



Good Life,
Its Aspects
and Means
of Attainment

**Seventh Means of
Attainment of Good Life is “Having Good
Relation with others”**





A- Good relation with others

**B- How to protect oneself
from harm of others**



Types of Harms

How to deal with harm in order to maintain Good life?
First: start with yourself, and remember the following
eleven points that are mentioned by Ibn Al Qayyim:



1- Witnessing Al Qadar (Allah's Will And Preordained decree)





2- Realizing the
obligation of patience



الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاظِمِينَ الْغَيْظَ
وَالْعَافِينَ عَنِ النَّاسِ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ ﴿١٣٤﴾

Who spend [in the cause of Allah] during ease and
hardship and who restrain anger and who pardon
the people - and Allah loves the doers of good;
Surat Al Imran (3:134)

وَجَزَاءُ سَيِّئَةٍ سَيِّئَةٌ مِّثْلُهَا فَمَنْ عَفَا وَأَصْلَحَ فَأَجْرُهُ عَلَى اللَّهِ إِنَّهُ لَا

يُحِبُّ الظَّالِمِينَ ﴿٤٠﴾



And the retribution for an evil act is
an evil one like it, but whoever
pardons and makes reconciliation -
his reward is [due] from Allah .
Indeed, He does not like wrongdoers.

Surat Ash Shura (42:40)

وَإِنْ عَاقَبْتُمْ فَعَاقِبُوا بِمِثْلِ مَا عُوقِبْتُمْ بِهِ ۗ وَلَئِنْ صَبَرْتُمْ لَهُوَ
خَيْرٌ لِلصَّابِرِينَ ﴿١٢٦﴾

And if you punish [an enemy, O believers], punish with an equivalent of that with which you were harmed. But if you are patient - it is better for those who are patient.

Surat An Nahl (16:126)



3- Realizing Pardon and Forbearance





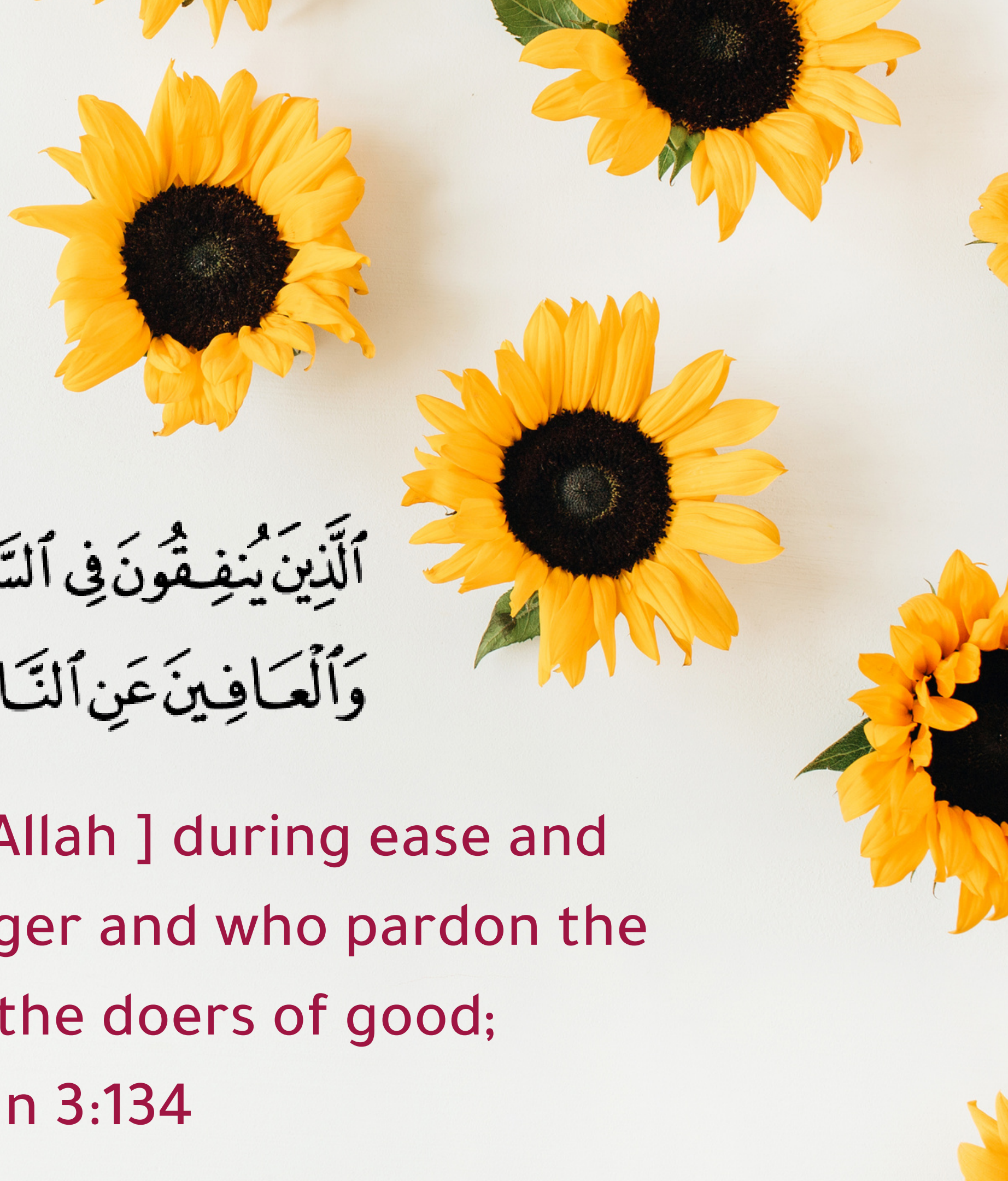
4- Witnessing the status of Content

5- Witnessing the status of Al Ihsan



6- Witnessing the Safety and coolness of the heart





الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاظِمِينَ الْغَيْظَ
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Who spend [in the cause of Allah] during ease and hardship and who restrain anger and who pardon the people - and Allah loves the doers of good;

Surat Al Imran 3:134

A photograph of several bright yellow sunflowers with dark brown centers, arranged in a circular pattern around the edges of a white, distressed wooden surface. The text is centered in the middle of the image.

Occupying oneself with seeking revenge

causes:

a- waste of one's time

b- distraction of one's heart

c- lose what benefits one

7- One will be secured from the evil that
might be more than the harm that
incurred upon one



8- Witnessing the status of Jihad (self struggle)



9- Witnessing the bounty and Favour of Allah



Narrated Abu Sa`id Al-Khudri and Abu
Huraira:

The Prophet (ﷺ) said, "No fatigue, nor
disease, nor sorrow, nor sadness, nor
hurt, nor distress befalls a Muslim,
even if it were the prick he receives
from a thorn, but that Allah expiates
some of his sins for that."

Hadeeth Al Bukhari no. 5642





**10- Take the Good example of
Prophet Muhammad (Salla-
Allahu alayhi wa Sallam)**

11- Witnessing At TAWHEED

