

22 Nov. 2009

(8) Depression, Islamic Prevention and treatment.
title = (As-Salat and The Quran are protectors against depression)

All praise to Allah, we learned over the last 7 classes about

"Depression" causes, symptoms and Islamic prevention and treatment.

(1) Today, insha Allah we will review the basic

Islamic rules of Prevention and treatment of Depression, as this weekly revision will help you to revise these rules, which are:-

- I The sincere belief in "Oneness of Allah"
- II The True belief in "Allah's Decree"
- III Patience
- IV Understanding the reality of the worldly life and making the hereafter the main concern.
- V Remembrance of Allah. (Dua - Salat - Quran)
- VI avoiding sins (avoiding following the whisper of Shaytan)
- VII A healthy way of life (food-sleep-exercise).

Let's revise the rules of each of the above line of Prevention so that these rules will be always close to our hearts and minds.

, insha Allah we will continue to learn about the Islamic concept regarding prevention and treatment of depression.

Belief in Allah's Decree is

The following Quranic Rules regarding Allah's Decree are very important for the believer to support him at time of trials and hardships:-

II Life is run by the word (Be) → Surat(36) - V(82)

III None can interfere with Allah's Decree → Surat(71) - V(4)

I (all hardships and afflictions are recorded) → Surat(57) - V(22-23)
before their creation

IV "Allah burdens not a person beyond his scope" → Surat(2) - V(286)

VI "It may be that you hate a thing, and it is good for you" → Surat(2) - V(16)

VII "Verily with every hardship, there is ease" → Surat(94) - V(56)

VIII - Trials expiate sins → Surat(11) - V(114)

IX The Declaration of the believer regarding Allah's Decree → Surat(9) - V(51)

With Allah we will learn about the third line of treatment
Understanding the reality of the worldly life of depr

There are some Quranic rules which we must
realise regarding the reality of the worldly
life so that we can always live a peaceful life with
mental and spiritual peace :-

4
(1) Life is a test, where hardships and
trials are part of it

Surat AL-Ankabut (11-2-3).

(2) Life is deceiving enjoyment

Surat AL-Hadid 57 (V. 20)

(3) Life is a farm for the hereafter i.e

The winners in this life are the ones who

succeed to collect the biggest numbers of the

good deeds through their sincere belief in

Allah and their obedience to His Commands,

their good deeds will make their scale

heavy in the Day of Judgement.

Surat Al Muminun (23) - V (101 → 104)

(4) The only way for tranquility and Peace in this life is the "Remembrance of Allah" and the true belief

Surat (13) - V (28).

(5) Worldly life is very short :-

Surat Al Muminun (23) - V (112 - 114)

59 (6) Life is run by the "Decree of Allah" - none of man kind can interfere

A Surat (33) - V (36)

∴ According to the above Quranic rules, the believer can reach a strategy which will protect his spirit from either despair or depression

A) to making the hereafter one's main concern.

(only)
b) to focus on what matters today.

c) life is too short

d) to appreciate the blessings of Allah.

A) to keep yourself busy with work that you like.

Remembrance of Allah: (Dhikr)

It has the best effect in calming the soul, relieving stress and protecting against depression.

Let's learn the "remembrance of Allah" from Quran and Sunna of Prophet Mohamed (S.A.W).

1- Quran (9:18)

2- Quran (3:191)

3- Quran (7:205)

4- Quran (31:27-28)

5- Quran (24:37-38)

6- Quran (29:45)

7- Quran (33:41-42)

8- Quran (63:9)

9- Quran (73:8)

10- Quran (87:14-15)

11- Quran (62:10)

12- Quran (8:45)

A Hadith of Prophet Mohamed (S.A.W).

1- "The one who remembers his Lord and other who does not, are like alive and dead. Remembrance of Allah is the soul in a muslim's life."

2- "Allah said in Hadith Qudsi "I am with my servant when he remembers me. If he remembers ME to himself, then I remember him to myself. And if he remembers ME in a gathering, then I remember him in a much better gathering (that of angels, prophets)."

3- "There is a shine for everything, and the shine (or polish) for the hearts is Allah's remembrance."

4- "The devil sits clinging to a person's heart. When he remembers Allah, the devil gets lost. but when he forgets, the devil puts evil thoughts."

5- "A person asked the holy Prophet (S.A.W); There are so many things to do in Islamic Shariah. Please just tell me something that (may suffice)

if I take it seriously." Prophet Mohamed said: make sure that your tongue is always busy in Allah's remembrance or i.e Zikr "

6- "Prophet Mohamed was asked: who shall be the most virtuous and the best person in the sight of Allah on the Day of Judgement among Allah's servants?

Prophet Mohamed (S. A. W) replied: Those men who remember Allah a lot and those women who remember Allah a lot.

7- "The people of the Paradise will have nothing to regret for but the moment on earth in which they forget to remember Allah. they will be sorry for that

8- "Do not talk too much other than Allah's remembrance or Zikr as this hardens one's heart.

And when he forgets, the devil puts evil thoughts.

Remembrance of Allah:-

When the believer is sincere regarding his belief in

a) Oneness of Allah.

b) Allah's Decree

c) The reality of the worldly life

This clear belief will make him to be sure of
the following facts:-

1- Allah The Almighty is able to do

all things

3 - Allah The (All Wise) makes all the choices for His servants and runs their affairs.

4 - The way ^{that Allah} runs His servant's affairs is better than the way the slave would do it for himself.

