A Balanced Life

Those who follow the covenant of Allah are guided, and those who don’t are misled and misguided.

The Yahud and Nasara were the ones with knowledge in the time of Al-Jahiliyah, but they hid so many facts which were mentioned in their Divine Books. These books contained the characteristics of the Prophet Mohammad صلى الله عليه وسلم, but they still denied him.

The Qura’an tells us about their deceit. The Qura’an is summarized, much shorter than the Tawrah and Injeel, because it contains only the important details, those facts which there is a wisdom in being repeated. The Qura’an is nur, a light, and so clear. We must believe what Allah tells us.

Allah guides people with the Qura’an, it comprises of His words. The Qura’an is a light which enlightens your life, showing you right and wrong. Only those who are connected to Allah will be guided by it. When you follow the pleasures of Allah, this is an intangible connection.

When you focus on what pleases Allah, He will guide you to the path of peace, سلسل السلام. We must always thinking of pleasing Allah. This is the way to peace, taking you to safety, to Jannah, safe from all the punishment. The path of peace is with acquiring knowledge and applying it. This leads to peace, at the time of death, in the grave, in the Day of Judgement. You will be out of the darkness of misguidance.

The straight path is the way of peace. This is one track, laid over the Fire, sharper than a sword, thinner than a strand of hair. You must be so cautious and balanced when you cross it. When you lead a balanced life, following the commands of Allah, you will be able to shrug off unimportant matters.

We cannot see Allah, but when you invoke Him, you are connected to the universe. Du’a is your connection with Allah, it is His command. Du’a will bring a balance to you. When you ask others, this is imbalance.

Du’a gives comfort and peace. It expands your chest. When you make du’a for someone in their absence, this perpetrates and...
strengthens love between you. This love makes you happy. We all need love in our lives.

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The du’a has some requirements. Make the du’a with humility, feeling in need of Allah. Your earnings must be lawful. Eat good food. The believers are more worthy of eating good food than the disbelievers, because they have a great mission, to worship Allah. All worship is du’a, whether it is prayer, fasting, hajj. All forms of worship are in themselves du’a.

Seek the times when the du’a is accepted, such as in the last ten nights of Ramadan, before breaking the fast, before fajr, between the adhan and iqamah, in the last third of the night, in sujood, during rainfall.

Positive thinking will make you reach your target. Bring this positive thinking to your du’a. Control your thoughts. The shaitan wants you to have bad thoughts. This is self programming. Rely on Allah. Your brain will store your feelings and make them memories. So don’t programme your brain with negativity. Negative thoughts are like trying to drive your car with the hand brake engaged, you won’t move forward. If you think positively, your du’a will take you forward.

Positive thinking is firmness of the heart, a reason for happiness, and strength to control our thunking, leading to happiness.

People attend courses for positive thinking. If you want to get rid of negativity, write down all the negative things that have happened to you on paper; this will make you detached from it. Then you can reprogramme your mind with positivity.

Be sure that Allah will only of what is good for you. Don’t spread negatively, it is contagious. Remove it from its root. Don’t look at the negative experiences of others and project them into your life.

Be easy going, pardon and forgive people. Etch the good that people did to you in stone, so that they last forever, and all the negative things on sand, so that the tide washes them away. This will clean your heart.

To forgive others is the character of the messengers, and we must struggle to follow their example. The more you think about a negative incident, the more it sinks into your heart, making it difficult to erase. Don’t worry about your rights, they are preserved with Allah, He will take care of them. Of you don’t get them in dunya, you will get them on the Day of Judgement. People can only harm themselves with their evil actions.

There is a pleasure which you will feel when you forgive and pardon others. Revenge is cold comfort. Search in your memory banks, and delete all your negative files with the click of a button; they are not worth retaining. Keep only a clean and pure heart.

Take care of your body. Your energy comes from لا حول ولا قوة إلا بالله. Allah will give you the power. Eat nutritious and beneficial food. Have a balanced diet, with all the food groups, but remain in moderation.