

Smiling, Anger and Mindfulness in Islam and their Connection to 21st Century Neuroscience (part 2 of 3): Control your Anger

Description: Twenty-first century studies and research confirm Prophet Muhammad's advice that it is beneficial to control your anger.

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It has long been understood that the Quran and the authentic traditions of Prophet Muhammad, may the mercy and blessings of God be upon him, often have scientific explanations. These facts become even more apparent and fascinating when we look at some of the traditions we practice in the light of the latest psychological and physiological findings of the 21st century. In part 1 we looked at the science behind smiling and found that a tradition we practice with ease actually has numerous benefits ranging from how it makes a person feel, to contributing to a cohesive well-bonded community. In this article, we will examine the traditions related to controlling anger.



In one of his most well-known traditions, Prophet Muhammad said, "Whom among you do you consider a strong man?" They replied, "The one who can defeat so-and-so in a wrestling contest." He said, "That is not so; a strong man is the one who can control himself when he is angry."[\[1\]](#)

We learned in part 1 that the muscles we use to smile lower the temperature of the blood flowing to the brain. Research tends to suggest that the opposite is also true. The muscles used for frowning, an expression associated with anger and other such negative emotions, causes the temperature of the blood flowing to the brain to rise. A warmer brain produces more negative emotions.