

It's just the
Dunya



Words for inner peace

Murat Gülec

Preface

Salam Aleykum, you wonderful soul.

If you hold this book in your hands, then our paths have crossed again — for good reason.

I keep saying it: I'm not the answer. The answer is Allah—and then it's up to you. I'm just a quiet companion who wants to accompany you for a while in this sometimes light, often challenging *Dunya*.

In sha Allah, may my words reach you, find a place in your heart, and give you strength, hope, and maybe just a little light.

I wish you plenty of joy as you read. From heart to heart.

**If you place your trust in Allah,
a door always opens:**



Do you know that feeling when you've tried everything, yet nothing works? You do your best, but every possibility seems to be closing. It feels as if you're trapped in a dead end, and you keep asking yourself why Allah is asking you to bear this right now.

But this is where trust comes into play. Tawakkul doesn't mean just waiting around for everything to fall into place. It means doing what's within your power and leaving the rest to Allah. Maybe He's protecting you from something that could hurt you. Maybe He's got something much better in store for you, only you can't see it yet.

Think back to those moments when you thought it couldn't go on, and yet you somehow kept going. Eventually, a door always opens. Trust in Allah, even when you don't understand the plan. He sees the whole picture, while all you see is a sliver.

When your heart is heavy:



Some days, you just feel empty. Your heart is heavy. The world is loud. You want to believe that happiness is coming back, but you don't know how.

And then... you remember.
Allah.

Not a miracle...
Not something that happens.
Just Him.



You say: "*Hasbunallahu wa ni'mal Wakeel*"
(Allah is enough for me — He is the best guardian). And suddenly, you feel:

Maybe happiness isn't when everything's easy.
It's that you are never alone. Never.



"Surely in the remembrance of Allah
do hearts find comfort."
(Surah 13, Verse 28)

**An important rule for
the Dunya:**



Be someone who doesn't get
stuck in a problem.
Someone who doesn't say,
"Why is this happening to me?",
but asks, *"What can I learn
from it?"*



Life in the Dunya will never
be without tests.
But you can choose what you focus on:
What's blocking you – or
What's moving you.



You won't be able to crack every
problem right away
But you can stay calm,
trust, keep going.
Because the solution's often right there.
Not outside.
But in your attitude.

The little joys in tough times:

Maybe not everything works out as you hoped. Maybe you're tired, disappointed, hurt.



Still, you woke up today. Your heart beats. You can hear, see, feel. You can pray. You can call on Allah—at any time.

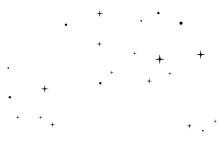
Isn't that a gift?



Sometimes we forget that getting through a tough time is also a sign of Allah's love. That He holds us up, even when we can barely stand.

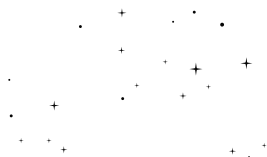
You're still here. And that alone is reason enough for a little smile.

It's just the *Dunya*



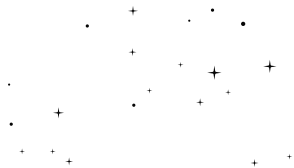
**In this *Dunya*, there's no one
who understands you better
than Allah:**

He knows every feeling you
carry in your heart, every word
you can't say, and every tear you
shed silently. Even if the *Dunya*
abandons you, He remains by your
side. You are never alone, because
His love knows no bounds.



الله

You don't need to explain
yourself to Allah — He
already knows your heart.



**Allah tests those,
who He loves:**



When things get hard, you might ask yourself: Why me? You feel like you're carrying this burden alone, wondering if this is all a sign He's forgotten you. The truth, more often than not, is the exact opposite.

Allah does not test you to break you, but to strengthen you. Trials are not proof you've been left behind, but often a sign of His special attention. For whoever is important to Him, He shapes. He brings them closer, purifies their heart, lifts them up.

Maybe you do not understand yet. Maybe it hurts. But what you're going through means something. And if you remain patient, if you stick with Allah through it all, you'll come out only stronger.

Don't say: "Why me?" Say: "Alhamdulillah"—Allah sees me, so He tests me. And when you realize that, you'll feel a closeness in your pain that goes deeper than anything the *Dunya* could ever offer you.

When nothing is certain anymore:

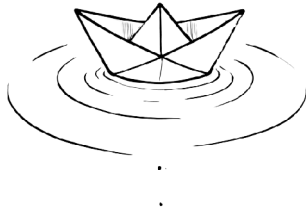
There are moments when everything just falls apart. *Plans. Expectations. Security.*

You realize: life is fragile. And you're searching for something to hold onto that doesn't sway when everything else does.

And then your heart finds its way to Allah.
Not only out of hope, but in the knowledge,
that He's the only one, who never leaves your side.

Maybe that is exactly where your happiness lies:

Not in what seems certain Lies your security,
but in the fact that Allah is always looking out
for you.



Positive thoughts for every day:

I can do it...

I will overcome this too...

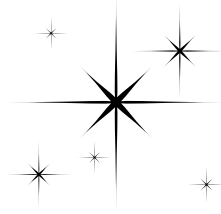
I can achieve great things...

I am strong, I am resilient, I am patient...

When I fall, I will rise again...

There is no losing in my life... Either I
learn or i win...

Because my trust is in



Allah

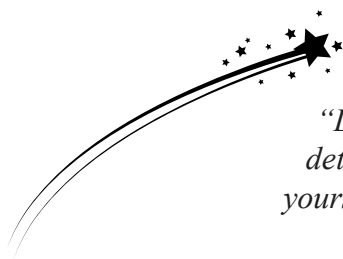
الله

Some people are a test, treat them well anyway:

There are people who push you to your limits. They drain your patience, hurt you, or make your life unnecessarily difficult. Perhaps they are colleagues, relatives, or even people who were once close to you. Their behaviour can make you angry and leave you wondering why you even bother anymore.

But this is exactly where the test lies. It's easy to be kind when life's going well. But true strength shows itself in remaining respectful even when someone does not deserve it.

This does not mean that you should allow yourself to be taken advantage of. Set your boundaries, but do not lose your good character. In the end, what matters is not how others have treated you, but how you chose to respond to it.



*“Don’t let their behaviour
determine who you are – be
yourself, for the love of Allah.”*

It's just the *Dunya*

It's not the end when something falls apart. It is Allah's way to shape you into something that is even stronger and more beautiful.



Alhamdulillah

"Indeed, with hardship
comes relief."

(Surah 94, Verse 6)