

Wisdom behind Sentiments and Emotions

It may be asked "Why Allah has placed emotions & sentiments in our existence when they are so (negatively) influential on us?"

Firstly, it is Allah – Who in his infinite wisdom has placed these emotions in our existence. In their absence we would never endeavor to protect ourselves from dangers. These fears, apprehensions and feelings of insecurity protect our lives from dangers, shame and hopelessness. It is these emotions that safeguard our lives. What is important is how we channelize them.

Today's youth generally judges the personalities on the basis of sentiments. It is entirely possible that a person may have evil and negative sentiments and emotions and thus he may analyze everyone accordingly. Yet this does not mean that the youth will always remain that way. There is a very strong possibility that the adolescent – after revisiting his thoughts – may change his views and after seeking repentance may rectify himself.

If the youth were to utilize these emotions under the supervision of intellect and religion, they will scale heights of human perfection. On the contrary, if these very emotions are to gain an upper hand on the youths, they would fall in the abyss of moral degradation. Hence we must decide our approach before acting on our emotions.

For example, if someone does not respond to our salutation we should not judge him in anger. On the contrary, we should give him the benefit of doubt – Perhaps he did not hear me; perhaps he was lost in his thoughts or was in hurry; this is not our last meeting..... Viewing the same incident would negatively affect our physical and mental health. Viewing this incident constructively would provide means for our safety.

On this basis, it is essential to view the incident in the light of intellect. It should be noted that viewing incidents negatively would have a disturbing effect on our mind and soul thereby causing mental illness. As a result, the personality of our youths will be crushed under pessimism. This disease cannot be cured by thinking but by deliberation, pondering, and a change in approach.

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