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Adjustment is a golden principle

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What is adjustment? Adjustment means living with a normal mind in an unwanted situation. Adjustment is a way of life. Apparently, adjustment is a behaviour that you adopt towards someone else, but in fact it is for your own self.

The problem is that according to the creation plan of God, every human being is Mr Different and Ms Different. Also, everyone has freedom of choice. In such a situation, every human being is compelled to live in a world of differences. We cannot change this creation plan.

Thus, the only realistic option is to adjust with other people. In such a situation, adjustment means not to react, not try to change others, not feel disgusted, not become negative, but to manage the situation smoothly. It is this law of nature that is mentioned in the Quran in these words: "Settlement is the best" (4:128).

In every situation you have two options: either adjust with others or opt for no adjustment. If you opt for no adjustment, then the result would be negative. You'll live in tension, disturbance of mind and end up wasting your time and energy. But, if you opt for adjustment, then you are instantly able to free up your mind. You are able to save yourself from all kinds of negativity.

Adjustment is not a submissive attitude, it is an attitude of wisdom. It is the same principle which everyone follows when they are on the street. On the street, there is traffic on both sides. So, everyone opts for the keep right or keep left rule. This is the way of adjustment. If you refuse to follow this traffic culture, you will face a disastrous situation, even death.

Adjustment gives you a chance to continue your journey. While the policy of no-adjustment is bound to halt your life's journey, either temporarily or in a permanent manner.