IMRA'ATUN MU'MINA

Week Two: Qana'ah

Focusing on the principles of a life of satisfaction

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01

What is Qana'aah?

"Whosoever acts piously whether male or female and is a believer, we shall grant him HAYATAN TAYYIBAH (a Pure Life) and shall reward them the best of all what they had been performing (in their lives)".
The Ulema have described a 'wholesome life' as a life of satisfaction.

In a world of constant want and needs that can never seem to be fulfilled - we understand that marketing companies around the world have studied and built successful companies on the simple formula of dissatisfaction. In the past we were fed glossy magazines and glossy hair ads that promised us that our own hair **was never going to be enough** - now in the world of social media and technology every ad and every picture is geared to create dissatisfaction.
You might try out a recipe online and somehow it never is as perfect or as tasty as the one in the picture.

The Prophet (s) explained satisfaction as:
القناعة مال لا ينفد
" wealth that never runs out "
The Prophet (s) was asked regarding satisfaction and He replied:
لا بأس مما في ايدي الناس واياكم والطمع فانه الفقر الحاضر
There is no worry/desire with what is in the hands of people - and be careful of greed, for it is the present poverty.

02

When worries never seem to go away..

قال فضيل : من رضى بما قسم الله له بارك الله له فيه

Fudail (ra) has said: "Whoever is pleased with that which Allah has decreed as his portion - Allah will grant him barakah in it."

Once a young man went out in search for his rizq, whilst he was walking he felt faint so he took rest and whilst he sat he looked around and his eyes fell on a wall with the following inscription:

اني رايتك قاعدا مستقبلي
فعلمت انك للهموم قرين
هون عليك وكن بربك واثقا
فاخو التوكل شأنه التهوين
طرح الاذى عن نفسه في رزقه
لما تيقن انه مضمون

"I see you sitting in front of me
So i knew that you are a companion full of worries
Take it easy on yourself and be confident in Your Rabb
For the brother of tawakkul has ease in all his matters
He removes all difficulty and worry in obtaining his sustenance
When he becomes certain that it is guaranteed"

The young man returned home and decided to learn how to trust Allah completely.



Sa'd ibn Abi Waqqas (ra) advised his son:
"Oh my beloved Son , when you search for wealth , then search it in satisfaction, for it is without a doubt a wealth that never comes to an end. And beware of constant want - for it brings constant poverty.

03

What is Life Satisfaction?

Isa (as) said: "Look at the bird,she sets out in the morning and the evening and does not carry any food with her. She doesnt plant , or cultivate land and Allah provides for her. But if you feel that your stomach is bigger than that of a bird, then look at these wild animals, and cows and donkeys - they do not plant or plough yet Allah sustains them".

Life satisfaction is a bit more complex than it seems; the term is sometimes used interchangeably with happiness, but they are indeed two separate concepts. Life satisfaction is the evaluation of one's life as a whole, not simply one's current level of happiness.

"Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as a whole. In other words, how much the person likes the life he/she leads"



04

Is There a Difference Between Happiness and Life Satisfaction?

العبد حر ما قنع والحر عبد ما طمع

"The slave is free as long as he is satisfied and the free one is a slave so long as he is filled with constant want"

Although related, happiness and life satisfaction are not the same thing.
Happiness is an immediate, in-the-moment experience; although enjoyable, it is ultimately fleeting. A healthy life certainly includes moments of happiness, but happiness alone usually does not make for a fulfilling and satisfying life.

The Importance of Life Satisfaction

Not only does greater life satisfaction make us feel happier and simply enjoy life more, it also has a positive impact on our health and well-being.
Research has found that life satisfaction is strongly correlated with health-related factors like chronic illness, sleep problems, pain, obesity, smoking, anxiety, and physical activity (Strine, Chapman, Balluz, Moriarty, & Mokdad, 2008). The relationship may move in both directions, but it's clear that life satisfaction and health go hand in hand–increase or enhance one, and the other will likely soon follow.



