

5 October 2009

الحمد لله

Islamic solution to depression (1)

InshaAllah, we will learn how our belief in Allah, and His Decree can help the believer to overcome the most common illness nowadays, we all experience unhappiness at some point in

the life time. Our faith and belief in Allah The Almighty are usually enough to strengthen our sense of loss, grief or sadness.

However as human beings we are prone to the feelings of depression under serious and difficult circumstances.

It has been said that: depression affects up to 40% of people at some stage in their lives and has been found to be more common in women more than men. Women from all socio economic, racial, and educational backgrounds may be affected.

It is estimated that millions and millions (33-35 millions of U.S adults) of people are suffering from depression (so we ^{high level} need to know all about this illness and the rule of the Quran and Sunna of our prophet to treat it ^{prevent and}).

Let's first agree that: as the world continues to progress in technology, it is retrogressing spiritually and morally.

The price we are paying for this technology development is huge. We in reality are living in a society which has become morally ill.

~ In spite of the fact that: Life seems to become more easy because of the great advance in ways of communications (cell phones - text messages - computer (e mails) and also the great advance in ways of transportation (high ways all around, ^{air} flights more comfortable and to all places in the world) i.e the world has become a global village. But in reality, life becomes more difficult and challenging today than previous time

Tension, Frustration, Feeling of isolation, anxiety
Sadness and depression surround a major proportion of the world's population

The spirit of man has been damaged and lost

its nature.

Families separate, Justice can't be found, people feel like used up ^{and} without money, prestige and beauty a person will be left behind, feeling of little value.

All these facts are reflected on our feelings and our spirits in the form of being nervous, stressed, restless, hopeless and depressed.

We need all to agree that

- Money can buy bed but not sleep
- ~ ~ ~ a house, ~ ~ home
- ~ ~ ~ companions, ~ ~ friends
- ~ ~ ~ food, ~ ~ appetite.
- ~ ~ ~ medicine, ~ ~ cure
- ~ ~ ~ books, ~ ~ wisdom.
- ~ ~ ~ clothes, ~ ~ personality.
- ~ ~ ~ marriage, ~ ~ Love.
- ~ ~ ~ anything, ~ ~ heaven.

• Money can buy almost everything, but not the peace and happiness of the spirit.

If you agree with the above rules, you will realize why millions of people are suffering from depression, it is their lack of knowledge of the truth, the truth

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of the reality of the worldly life, the truth regarding the goal of their creation, the truth of the Oneness of the Lord of the heavens and the earth. The truth of the Day of Judgement, the Paradise and the Hell. Lacking of all the above realities will leave the people always confused, unhappy, stressed i.e on the way to depression.

It is the Islam, the Religion of the Oneness of Allah the Almighty, the Lord of the heavens and earth, which teaches mankind all the truth so that he can realize all the facts and events around him, and react to it in the proper way so that he can protect himself against any feeling of helplessness or depression or anxiety.

We need to Learn all about depression and worry so that we can learn about how to be away from them.

Insha Allah we will answer the following questions?

What is sadness?

What is depression?

Symptoms of ~?

Causes of ~?

Can a true believer have depression?

What are the Islamic ways to protect from and to treat ^{dep?}?

5

In details :-

Q What is Sadness?

A. Sadness is the feeling of unhap sorrow i.e when not in a state of well being. It is part of the human life and part of being human. It is a normal human emotion that most of the human beings experience in different phases of their lives.

Even all the prophets, like Moses, Ibrahim, Jesus, Lut, Noah and Muhammad went through the feeling of sadness. In the Quran, Allah informed us about events from the lives of the Prophets which clarify the

pain, suffering and the resulting sadness in their lives, which proves that "Sadness" is normal feeling for the believer as life is a test full of problems which require a lot of efforts to solve them, sometimes the believer can succeed to solve the problem so he feels happy and relax, and other times he may fail to ^{find} solve the solution so the pain is sever so he feels sad, but this sadness is always transient as Allah's mercy is always close to the spirit of the believer. This mercy will support the believer until Allah will make for him an outlet of his problem.

Regarding the Prophet's sadness, let's remember

Prophet Adam who was sent out of the paradise as he listened to Shytan whisppers. This is the greatest disaster for any human, but ^{in spite} of the sadness, Prophet Adam was full of trust in Allah's Mercy so he and his wife called

on Allah to forgive their sin in Surat AL-Araf (7), V. (23)

23. "They said: Our Lord! We have wronged ourselves, if you forgive us not, and bestow not upon us Your Mercy, we shall certainly be of the Losers."

So Allah answered their supplication as mentioned in

Surat AL-Baqara (2) V. (37)

37^N Then Adam received from his Lord words And his Lord pardoned him. Verily, He is the One Who forgives, The Most Merciful."

In spite of the great disaster (to leave the Paradise)

and the consequent great sadness, still Prophet Adam was having the hope that Allah will forgive his sin Adam was Looking for

and so he called on the Most Merciful, Who answers his call.

