When Life Feels Meaningless, Where Do We Turn?

My dears , Assalamu Alaikum [Peace be upon you]. I had not received a reply to my letter. Now, reading the letter I received made me feel very happy and also brought me many tears. Most of all, that statement of yours: tell me every hidden thing of your heart and I will try to solve the problem. No one in my life has ever said this to me.

You say that you feel your life is meaningless. From your words, I realized that you intensely miss your life. Every human being has desires, but the meaning of life is not merely the attainment of desires. You know, right, that when we feel hungry, we feel that now we have to work hard to eat food, and this appears to us as the meaning of our life. Have you ever thought that when we feel hungry in Ramadan, we do the exact same hard work, but until a fixed time we cannot eat even what is lawful (*halal*)? Allah says that fasting is the zakat [purification charity] of the body, and zakat purifies the body.

The pain of separation from your life that you bear, along with your other relationships—perhaps Allah liked some gesture of yours; perhaps He likes you more than some Mufti delivering a sermon in a mosque. And then, in so much pain, you said such a big thing—that you thought about peoples and spoke of helping in every possible way—and yet you say that your life has no meaning! You are not only in a fast, but there is great devotion and humility (*khushu* and *khuzu*) in your fast. You must have become cleansed of sins, which is why you speak of such selflessness and sacrifice. You should pray for us instead, that Allah forgives our sins. Whenever a urge to pray rises within my being, you are in it.

Supplications (*dua*) to Allah at that time when your eyes open in the middle of the night after sleeping, and then go back to sleep, and then wake up for Fajr. You know, you will feel that someone has held you, and this is a very beautiful feeling. I have tested and experienced this, which is why I am telling you. You will feel the presence of a Being around you, just like the feeling of resting your head in your mother's lap—except this feeling will be far more beautiful than that. This is a secret that I have told you. Do this with complete faith, and make calling upon Allah a habit—rather an addiction—for your heart; peace will not even think of straying away from you.

Do not rely on worldly false gods; just place your trust in Allah, and He will grant peace and tranquility to your heart. The world will ask you, "How will this happen?" and you will say to the world, "This *will* happen, Insha'Allah [if Allah wills]."

Peace be upon you,

Your sister

Komal