

The background features a dark blue gradient with intricate white and light blue circular patterns. On the left side, there is a large circular scale with numerical markings from 140 to 260 in increments of 10. Several smaller circles, some solid and some dashed, are scattered across the frame, some containing curved arrows. The overall aesthetic is technical and modern.

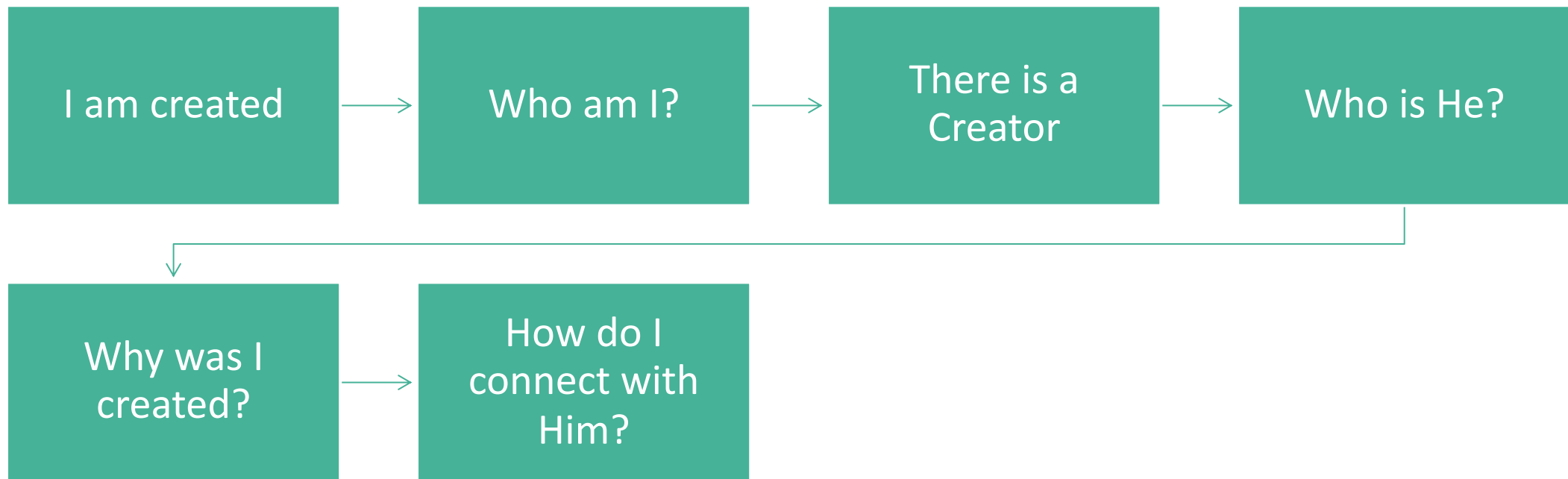
# THE IMPORTANCE OF MENTAL HEALTH AND WELL- BEING IN ISLAM

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PROFESSOR, RESEARCHER

# BASIC CONCLUSIONS OF EXISTENCE



# WHY?

- Our existence
- The meaning of worship

وما خلقنا الجن والإنس إلا ليعبدون

And I did not create the jinn and mankind except to worship Me  
Quran 51:56



# THERE CAN'T BE MULTIPLE GODS

- *Tawhid vs Takthir*

- The gods in a world of *takthir* are legion. To mention some of the more important ones would be to list the defining myths and ideologies of our times – freedom, equality, evolution, progress, science, medicine, nationalism, socialism, democracy, Marxism. But perhaps the most dangerous of the gods are those that are the most difficult to recognize. They have innocuous names like care, communication, consumption, development, education, information, standard of living, management, model, planning, production, project, resource, service, system, welfare.

