عندما ننظر إلى الجرائم في العالم والفوضى والجنون والعصبية، علينا أن نبحث عن الصمت والهدوء والسلام، وهو ما يسمى باللغة العربية سكينة.

^Cindamā nanzur ilā l-jarā'im fi l-^Cālam wa l-fawdā wa l-junūn wa l-^Caṣabiyati, ^Calaynā an nabḥath ^Can aṣ-ṣamat wa l-hudū' wa s-salāmi, wa huwa mā yusamā bi-l-lughat al-^carabiyat "sakīnatan"

If we look at the crimes in the world, the chaos, the craziness and the nervousness, we should look for silence, calm, inner peace, for something that in Arabic is called "sakīna" *).

وقد ورد في القرآن ثلاث مرات بالضبط. مرة في البقرة و

waqad warad fi l-qur'an thalath marat bi l-dabța, maratan fi l-baqarat wa maratayn fi surati l-fath

And this occurs three times in the Koran, once in Surat ul-Baqara and twice in Surat ul-Fath.

wa qāla lahum nabiyyuhum "inna āyata mulkihi, an ya'tiyakumu t-tābūt fihi sakīnatun mir-rabikum" (2:248)

And their Prophet said to them: "The sign of his rule is that the Ark of the Covenant will come to you; in it is inner peace *) from your Lord" (2:248)

huwa lladhi anzala s-sakinata fi qulūbi l-mu'minīna li-yazdādū īmānan ma^ca īmānihim (48:4)

It is He who sent down inner peace *) into the hearts of the believers so that they may increase in their faith. (48:4)

laqad radiya llahu ^Cani l-mu'minīna idh yubāyi^Cūnaka taḥta sh-shajarati fa-^calima mā fī qulūbihim fa-^canzala s-sakīnata ^calayhim wa athābahum fatḥan qarība (48:18) Allah was pleased with the believers when they pledged allegiance to you under the tree. He knew what was in their hearts, so He sent down upon them inner peace *) and rewarded them with a near victory. (48:18)

wa fi dhikra mā ḥadatha taḥta sh-shajarati, lā yazāl al-muridūn yubāyi^Cūna shaykhahum ḥattā l-yawm. wa yunzilu llāhu s-sakīnata fi qulūbihim

In remembrance of what happened under the tree, the Murids still swear allegiance to their Sheikh to this day. And Allah sends inner peace *) to their hearts.

^{*)} السّكينة (as-sakīna): tranquility, rest, ease, quiet, calm, inner peace.