

## Creating Harmony At Home



The Muslim home is a very special place. It is a home raised and established on the principles given by God. It is, or should be, a place of comfort and happiness, where individuals strive to attain their full potential in this life to seek the pleasure of Allah (SWT). A Muslim home is judged not on its outward appearance and beauty, but on the harmony of the relationships within home. A well functioning family has been described as an oasis wherein human beings replenish their weary spirits. Society is efficient but cold. It meets human needs such as food, clothing, shelter and other material goods. It does not always, however, satisfy needs such as affection, warmth, emotional support and intimacy. Marriage and family can provide' for those things. Many families, struggle to maintain such an atmosphere.

Anger and other negative emotions sometimes play havoc with the good intentions of the architects of the family, and members are unable to cope with the conflict often caused by individual personalities living together.

Conflict is not necessarily negative - it is defined as a difference of opinion, but can often cause great problems.

The following factors help in maintaining harmony at home and reducing conflict and tension:

### 1. United Front of the Parents

Although spouses may differ with one another on many issues, it is important to present an untied front to the children. This is especially true in child raising issues. If children perceive disagreements of the parents in matters regarding their discipline, schoolwork etc. they are able, and quite easily tempted, to take advantage of it. They would try to win the support of one parent, and risk the displeasure of the other. Besides this, there results a mismatch in the degree of respect the children have towards each of the parents. An untied front helps prevent many conflicts. Children feel more secure and will be less inclined to rebel.

### 2. Controlling! the tonflue

Most conflicts are created, or at least aggravate, by hard and unpleasant words. Constant nagging, harsh reactions, generalizations and a failure to emphasize are the most important contributors to an unhappy home. Human beings, especially children, are repulsed by hard words. To avoid creating an unpleasant atmosphere at home, members of the family should strive to control their words. Anger, even when deserved, should not be lashed out in full force. Nagging should be restricted to the occasional reminder, since continuous nagging is never fruitful. Scolding should be minimized, and only given when really necessary. It is better to communicate more frequently with one another, when tempers are cool and the emotions calm.

### 3. Accentuating! the Positive

When people look back on their lives, and reflect over their former days of marriage and

raising young children, most of them wish they had emphasized the positive aspects more and overlooked the negative. Most regrets are for the opportunities of love and warmth that have been missed. Relationships in this world are far from perfect, for it is human beings that walk the earth, and not angels. In order to create some form of happiness, it is necessary to overlook the unimportant. Even flaws that are a reality sometimes need to be overlooked. A hadith of the Holy Prophet (saww) says: "One of the greatest quality of a noble person is his ability to overlook a lot of what he knows." Such an attitude will help a great deal to bring peace and harmony in the house.

These and other qualities help create a happy home. The true success of a person does not lie in the many achievements outside the home. It lies in the ability to smoothen the intricate of daily emotional and psychological challenges of the family. That is great challenge in itself, and should be met with efforts and persistence.

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**Families who live with co-operation and care for each other are given increase in sustenance (rizq) by Allah (S.W.T) and those who remain divided and are aloof from each other, Allah (S.W.T) removes the bounty from their sustenance and their lifespan shortens even if they are all pious' (in other respects).**