



I have many friends who are Muslims and they always seem to be happy and they don't have all the 'gadgets' that I do yet I'm not always happy like they are. I notice the covering of the woman for protection and the dress of the male and they have smiles on their faces even though there's so much conspiracy against them - is there something in Islam which makes a Muslim always happy?

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
السَّلَامُ عَلَیْكُمْ وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهُ

I discuss this based on the premise that a Higher Being exists, a God, in Arabic, Allah.

A human has been created, or has within if we take a non-creationist view to human origin, certain innate needs like food, warmth and to procreate, to name a few. However a human is not just the material, physical being that you and I see when we look into the mirror. There is 'something-else' which makes you who you are. We can call this the mind, the heart, electrical impulses in the brain or according to our premise the 'soul'.

Now the body has needs as I have highlighted

- It needs to eat, if not it will die.
- It needs to sleep, if not it would eventually collapse.
- It needs to procreate; otherwise its species would die.
- It needs to defend itself otherwise it would die.

However, what causes sadness, grief, despair and depression – the death of Gary Speed is still fresh in our minds. A handsome, young, healthy, affluent, successful man with a young family and loving wife and yet he was not happy to carry on living this life.

So once all these physical needs are met shouldn't we be happy? Isn't that what we are told – get a good job, keep healthy, get a house, marry, have kids and then retire and you will be happy. Or are we told that the next stage of our life will be better than the one we are in now – leave school and get a job things will get better, or get married and have a family then things will get better or retire, but the problem is we retire but we are ill so we preferred our married life, or we get married and we are arguing and fighting all the time so we preferred our school life, or we are getting bullied and picked on at school. I guess the womb wasn't as bad as we originally thought – floating about in a comatose state!



The soul – well it also has needs but not like the body

- It likes charity so it doesn't become greedy.
- It likes to worship a being greater than it so it doesn't become arrogant.
- It likes to work hard and earn so it doesn't have to rely on others.
- It likes to be kind and merciful so it doesn't upset others.

So we can see that the sustenance of the soul is very different than the sustenance of the body. The soul needs other items to survive and it requires a reduction in those items the body requires.

God states in the Qur'an – The Final Revelation to Mankind after the Book of Moses and Jesus, which in fact came to replace them, in Chapter 13; Verse 28:

*Take heed, by God's Remembrance are hearts content and reassured.*

Now based on our premise if a car manufacturer produces the manual for a car he has built then he knows best how to get the optimum and correct performance from the said vehicle. Therefore God as the manufacturer of the human species states it clearly how we can be happy and content.

Remembrance of God can be achieved through many ways from smiling at a person walking down the road to taking a pilgrimage to Makka.

In summary and answer to your question it is Islam itself which makes Muslims happy. The fact that they believe in Predestination, the concept of submitting one's will to God's Will and striving to achieve and not to despair – all these are the pillars of Islam

وَاللّٰهُ اَعْلَمُ وَعِلْمُهُ اَحْكَمُ وَ اَتْمُّ