

## Real Happiness and Inner Peace

**Description:** How Islam defines true happiness and peace at heart.

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Real happiness and peace can be found in submitting to the commands of the Creator and the Sustainer of this world. God has said in the Quran:



**"Truly, in remembering God do hearts find rest." (Quran 13:28)**

On the other hand, the one who turns away from the Quran will have a life of hardship in this world. God has said:

**"But whoever turns away from the Quran,[\[1\]](#) he will have a hard life, and We will raise him up blind on the Day of Judgment." (Quran 20:124)**

This may explain why some people commit suicide while they enjoy the material comfort money can buy. For example, look at Cat Stevens (now Yusuf Islam), formerly a famous pop singer who used to earn sometimes more than \$150,000 a night. After he converted to Islam, he found true happiness and peace, which he had not found in material success.[\[2\]](#)

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Endnotes:

[\[1\]](#) i.e. neither believes in the Quran nor acts on its orders.

[\[2\]](#) The present mailing address of Cat Stevens (Yusuf Islam), in case you would like to ask him about his feelings after he converted to Islam, is: 2 Digswell Street, London N7 8JX, United Kingdom.

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