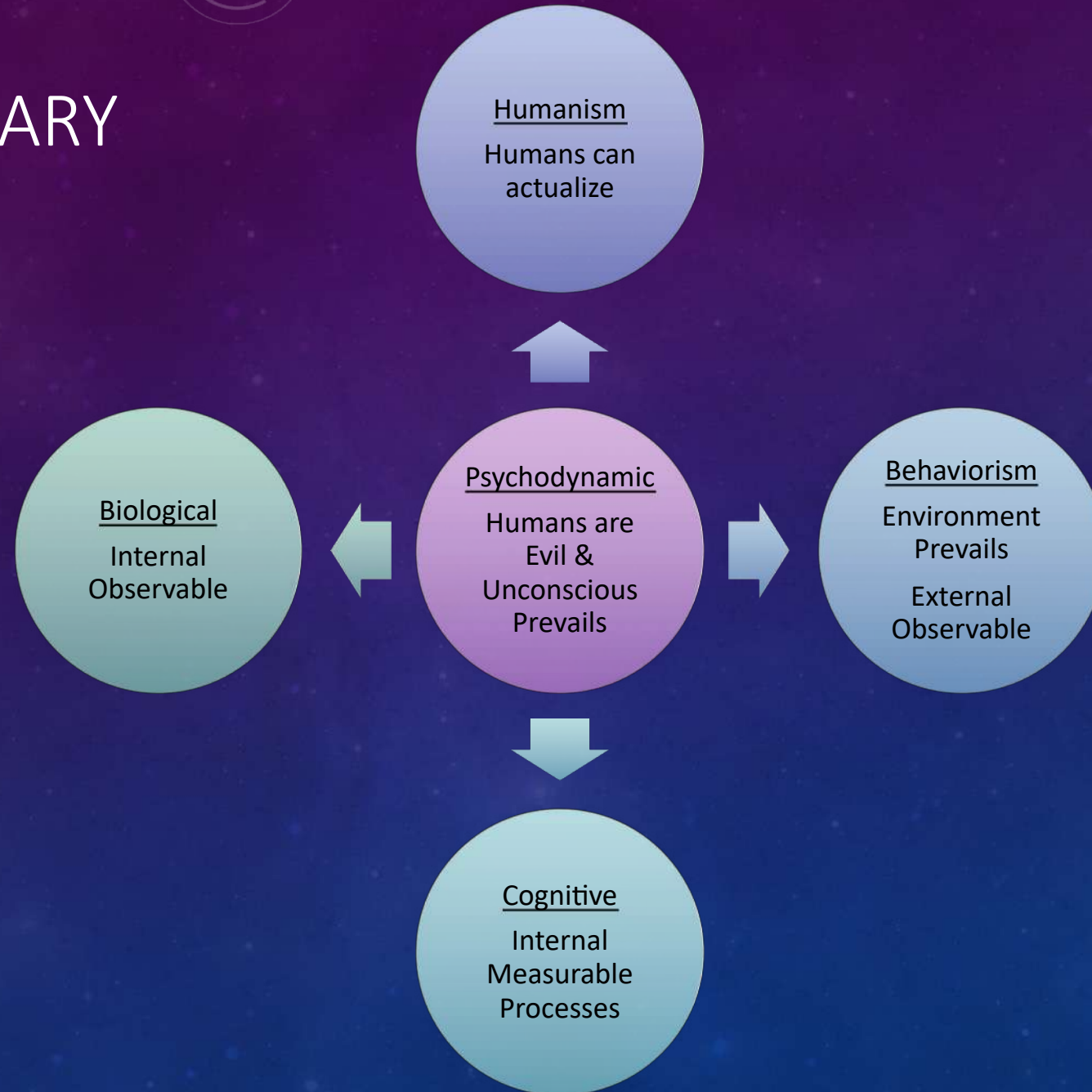
- Dogmatism

- Modern view of the Self as God

- Friedrich Nietzsche's *Übermensch*
- Status, Education, Freedom

اگر چہ وہ مجذوب فرنگی اس زمانے میں  
تو قبیل اس کو سمجھتا مقام کبریا لیا ہے

# REACTIONARY



# SELF AND GOD

- God-Image  
Development at an  
early age
- Knowledge of Self =  
Knowledge of God