05

Some effects of constant lack of life satisfaction

العبد حر ما قنع والحر عبد ما طمع

"The slave is free as long as he is satisfied and the free one is a slave so long as he is filled with constant want"

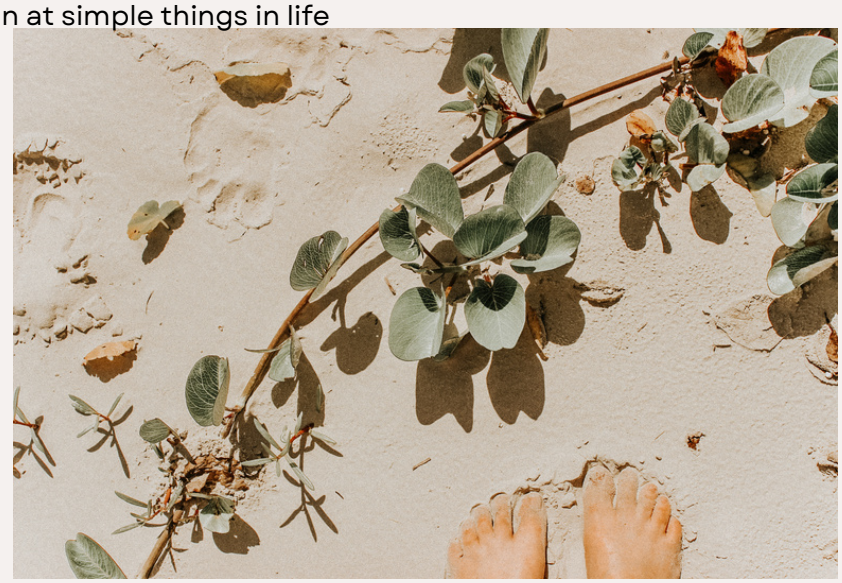
You find yourself in this constant loop of trying to make changes and then falling into a slump. You try to break out of those moments of sadness or that feeling of being stuck - but before you know it you feel ovewhelmed once again. We might be uttering the words of praise with our lips but often our bodies tell us what we feel deep in our hearts.

- Chronic pain of our bodies especially constant headaches and numerous doctors appointments that yield no change to your health is a telling factor with regards to life satisfaction.

- A constant sense of doom and complaints that does not allow one to find joy - every moment is full of worry that the next might be a huge insurmountable problem

- Constantly snapping and taking issue with your close ones.

- A sense of deep irritation at simple things in life





Stef One:
look at your life through the lenses of a vlogger

We tend to become tired of the things that we see everyday and then the new glossy things seem so much better- open up your cupboards and take pictures of things and see how different they appear to you through the lenses of an online gloss.



Step two:
Finding joy in the little things

Happiness is always focused on massive moments and grand gestures- yes a deep contentment and satisfaction comes from the total enjoyment of the little everyday pleasures. A cup of Coffee(or tea!) in a favorite mug. A book that brings joy - a surah or a dua that brings deep joy. Write down your simple joys and build them into your life.



Step three:
Constantly ask Allah to bless you with a deep satisfaction

اللهم قنعني بما رزقتني وبارك لي فيه

Oh Allah grant me complete satisfaction with that which you have granted me in sustenance and bless me in it.

This Duaa allows you to recognise that when you feel dissatisfied it is with the things that Allah Himself chose for you.



Stef Four:

Build social interactions into your life to create moments that you look forward to

Allah has made it that social interactions bring calm and joy to our lives. often in undermining these we remove the joy that our close ones bring to our loves.



Step Five:

New experiences versus old experiences

The past can always seem much more romantic than it really is .