2 - Allah ^(The All Knower) knows better about His servants interests than the servant does

2 - Allah ^{Merciful} (The All Powerful) is more merciful towards His servant, than the servant to himself.

So 5- the believer will be sure that he cannot
progress or regress any further than the limits that
Allah has decreed for him, as nobody can change
the will and decree of Allah.

6- Worldly life is just a deceiving enjoyment,
and the Hereafter must be the main concern.

When a believer knows all this, he will

10 submit himself to his Lord and hand over his

affairs to Him having the full trust in His

Mercy. This believer will always feel that

so long he is obedient to His Lord, so the

Most Merciful will always choose the best for him.

A feeling which makes no space for worry, distress,
grief, fear or depression.

This will guide the believer to the need to

remember His Lord all the time, as remembrance of
Allah becomes ^{the} essential source of peace for his spirit.

7- Other forms of remembrance of Allah are.

Prayer - As-Salat

As-salat is the link with Allah.

It contains: Du'a, recitation of the Quran and words of Zikr ↓

① As-Salat is the great

source of remembrance of Allah

2) Also it is the time to separate from all the

worry, headache, pain and sadness of life

i.e. a period of separation

from the mental worry, psychological pressure. ↓

3) During this separation, you link with Allah, the All Power

= You ^{can} get rid of all your worry through complaining to Allah and asking his help.

Also you receive the dose of help, support, hope and peace through

Recitation of Quran

Allah said about the effect of Quran as a source of healing

and cure of the spirits

in many verses of the

Quran, e.g.

Surat (10) V(57)

Rule

1- If we realize that heart anxiety is the result of its doubts and uncertainty.

So the secret of the Quran is that:

① It is the words of

the Most Merciful that can reach the spirit with sincerity and can touch the heart so the heart

and spirit will be connected with the

mercy of Allah i.e. the source of the hope, peace, acceptance and tranquillity.

8- ∴ It is the Prayer (As-Salat), the link with Allah, which Allah (out of his mercy) commanded us to perform it 5 times in every day and night so that the Link with the Most Merciful will be continuous as it is the way to get rid of all the worry, Fear and sadness, also replacing these feelings with the trust and hope. These good feelings are essential for the protection of the spirit against despair and sadness and depression.

Regarding the Quran as a protection against "Depression" we must remember the following fact: (B) The benefit from the Quran is sound as the heart perceives the reflections of (1) His Lord's Names

(2) His Lord's Attributes

(3) The Laws of Allah which are controlling him and the whole Universe around him

∴ It is the faith and certainty which the Quran is their source, that can remove doubts and prevent anxiety

Q- Proofs from the Quran regarding the importance of "Remembrance of Allah" and that "anxiety, depression as a result of hardship" are the punishment for those who forget about or ignore "remembrance of Allah"

In Surat Taha(20) - V (125 → 126)

We learn the following rules:-

① Those who follow Divine guidance, they are immune from going astray and suffering misery, sadness and depression. In reality they are the ones who perform prayers, Live the rules of the Quran in practice, remember Allah by doing Zikr and Duâ.

② But when human life severs its Links with Allah, (no prayer, no Quran, No Duâ or Zikr), in reality it is depriving itself of His abundant Grace. It will

feel stress on being isolated from Allah and His Mercy.

It is a stress that demonstrates itself in worry, anxiety, doubt, and confusion. Always worried about what one owns and fearing unexpected loss, ^{life} lacking

10 Lacking reassurance, without such reassurance, life is nothing but a continuous misery and it is far harder than when man suffers through poverty and deprivation.

The Second punishment for those who neglect the "remembrance of Allah" which is manifested in form of sadness and anxiety is mentioned in Surat (43:1) - V(36) (V37).

"And whosoever turns away blindly from the remembrance of Allah, Allah (We) appointed for him Shaytan (devils) to be his companion."

"And, Verily, they (devils) hinder them from the path of Allah. But they think that they are guided aright"
The meaning of these verses :

- 1- It has been Allah's Will that: when man chooses to neglect His Remembrance, Shaytan finds his way to him and becomes his companion, whispering to him and making sins and evil things seem goodly and attractive. Then Shaytan will guide that person away from the Right Path. and not

11 allowing him to wake up or reflect on what he is doing

It is the sins that the Shaytan deceive mankind to do, so that they turn away from "remembrance of Allah" more and more.

∴ Rule:

Remembrance of Allah is a Protection against Shaytan and sins i.e protection against the feeling of guilt and upset which is always accompanying making sins and disobedience of Allah.

~~This guilt, anxiety and sadness~~

This guilt and upset feeling can lead to sadness and depression.

∴ The next Islamic line of Prevention and

treatment of Depression is: Avoiding sins

i.e avoiding the whispers of the Shaytan.

We need to learn in full details about

Shaytan "the main enemy of mankind" and

about the ways to prevent its effect on our spirit i.e anxiety and sadness.

11. Avoiding the whisper of the Shaytan: - (avoid sins).

Sins are a major factor of sadness and anxiety
a feeling which by time can lead to "Depression"

As a muslim ^{certain} When you sin → you feel guilty → your body
will secrete hormones that causes the feeling of worry
and anxiety

Let's learn in more details about the role of
the Shaytan (Satan) in the life of
mankind as a source of deviation away
from the right path, committing sins
and disobedience of Allah The Allmighty
When we understand the major role of
the Shaytan in our life, we will try

all the means to get him away so

that we can be always protected from
committing sins which causes anxiety and

also we will be always remembering Allah which
is the way for peace and tranquillity.

Next week insha Allah