من عرف نفسه  
فقد عرف ربه

Whoever knows himself  
knows his Lord

# HUMAN ONTOLOGY

Innate Drives

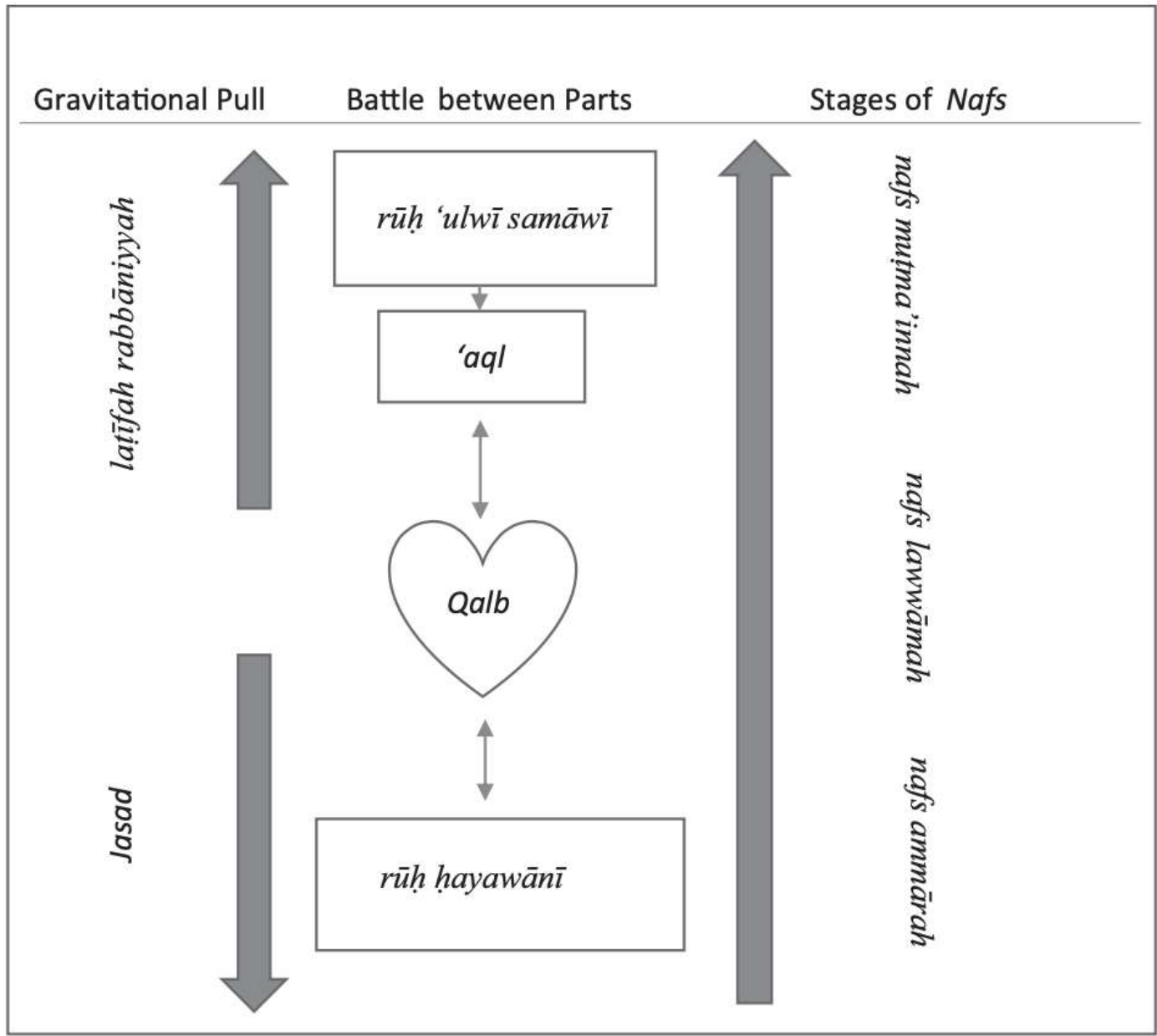
Ontology of Human Beings

The Soul  
(Ruh)

The Self  
(Nafs)

The Cognition  
(Aql)

The Emotions  
(Ihsas)

