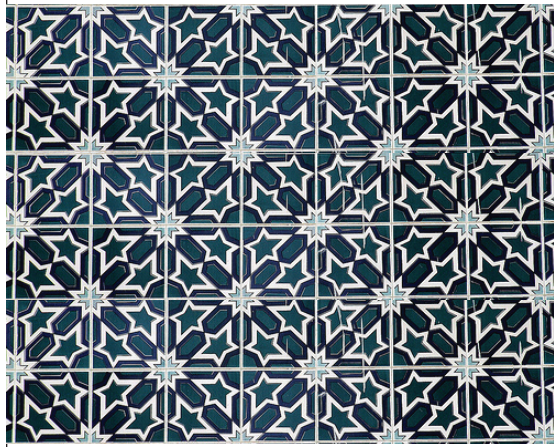


## BALANCE

Observing the principle of moderation is a challenge to individuals as well as to the society.

It seems that going to the extreme whether left or right is always easier than maintaining a justly balanced course. The Quran alluded to this struggle in Surat Al -Balad “ We have certainly created man in a state of continuous struggle.” [90:12].

So, we have to take that challenge and continue to struggle to stay on the middle, just, and well balanced path.

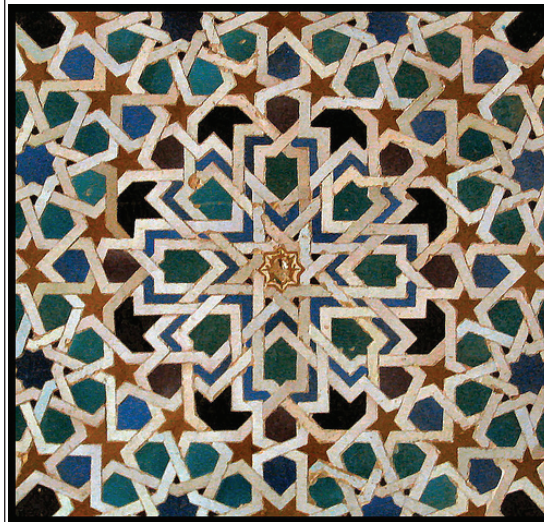


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# Moderation





## MODERATE NATION

The Quran describes the Muslim as a moderate nation, it says “and thus, We have made you a moderate nation.” [2:143]. The word moderate here is a translation of the Arabic word “wastan” which means “in the middle”, but it can also mean “fair” or “balanced”. The Quran says, that God created the cosmos and is keeping it in a state of balance or equilibrium. The sun, the moon and the stars revolve in their trajectories in a beautiful harmony, “ it is not permitted for the sun to catch up with the moon, nor can the night outstrip the day, each swims along its own orbit” [36:40]

Like the cosmos, God created us and intended for each one of His creatures to have a harmonious, justly balanced life without extremism or extravagance. Only, in this case, He entrusted us to watch over the balance. He gave us the means and the guidance to be able to achieve this, and we will be accountable for our efforts to maintain this balance on the Day of Judgment. The prophet (pbuh) gave us the example. Whenever, he was confronted by the choice between two alternatives, he always chose the easiest of the two as long as it was permissible. He never asked his companions to do more than what they can bear to do and he expressed his anger whenever one of them tried to overdo things. He has been quoted to have said” the best of the things is what is in the middle (what is being done in moderation).”



## ISLAM

Islam acknowledges that man has a soul and a body. We are urged to satisfy the needs of both with no excesses. The Quran says “eat and drink but do not be extravagant,” [7:31] and the prophet (pbuh) says “work for this worldly life as if you will live for ever, and work for your hereafter as if you are going to die tomorrow.”

Even acts of worship should be done in moderation. The prophet (pbuh) was very clear in not allowing excesses in performing acts of worship. Neglecting one’s daily needs is frowned upon. The needs of the body as well as the spirit should be attended to in moderation.

So, again the idea of leading a well balanced life is emphasized. We can connect this to fairness in life, by observing that when we observe such a life style, greed will be minimized and a great deal will be left to the less unfortunate so that they too will have their share in life.



## FAMILY

Islam looks at the family as the building block of the society. Islamic jurisprudence defines clearly the rights of the parents, the children, the husband, and the wife. A justly balanced family is the building block of a justly balanced society. Compassion and moderation should be the main underlying theme of any family.

## SOCIETY

Another kind of balance that should be observed is the balance between the rights of individuals and the interest of the society as a whole. As a matter of fact, one of the fundamental underpinning of Islamic law is the requirement that a just balance between the rights of individuals and the interest of the society as a whole be maintained.

## THE STATE

The state should also observe the rules of moderation in its policies in dealing with its citizens as well as in dealing with other countries. Justice should be upheld and fairness to other nations should be practiced.