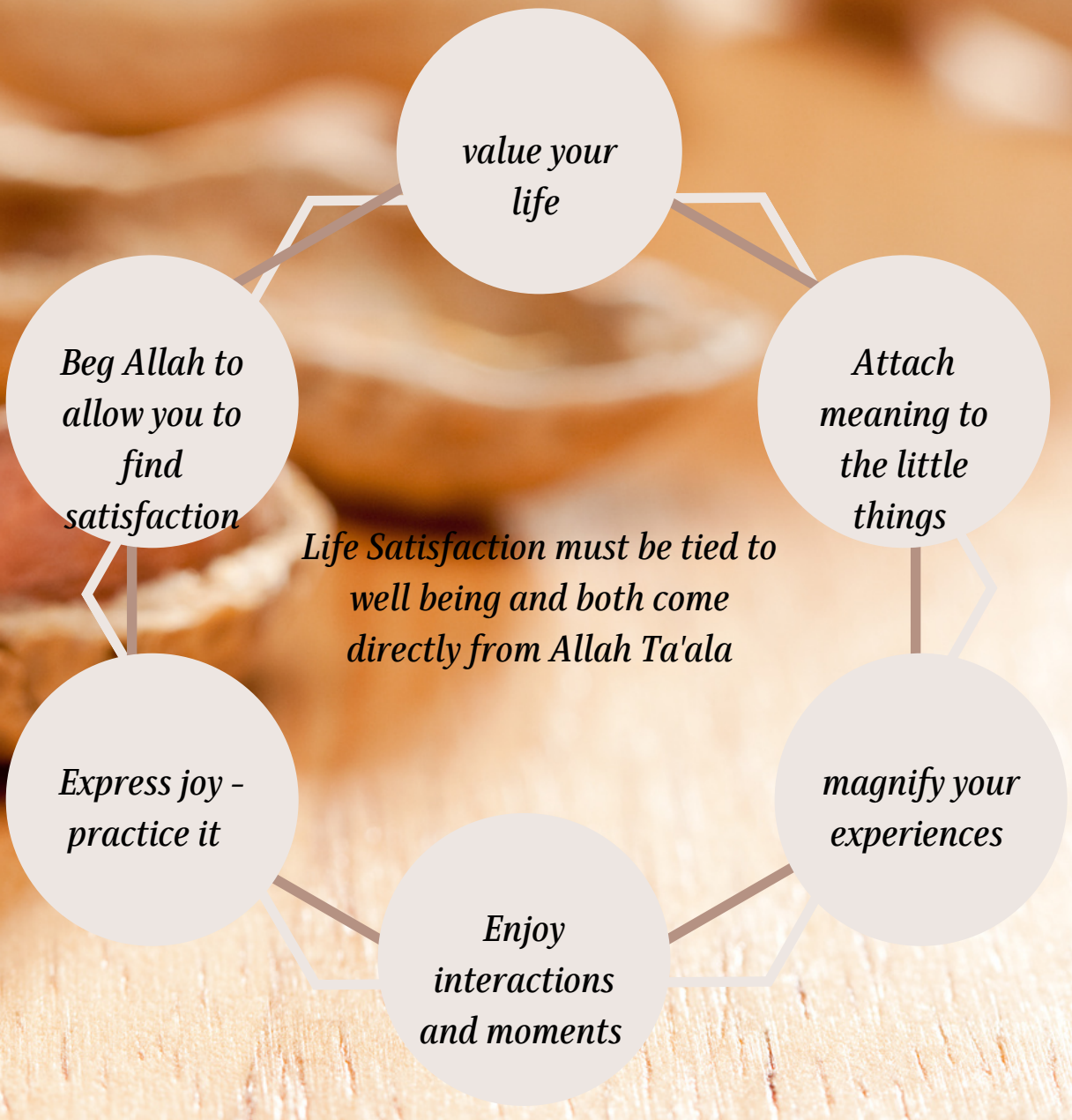
Step three:

Positively re-tell your store

.The story that we tell ourselves about our loves matters.
.Reframe it with positivity to remove the victim mindframe

Satisfaction + Shukr

This is an active choice to change the lenses with which we view life.



In Conclusion

look at all the things that you have owned over the last ten or twenty years- most of it you have outgrown , you have no idea where they have ended upor you no longer enjoy them. You prettzymuch outgrew so many wants and desires- yet right now you have.a mountain of wants and a mountain of lists that all seem to be the centre of your life .

Wants control us. Having things that benefit and create beauty and fucntion in our lives is NOT against the principles of gratitude and satisfaction. It is the drwoning of our hearts in these wants that create a deep sense of longing and constant dissatisfaction that never allows us to find contetment.

"WE TEND TO FORGET THAT HAPPINESS DOESN'T COME AS A RESULT OF GETTING SOMETHING WE DON'T HAVE, BUT RATHER OF RECOGNIZING AND APPRECIATING WHAT WE DO HAVE."
FREDERICK KEONIG

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