

Good News

'...And give good news to those who do good (to others)' – Holy Quran 22:37

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What Makes People Happy

Compiled by Ebrahim Mohamed

Then as to those who **believed and did good**, they will be made **happy** in a garden – Holy Quran 30:15

In a study done by Professor Sonja Lyubomirsky, a psychologist at the University of California, she points to 12 things that people do differently to increase their levels of happiness and, interestingly, none of it is about material wealth. Materialism does not feature because it has been proven to be of relatively short-lived joy. Whilst her studies are based on scientific research, the 12 points she highlights

espouse moral principles one will come across in most religions of the world. So what, according to her research, are factors that will make people happy?

1. **Express gratitude.** When you appreciate what you have, what you have appreciates in value. Thought provoking isn't it? So basically, being grateful for the goodness that is already evident in your life will bring you a deeper sense of happiness. And that's without having to go out and buy anything. It makes sense. We're going to have a hard time ever being happy if we are not thankful for what we already have.'

(Why should Allah chastise you if you are grateful? And Allah is ever Multiplier of rewards, Knowing – 4:147)

2. ‘Cultivate optimism. Winners have the ability to manufacture their own optimism. No matter what the situation, the successful person is the one who will always find a way to put an optimistic spin on it. They know failure only as an opportunity to grow and learn a new lesson from life. People who think optimistically see the world as a place packed with endless opportunities, especially in trying times.’

(Allah brings about ease after difficulty. -65:7

Surely with difficulty is ease – 94:5)

3. ‘Avoid over-thinking and social comparison. Comparing yourself to someone else can be poisonous. If we're somehow 'better' than the person that we're comparing ourselves to, it gives us an unhealthy sense of superiority. Our ego inflates. If we're 'worse' than the person that we're comparing ourselves to, we usually discredit the hard work that we've done and dismiss all the progress that we've

made. If you feel called to compare yourself to something, compare yourself to an earlier version of yourself.’

(And turn not thy face away from people in contempt, nor go about in the land exultingly. Surely Allah loves not any self-conceited boaster. -31:18)

4. ‘Practice acts of kindness.

Performing an act of kindness releases serotonin in your brain. (Serotonin is a substance that has TREMENDOUS health benefits, including making us feel more blissful.) Selflessly helping someone is a super powerful way to feel good inside. What's even better about the kindness stimulus is that not only will you feel better, but so will people watching the act of kindness. How extraordinary is that? Bystanders will be blessed with a release of serotonin just by watching what's going on. A side note is that the job of most anti-depressants is to release more serotonin. Move over

Pfizer, acts kindness do a far better job and is free.’

(And those who believe and do good deeds, these are the owners of the Garden (in bliss); therein they abide. -2:82)

5. ‘Nurture social relationships.

The happiest people on the planet are the ones who have deep, meaningful relationships. Did you know studies show that people's mortality rates are DOUBLED when they're lonely? There's a warm fuzzy feeling that comes from having an active circle of good friends who you can share your experiences with. We feel connected and a part of something more meaningful than our lonesome existence.’

(My Lord, grant me wisdom, and join me with the righteous, -26:83)

6. ‘Develop strategies for coping.

How you respond to the challenges and obstacles that come our way is what shapes our character. Sometimes negative things occur - it's inevitable. It can be hard to come up with creative solutions in the moment of looming crisis.’

(O you who believe, keep your duty to Allah, and seek means of nearness to Him, and strive hard in His way that you may be successful. -5:35)

7. ‘Learn to forgive.

Harboring feelings of hatred is horrible for your well-being. You see, your mind doesn't know the difference between past and present emotion. When you 'hate' someone, and you're continuously thinking about it, those negative emotions are eating away at your immune system. You suck yourself into a perpetual morbid state. Life is not about holding on to the past. You need to let go sometimes and move on.’

*(A kind word with forgiveness is better than charity followed by injury. And Allah is Self-sufficient, Forbearing. -2:263)
(Take to forgiveness and enjoin good and turn away from the ignorant. -7:199)*

8. 'Increase flow experiences. Flow is a state in which it feels like time stands still. It's when you're so focused on what you're doing that you become one with the task. Action and awareness are merged. You're not hungry, sleepy, or emotional. You're just completely engaged in the activity that you're doing. Nothing is distracting you or competing for your focus.'

(Our Lord, make not our hearts to deviate after Thou hast guided us and grant us mercy from Thee; surely Thou art the most liberal Giver. - 3:8)

9. 'Savor life's joys. Deep happiness cannot exist without

slowing down to enjoy the joy. It's easy in a world of wild stimuli such as the internet, television, the materially focused, industrial and corporate world to forget to embrace life's enjoyable experiences. When we neglect to appreciate it, we rob the moment of its magic. It's the simple things in life that can be the most rewarding if we remember to fully experience them.'

(O you who believe, forbid not the good things which Allah has made lawful for you and exceed not the limits. Surely Allah loves not those who exceed the limits. -5:87)

(Go out, smell the flowers, watch a sunset, play with a child, look up and chat with the elderly and less fortunate than you, get together with relatives for some fun and spreading goodwill. Read an inspirational book, listen to some good music – best listen to the music of nature. Find a quiet spot to meditate on

God's creation and His Infinite blessings etc., etc.- Ed,)

10. 'Commit to your goals. Being wholeheartedly dedicated to doing something comes fully-equipped with an ineffable force. Magical things start happening when we commit ourselves to doing whatever it takes to get somewhere. When you're fully committed to doing something, you have no choice but to do that thing.'

(And whoever strives hard, strives for himself. Surely Allah is Self-sufficient, above (need of) (His) creatures. - 29:6)

And that man can have nothing but what he strives for - 53:39)

11. 'Practice spirituality. When we practice spirituality or religion, we recognize that life is bigger than us. We surrender the silly idea that we are the mightiest thing ever. It enables us to connect to the source

of all creation and embrace a connectedness with everything that exists. Some of the most accomplished people in the world feel that they're here doing work they're called to do.'

(Those who believe and whose hearts find rest in the remembrance of Allah. Now surely in Allah's remembrance do hearts find rest. - 13:28)

Surely I am Allah, there is no God but I, so serve Me, and keep up prayer for My remembrance, - 20-14)

Surely prayer keeps (one) away from indecency and evil; and certainly the remembrance of Allah is the greatest (force). And Allah knows what you do. -29:45)

12. 'Take care of your body. Taking care of your body is crucial to being the happiest person you can be. If you don't have your physical energy in good shape, then your

mental energy (your focus), your emotional energy (your feelings), and your spiritual energy (your purpose) will all be negatively affected. Studies conducted on people who were clinically depressed showed that consistent exercise raises happiness levels just as much as common anti-depressant drugs...people who participated in exercise were less likely to relapse because they had a higher sense of self-accomplishment and self-worth.'

(He is the Cleaver of the daybreak; and He has made the night for rest, -6:96

O you who believe, eat of the good (healthy, wholesome) things that We have provided you with, and give thanks to Allah if He it is Whom you serve. -2:172

So when thou art free (from anxiety), work hard,

And make thy Lord thy exclusive object – 94:7, 8)



We strongly condemn all acts of aggression and terror including all violations of basic human rights specifically those carried out in the name of Religion or State!

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Editor : Ebrahim Mohamed

Contact Details: P.O. Box 13744

Goodwood Cape Town South

Africa 7463

Email:: emuhamed@mweb.co.za