

**wujūhun yawma-idhin nādiratun.** Some faces, on that Day, will beam (in brightness and beauty) (75:22)

In one of the hadith Resulallah said: “Allah is beautiful and loves beauty”. Every creation reflects His inherent beauty. and as the source of all beauty, He is supremely beautiful. That is why the greatest pleasure in Paradise is to look at His Jemal, His beauty as the verse says “Some faces that day will be radiant, in brightness and beauty looking to their Lord”. We must always remember that Allah’s beauty bears no resemblance to anything else. Recognizing His divine beauty in the world around us strengthens our faith, and crucially, it is our growing faith that unlocks our ability to truly see and appreciate the divine beauty that surrounds us.

In one of the hadith: No one will enter Paradise who has an ant’s weight of pride in his heart. A man said: “What if a man likes his clothes to look good and his shoes to look good?” Is this considered a pride? **Allah is beautiful and loves beauty.** Pride means denying the truth and looking down on people.

The beauty that Allah loves is not limited to adorning oneself with clothing, keeping their bodies free of impurity, dirt but also beatifying their tongues with truth, their hearts with sincere devotion and love, trust in Him and being humble. We can recognize Allah’s beauty only through His beautiful qualities bring us closer to Him through beautiful words, deeds and attitudes.

The beauty that Allah loves is not limited to adorning ourselves with nice clothing or keeping our bodies clean and free of impurity. It also includes beautifying our tongue with truthfulness, our hearts with sincere devotion and love for Allah. It includes our trust in Him, and acting with humility. We recognize Allah’s beauty through His beautiful qualities, and we draw closer to Him by embodying beauty in our words, actions, and attitudes.

Shaytan’s aim is to blind our senses, corrupt our thoughts, and cloud our minds, making us unable to perceive divine beauty. He is the one who incites all forms of atrocity, injustice, and tyranny, and overwhelms us with negative thoughts. It is difficult to perceive beauty when we are overwhelmed by negativity. When we are constantly exposed to news of suffering children, innocent people facing harm, atrocities, and double standards, it is only natural to struggle with such thoughts. In these times, our faith becomes our greatest source of strength, enabling us to find beauty even when we are surrounded by so much ugliness. Beauty is often hidden within ugliness and becomes visible only to those who look with the insight that Allah grants to the faithful.

There is a powerful example from the life of Resulallah. One day, he and his companions came across the carcass of a dead dog. The companions reacted with disgust, covering their noses and commenting on the terrible smell. In contrast to the reaction of his companions, Resulallah chose to see beyond the decay, beauty hidden by the ugliness. Pointing to the dog's mouth, he remarked, “What beautiful teeth it has!”

This story teaches us the importance of looking for the good, even in the most difficult circumstances.

There is often a strong connection between the way we talk about our circumstances and how we actually perceive them. If we speak negatively about our situation, our experience tends to become negative, even if our lives are objectively blessed. This explains why two people can share the exact same circumstances—one will focus on the positives, while the other will speak as if they are enduring great hardship, even though there is little difference between them.

It is ultimately our choice how we approach life. We should seek out beauty and kindness in even the smallest things, and express our gratitude with words and gestures—both to Allah and to those around us. When we say alhamdulillah for the many small blessings that surround us, from taking a sip of water to finding food on our table, we should strive to truly internalize this gratitude, rather than simply repeating the words out of habit. Even small blessings, like being able to drink water or simply to breathe, are worthy of sincere thanks. We should compare our lives to those who are less fortunate and say alhamdulillah sincerely for every aspect of our lives.

Resulallah taught us in a hadith: “Look to those who have less than you, not to those who have more, for this will help you be more content with what Allah has given you.” Never belittle any blessing from Allah, no matter how small—our words and attitudes truly matter.

The way Resulallah spoke about his own circumstances is especially profound. He never once criticized the food on his plate, regardless of who served it or what it was. His gratitude was consistent, whether he was a guest or at home, whether food came from someone wealthy or poor. Even with something as simple as vinegar to dip bread in, he praised it: “What a fine condiment vinegar is!” His positive attitude was contagious—those around him adopted this mindset too.

Resulallah was always kind and taught us that kindness is contagious. When it came to marriage, for example, he taught that a man should not focus solely on the negative aspects of his spouse, but rather highlight what he appreciates. The same applies to women: they should not be ungrateful for the good in their husbands due to a single fault. Both spouses are encouraged to recognize and appreciate the blessings in one another, rather than belittling them.

A study shows that our act of kindness makes the serotonin levels increase in the recipient of your kindness and their immune system is strengthened, just because they received an act of kindness. In addition the person who is the provider of an act of kindness has their serotonin levels increased the same amount and their immune system is strengthened as well. Anything you do to the people closer to you or even a stranger even just by smiling you are strengthening your immune system as well as the person you provide kindness. But even more dramatic is that the one who is just an

observer of an act of kindness has their serotonin levels increased and their immune system is strengthened just because they are being influenced by the act of kindness as an observer. That is why all forms of charity are important, even a smile makes a difference.

Kindness eliminates negative thoughts and opens our hearts to observe beauty. What increases our serotonin level, what strengthens our immune system is the beauty of Allah-u Taala that is reflected from His creation. Imagine the impact of negativity to our immune system and mental health. It is also contagious. Our hearts and bodies are being damaged with anger when we are not nourished by the small act of kindness and beauty around us as provider, recipient or observer.

**Yurdaer Al Latif Al Jerrahi**