



## *Tranquility, an Achievable Alchemy*

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Today, tranquility is an important lost in an era which most of people called it “agitation epoch”. In other words, man lives in iron or machine era in which peace is like an alchemy which is achievable; but man should know that he must keep it with his high ability and more effort.

In fact, tranquility is the only medicine for contemporary man who probes into materialism, does not know why God made him and also lost his health; but peace tranquilizes all his pains and gives him a healthy body and soul.

So, what does tranquility mean? That is not being anxious , getting rid of grief and sorrow; whereas, the soul and body have confidence and trust.

Now, the question is raised that how can we get to this peace and alchemy and what medicine is needed to cure this pain?!

It should be noted that only through belief in God (a real source and hidden power) man can find a way for the treatment of his



difficulties and mental disturbance in life and also overcome his anxiety and grief. Thus, this power cannot be achieved except through moral training purification of soul, considering principles and orders and teachings of great religious leaders and worshipping God. In fact, with the power of faith, worshipping God and following the teachings of the prophets, one overcome all his spiritual difficulties in life.

From the viewpoint of the Quran, achieving tranquility is only possible through one way and that is God's remembrance. As it says: "In the remembrance of Allah do hearts find satisfaction."

The Quran (13: 28)

Therefore, as a creator and Guardian of universe God is the only reality that His remembrance can bring about tranquility and trust in man's life. God's remembrance is the result of belief in God; that is to say, one should firstly believe in God to enjoy the fruit of trust and peace. God's remembrance means that we should always take notice that this world has a possessor and aim and man is before the all - Wise , the Powerful, and the Kind God who does not leave his servant in the severest condition and He is always with him and everywhere. God is He who is kinder to his servants than any parents and likes all to get to perfection, righteousness and salvation.

In this regard, Imam Ali (A.S.) stated: "Remembrance of God is the brightness of chest and tranquility of heart."

Bahar al - Anwar, vol. 94, p. 151

