




**Tranquility  
Something Only  
Known to People  
Committed to Salah**



Tranquility,  
Something Only  
Known to People  
Committed to *Salah*

Fear and  
withholding  
are inherent in  
human nature

- A human, by nature, worries and becomes impatient when faced with adversity, and stingy and reluctant to give when prosperity comes their way. Allah (Blessed and Exalted be He) says in His Noble Book: **“Indeed, humankind was created impatient; distressed when touched with evil, and withholding when touched with good—except the observers of *Salah*.”** (Qur’an 70:19-22)
- Any human on the face of the earth, in any place and at any time, has these two qualities; extreme anxiety and grief during hard times, and extreme miserliness and close-fistedness during easy or prosperous times.
- Allah, the Magnificent and Exalted, excludes those who pray from this moral weakness. Tranquility is known only to people who are regular in *Salah*.

- 
- Belief in Allah, the Glorious and Exalted, and constant communication with Him, transforms and elevates the nature of the human soul, and dispels its disquietude and fears. It makes the humans trusting, peaceful, generous and serene; exhibiting steadfastness during hard times, without complaining, impatience, or panic. They see Allah's Hand managing this universe, bringing nothing but wisdom, goodness, and prosperity. And so their hearts are at peace, regardless of whatever good or evil may happen to them.
  - A good relationship with Allah, continuous mindfulness of Him, and maintenance of *Salah* in a proper manner that fulfills its intended purpose and meets its intellectual, emotional, psychological, spiritual, and physical conditions make the people who pray immune to these two negative behaviors; namely, to become very anxious and distressed when something bad happens, and very niggardly when something good happens. In fact, these two behaviors are the triggers for most troubles and illnesses of the soul.

(Adapted from Dr. Ratib Al-Nabulsi)