WE IMPROVE OUR INNER PEACE

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Coming to the most important part of the discussion, we then asked you what do you do to attain the much coveted sense of peace. Here's a list of your wisdom.

## 1 – Spiritual

- Stay in Sujood for as long as you can, pouring out all of your thoughts and worries into the reassuring embrace of your Rabb.
- Send Selawat unto our beloved Rasulullah SAW. Find comfort in the beautiful memory of a blessed man SAW making dua for you all night long till his tears soak his beard, SAW.
- Busy your tongue with Zikir – the act of repeating Duas and Allah's Names and being in remembrance of Allah SWT shines light to a dark and troubled heart. Do this anywhere, anytime.
- Renewing one's intentions – take the time to sit down and ask yourself why do you do the things that you do. Connect it all back to Allah as He is the One who possess all Strength and Power and it's only in Him that you can be recharged and reminded of your true purpose.
- Run back to the Quran – the Book of Answers, of Healing, of Reminders. Whenever possible, recite the beautiful Ayahs and read the translation alongside it. If that's not possible, listen to it. Take comfort in the fact that these words are from Allah SWT Himself, sent directly to you.
- Repentance. With the blessing of awareness that Allah SWT has bestowed on you, strive hard to remove yourself from engaging in sins by first coming back to Allah SWT with sincere repentance. There is no shame in admitting your sins with Allah SWT, only strength and love.



## 1 – Spiritual (Contd)

- Rise in the early hours of the night for Tahajjud – a prayer made during this time is like an arrow that never misses its target. (Imam as-Shafi'i)
- Engage in acts of Charity as it "extinguishes sin as water extinguishes fire." (Tirmidhi)
- Strive to always be in a state of Wudhu as it acts as a shield / protection.
- And of course, make plenty of Duas for Allah SWT to grant us inner peace. To ask from Allah SWT, al-Karim (Most Generous), to expand our chests, pour light in our hearts, and to remove all forms of darkness and ill feelings.



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In the heart are disorders that cannot be remedied except by responding to Allah. In it is a desolate feeling that cannot be removed except by intimacy with Him in solitude. **In it is sadness which will not leave except by happiness with knowing Him.** In it is anxiety that is not made tranquil except by gathering for His sake and fleeing to Him from His punishment. In it is a fire of regret which cannot be extinguished except by satisfaction with His commands, prohibitions, and decrees, and embracing patience with that until the time he meets Him. In it is a strong desire that will not cease until He is the only one who is sought. **In it is a void that cannot be filled except by His love, turning to Him, always remembering Him, and being sincere to Him.** Were a person to be given the entire world and everything in it, that would never fill the void.

- Ibn Qayyim

## 2 – Self + Solitude

- Make it a daily habit to start your day with positive affirmations such as, "I am Allah's and He has given me everything that I need to get through today. Everything will be more than OK!"
- Set boundaries – take back control by setting healthy boundaries with the people around you. This will allow you to interact with respect and kindness, but without giving other people the ability to affect or control your thoughts and state of mind. If certain individuals affect your inner peace, feel free to mute / unfollow / block or just take your time away so that you reclaim your peace.
- Spend time in Solitude – when it's just you and Allah SWT, it's easier to slow everything down and silence the voices in your head. Keep your phone away, and just be present in the moment.
- Honour the time that you have with yourself and Allah SWT by being present and vulnerable with your Majestic Company. Steady your breath, close your eyes, and just inhale and exhale with every Zikir of "Allah". Cry everything out to Him.





### **3 – Productivity**

- As "unromantic" as it sounds, being productive, disciplined and having a routine helps a lot with our state of inner peace.
- One of the best ways to increase productivity is to pray on time. There is wisdom in the timings of our Prayers and if we are having regular and consistent check-ins with our Rabb, our hearts will also be spiritually full and happy.
- When you take an extra effort to have a schedule and plan your time, you can also prevent "burning out" as you'll be able to schedule ample time off to re-charge and recuperate.
- Schedule your day around the 5 daily prayers – when you take care of Allah's Rights, He takes care of your affairs in this world and the next!

A decorative border of green leaves with water droplets frames the page. The leaves are dark green and have a glossy texture, with small, clear water droplets scattered across their surfaces. The leaves are arranged in a way that they appear to be part of a larger plant, with some leaves overlapping others. The background is a plain, light color, making the green leaves stand out.

## 4 – Rest in Nature

- Spending time around Nature and appreciating its beauty does wonders in bringing peacefulness in our hearts.
- Take a pause and rest when you are feeling too overwhelmed. Gaze up towards the skies and the clouds and just let your heart, mind, body and soul breathe.
- Being near the sea and listening to the sound of waves helps as well. Our beautiful Mother Nature is the original ASMR and the best part? Every single thing in Nature is actually making Zikrullah. They are all remembering Allah SWT, and perhaps that is why we immediately feel at peace around nature.

## **5 – Activities to Do**

- Focus on your breath and smile for a minute straight!
- Spend time and surround yourself with companions who will remind you of Allah SWT
- Listen to podcasts / watch videos that will uplift you and remind you of Allah's Mercy and Love
- Go on a Phone + Social Media Detox
- Wake up early and seek Allah's company from the crack of the dawn, talk to Him and set your goals for the day
- Journal your reflections down at the end of the night to offload heavy emotions and thoughts
- Sweat it out and take part in your favourite outdoor activity. The perks and benefits of exercising is endless
- Daydream about Jannah - imagine meeting Allah SWT and Rasulullah SAW for the first time, and being re-united with the ones you love in this world

## final words:

I shared in our first initial discussion that there are three things that affects my inner peace: being in sin, the effects of social media, and being overly concerned about the thoughts of other people.

But Allah SWT is Most Generous and Most Merciful as He has given me a whole lot more than 3 ways to reclaim and instil inner peace in my heart, as this humble PDF has proved to show.

Whatever ways it is you choose to do to protect your Inner Peace, I pray that may Allah SWT allow you the strength and discipline for you to constantly include it in your daily routine.

May we all be people with Qalbin Saleem, and as much as we protect our own Inner Peace, may we also not be the cause of someone else's inner peace being waned.

Like Rasulullah SAW said, **“Spread peace and you will receive peace.”**

A handwritten signature in black ink, appearing to be 'Khalid', located at the bottom left of the page.