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| A PATH TO HAPPINESS  September/1st/2010  *By Mabrouka Fawzi Tajoury* |

A PATH TO HAPPINESS

**Happiness**

Happiness! Ask people what happiness means to them and you get many answers. Happiness could mean different things to different people. It comes in different shapes and sizes. Some are expensive to get, some cheap, and some for free. It could be spiritual or in materialistic things. In short, there are many ways in reaching it and this is one way, inshAllah.

**Permanent Happiness**

Happiness in general is most of the time ‘temporary’, because no normal or sane person walks around 24/7 happy. So to not be ALWAYS happy is actually TOTALLY normal.

**I want to be Happy**

You have to put in mind that happiness doesn’t come to you; you go to it. Basically, in order to receive happiness and a sense of peace, you have to work for it; you have to work on yourself.

Steps towards real Happiness

We have one goal and that is ‘Happiness’. This is the BIG goal. However, in order to reach it, you have to take steps. These steps are the aims. In order to get to the highest level, we have to walk up the stairs because there is no such thing as ‘abracadabra you’re fully happy’! You can’t just fly to the highest level.

**[1] - Analyze Yourself**

There are three critical aspects which you need to consider while you are on the path to happiness.

- Personally: self-esteem, physical appearance, & family ect.

- Socially: friends, neighbors’, school/ university, work ect.

- Spiritually: religion (relationship with Allah/ Sunnah/ Quran) ect.

Ask yourself:

* Are you fully happy with everything personally?
* Are you fully happy with everything socially?
* Are you fully happy with everything spiritually?

Write down the aspects that you feel your not fully happy with (for ex; family or work). Next to each aspect write down the solution and work on fixing them.

For example;

* *Family: your not respecting your parents – solution: respect them*
* *Work: you’re lacking in work - solution: pick yourself up and give 100%*
* *Friends: you upset one of your friends – solution: apologize, say sorry.*

**No Solution**

There are some things that you cannot fix or resolve. Well if you can’t find a solution for what makes you upset then the following will inshAllah help you:

* Pray to Allah that may He help you in solving them.
* Have FULL TRUST that Allah will guide you and believe me, Allah will!

**[2] - CleanYourself**

It is you that wants to be happy and happiness cannot come to you until you remove the sad darkness within you. If you want a house to be clean you don’t buy new furniture and put it in but you clean the house ‘first’ then buy new furniture.

Its refresh then restart!

Therefore, you have to clean you; you have to polish from the inside out. Start cleaning the heart, because when the heart is clean your whole life will be clean, inshAllah.

* Purify your soul; feel like a soft feather and repent – ask Allah the most forgiver to forgive you. For when you do this, it is like giving permission to yourself to smile. Because NO true person would like to smile to the world when they know that they have done wrong. However, by seriously repenting to Allah and TRUSTING He will forgive you, you have then washed your soul clean and the fundamental base of happiness is a soul that Allah is pleased with.

**[3] - Fight Yourself**

Face yourself and fight your inner self of sad darkness. You can’t just buy ‘things’ to fill the void, or ignore your inner sadness – DON’T cover the emotions of pain, sadness, hurt . . . because these emotions will always boil up again. Rather you have to face yourself, fight your pain.

* Struggle with yourself and keep away from ‘wrong’. Keep away from what displeases Allah.

For example;

***\*****Stop saying bad words and say words which please Allah for angles flutter around those who say righteous words;* ***\*****if you have a girlfriend(boyfriend) leave them for they are only silly fitnas of this life, they distract you from light from the road towards right (when you choose to have a girlfriend or boyfriend then you are choosing wrong – so who do you follow the devil your enemy or Allah who only wants the best for you?);* ***\*****stop smoking for this is perfume that attracts the devil and shuts out the angel (smoke attracts illness and closes on health; smoke attracts death and shuts out life; smoke attracts your enemy Satin/devil and displeases Allah). . .ect.*

* Do good deeds. This will help you feel content inshAllah.

For example;

***\*****Give money or clothes to the poor;* ***\*****clean the kitchen/house for your mum;* ***\*****sit and talk with your dad;* ***\*****say assalamualakum every time you meet a Muslim;* ***\*****give water to the animals; buy a gift to your parents/righteous friend;* ***\*****buy a Quran and give it to the masjid;* ***\*****call an old friend and ask about them;* ***\**** *visit a relative and give them a small treat like a box of chocolates . . . ect.*

From myself to you, from one soul to another, this life on earth is just a test; a small journey that will soon end both for me and for you. If you can stop focusing on yourself and your life and zoom out. Zoom out of yourself and view the world as it is. Tune yourself to life and if your tuning connection is right, you will find that every soul, whether *young/old/tall/short/black/white* ect. ; basically every human soul struggles.

Why do we struggle, why pain and darkness not just for yourself but for others too? Well life like I said is merely a test. Our obstacles or struggles are questions and our lord, Allah almighty is testing you. The more patient and steadfast you are to struggles the more higher you increase your rank in paradise – inshAllah.

And remember to enter heaven with all its amazing luxuries costs; it doesn’t come for free so it costs a lot. You don’t enter it with money but with righteous actions, patience, purity ect.

Do not walk around earth asking yourself, *‘How can I be happy?’* However, ask yourself, *‘How can I male Allah happy?’* because when you please Allah, then Allah will be pleased with you and when Allah is pleased with you, He will therefore send peace and nour to your heart and these my friend are the best ingredients for happiness.

So smile and don’t let darkness turn you blind to the abilities that you can reach, to the righteous person you can become. Don’t view struggles as something which pulls you down but look at it as something which you can store as useful experience. Unconsciously without you knowing we humans learn from our problems and various obstacles. We grow a layer of inner strength, we drink more wisdom, and gain happiness if we become more patient – inshAllah.

May Allah almighty place a smile on every sad Muslim and guide everyone towards the righteous path.

**Always be aware that Allah is watching you. The actions you do are your actions so make them righteous. Now that death is coming so do not attach yourself to this world. And to achieve eternal happiness always do what pleases Allah and make Him happy and He will shower you with rewards and tranquility – inshAllah.**

By Mabrouka Fawzi