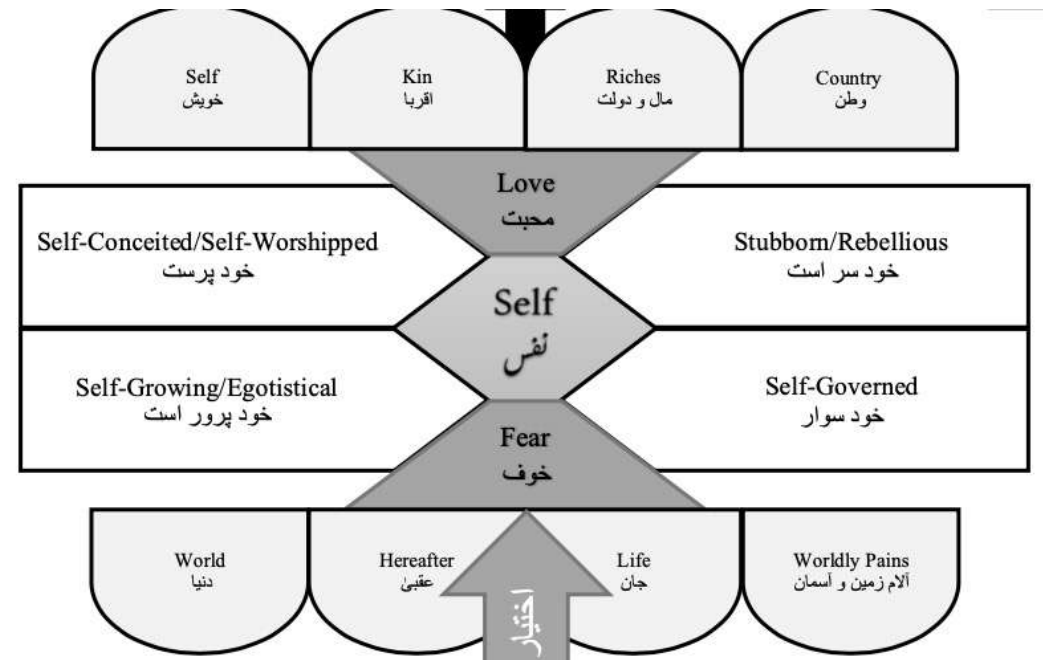


# FORCES WITHIN A FORCE

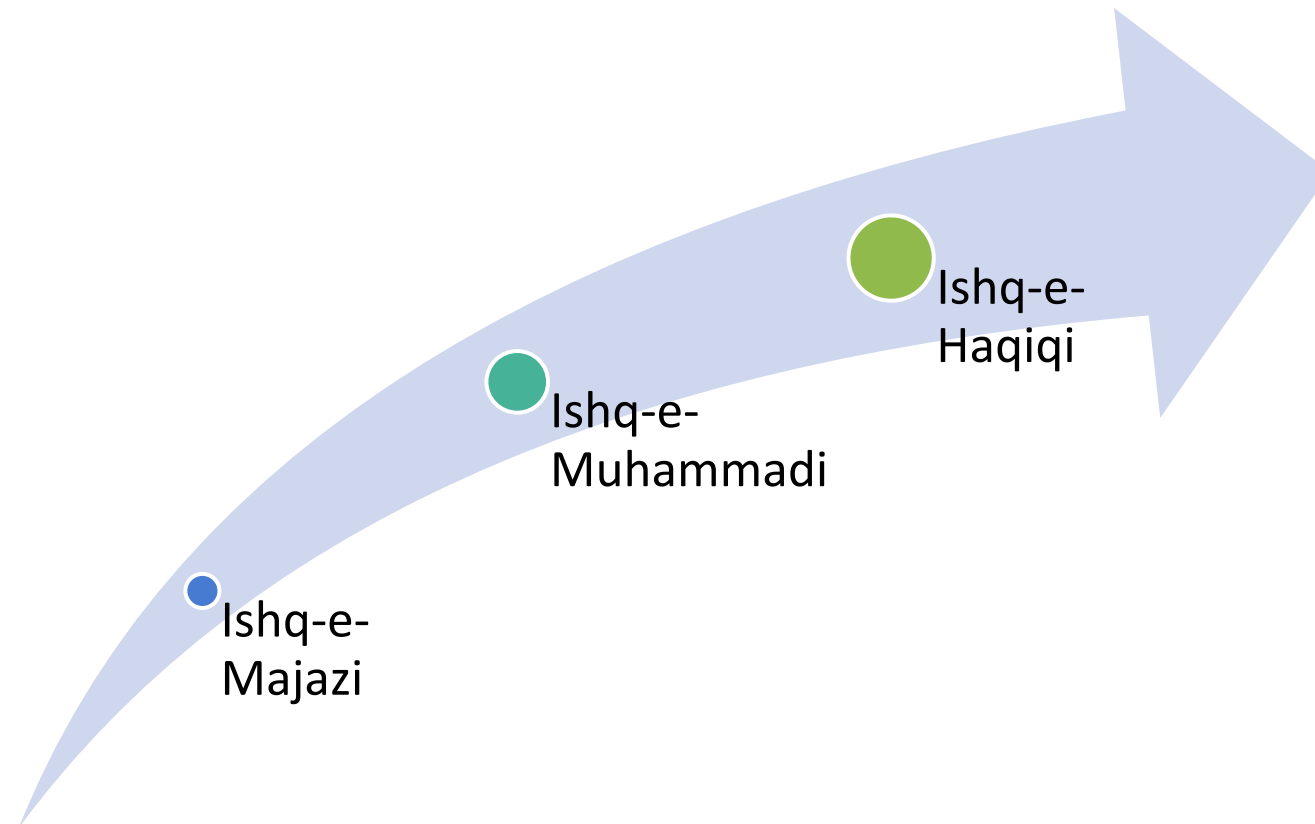
Figure 1.4 Summary of competing drives and associated psychological elements/factors.



# UNTRAINED NAFS IS OUR GREATEST ENEMY



# ISHQ: THE EXAMPLE OF KHUSRO AND NIZAM



# RELATIONSHIPS



# THANK YOU

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