Regarding Prophet Noah, who called on his people for 950 years to worship none but Allah, but still it was only 9000 people who answered this long journey of calling to Allah, but in spite of the his

sadness, he never loose hope in the mercy of Allah.

It the great sadness of Prophet Jacob who said in the Quran in Surat Yusuf (12) - V(85)-(86)-(87).

85. "They said: "By Allah! You will never cease remembering Yusuf until you become weak with old age, or until you be of the dead."

86. "He said "I only complain of my grief and sorrow to Allah, and I know from Allah that which you know not."

87. My sons! Go you and enquire about Yusuf and his brother and never give up hope of Allah's Mercy. Certainly no one despairs of Allah's Mercy, except

Again it is the full trust and hope in Allah's Mercy - in spite of the great sadness, which is always the

Prophet Mohamed (S-A-W) assured

his companion (Abu-Bakr), while they were in the cave and the enemies around the cave, not to ^(be sad) grieve as Allah is with them.

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Surat - Al-Taubah (9) - V. (40).

∴ Sadness is normal feeling, which is part of the test of the worldly life, but it is supposed not to cause loss of hope in Allah or loss of interest in life.

What is Depression?

Depression is a (whole body) illness, involving your body, mood and thoughts. It affects the way you eat and sleep - the way you feel about yourself and the way you think about things.

Changes in thinking; ^{The depressed person.} ~~You may~~ experiences problems with concentration and decision making. Negative thoughts - poor self esteem - excessive guilt and self destruction are all common.

changes in feelings:

The depressed person feels sad, but for no reason at all. He no longer enjoys activities. He feels "slowed down" and tired all the time. Sometimes irritability and difficulty controlling the temper. In extreme, depression is characterized by feelings of helplessness and hopelessness.

changes in behaviour.

Changes in behaviour during depression are reflective of the negative emotions being experienced. Some people do not feel comfortable with other people, so social withdrawal is common. A dramatic change in appetite is common i.e. either eating more or less. Because of the feeling of helplessness, excessive crying is common.

Some people complain about everything, and act out their anger with temper outbursts.

In the extreme, people may neglect their personal

appearance, even neglecting basic hygiene e.g tooth brushing.

Some people even have trouble getting out of bed.

Changes in the physical - Well being:

Chronic fatigue, despite spending more time in sleep is common. Some people can't sleep.

These changes are the proof that depression is a whole body illness which we need to be aware of so that we can avoid it

Every week we will learn inspiring story related to Happiness, sadness and depression.

Let's all be content with the blessings of Allah.

The story of this week is: the signs of happiness.

This story proves the reality that:-

There is no complete happiness in the materialistic world, but real happiness is in

the contentment with Allah's Decree. M.S
October 2009

The Signs of Happiness

There was a young couple who led a very happy life together. The only thing that they worried about was, whether their happiness would last forever or would they too would have to face problems.

One day, they heard that a wise old man had come to town; he could solve all kinds of problems and guide people. So the couple decided to visit the wise old man and tell him their source of worry.

The wise old man told them; "Travel around the world and seek a man and a woman who are perfectly happy as a couple. When you find such a couple, ask them for a piece of cloth from the man's shirt, then keep that piece of cloth with you, and you always remain happy."

The young couple began their journey, to find the happiest couple in their world. In one place they heard that the governor and his wife were the happiest people, so they went to their palace and asked them, "Are you the happiest couple?"

The governor and his wife replied, "Yes, we are happy in every way except for one thing; we do not have any children."

Well that didn't make the governor and his wife the happiest couple. So they continued their journey. They arrived in one city where they had heard that the happiest couple lived. They went to their house and asked them, "Are you the happiest couple?"

The couple replied, "Yes, we are really happy in every way except that we have too many children which make our life a bit uncomfortable."

No, this couple did not sound to be the happiest. And, so they continued their journey. They visited many countries, cities, towns and villages asking the same question but they did not find what they were looking for.

One day the young couple came across a shepherd in the desert. The shepherd was grazing his sheep when his wife and child came along. The shepherd greeted his wife and gently patted the child she was carrying. She laid the mat and started to eat contentedly. The young couple came to them and asked them, "Are you the happiest couple?"

The shepherd and his wife replied, "Nobody is unhappier than the king." The young couple immediately realized that they were the happiest couple and asked them for a piece of the shepherd's shirt, so that their happiness too would last throughout.

The shepherd said, "If I give you a piece of cloth from my shirt then I will be left without any clothes since I own just one shirt."

The young couple at once understood that it is very difficult to find perfect happiness anywhere in the world. The couple decided to return to their own country. They went to the wise old man and related all that had taken place. They also complained that his guidance was difficult to abide by.

*He said: What do you learn from this story?
They answered*

*No body is having every thing in this life
Be content with Allah's Decree Real Happiness*