

How Inner Awakening and Insight Save Us from Emptiness and Worldly Competitions

The Role of Inner Awakening and Insight in Freeing Humanity from Negligence and the Cycle of Repetition

Many people live their lives as if they are asleep. This sleep does not mean closing one's eyes and resting physically. Rather, it means being detached from truth and neglecting the purpose of creation. When people are in this state, their lives are filled with constant competition, the pursuit of riches, showing off socially, or seeking fleeting pleasures. This lack of awareness can even be disguised as a superficial spirituality lacking true depth.

The truth of life extends beyond mere appearances. Staying stuck in superficiality leads to losing one's way and being trapped in an endless cycle of repetition and comparison. To escape this, one needs to cultivate inner awakening and insight. This inner awakening reveals that life is not merely about eating, sleeping, or competing for short-lived pleasures.

The difference between an awakened person and a negligent one is not very noticeable on the surface because they both work, have families, and participate in social activities. But one lives with a clear and purposeful vision, while the other is trapped in an endless repetition. Inner awakening and insight break this cycle and reveal a new truth that gives even daily actions a different meaning and direction.

This change goes beyond the individual. When a heart awakens, it becomes a source of light that enlightens others and its surroundings. The radiance of inner

awakening extends into social life, fostering collective growth. Therefore, individual growth without considering social impact remains incomplete.

Humans are multidimensional beings. Without awakening the divine truth which is the main dimension of their existence, life stays superficial, despite outward success in scientific, economic, or political arenas. Spiritual awakening and deep understanding make a person aware of the divine potential within, showing they are meant for more than merely competition and consumption. While ignoring this reduces human value to mere possessions, social status, academic titles, or fleeting pleasures.

Therefore, inner awakening is always essential for human life. This awakening changes a person's outlook, giving them the insight to tell right from wrong and smoothing their way toward nearness to God.

The fundamental question is: How do spiritual awakening and deep understanding overcome negligence and save humanity from confusion?

The Impact of the Light of Inner Awakening and Insight on Individual and Social Transformation

Life without inner awakening and insight is like moving in the dark. Those living with a neglect of the main purpose of life might seem busy and successful on the outside, but without an inner light to see the way, they will always be at risk of confusion and mistakes. That is why the wise compare spiritual awakening and deep understanding to light- a light that gives safety, shows the way, and makes the right action possible.

Amir al-Mu'minin, Imam Ali (Peace be upon him) says: "Inner awakening is illumination" ¹. This light helps a person see the path of life clearly and break free from confusion. The Holy Quran also states:

Can those who had been dead (in mind and spirit), to whom We gave life and a light (through guidance and faith) with which they can walk among people, be compared to those in complete darkness (of ignorance and error) from which they can never emerge? That is how the misdeeds of the disbelievers have been made appealing to them. ²

This light means the very awareness and inner awakening. It not only gives the person a new life, but also guides them in society.

When the light of inner awakening is ignited in the heart, a person's perspective changes. Many past concerns and priorities become less important or even meaningless, being replaced with deeper goals. This change does not mean to be detached from the world, but rather putting the world in its proper place.

Inner awakening and insight benefit more than just the individual. A person's awakened choices and actions will influence their family and society. Societies with awakened individuals can discern truth from falsehood, even under pressure or sedition. In contrast, a negligent society easily falls into confusion and deviation.

Modern Negligence and the Necessity of Inner Awakening and Insight

Negligence is one of the most serious obstacles to true human growth, that is, ignoring the truth and the purpose of creation, and becoming preoccupied with worldly tasks and successes, or even with superficial acts of worship. In this

situation we do not ask ourselves: "Why were we born and where are we going?"

The important point is that negligence is not always obvious.

Someone may spend years working hard in their career or studies without ever reflecting on the real purpose behind it. Or they might spend hours on social media, unaware that they are actually drifting away from their true self and the true path of life. On the outside, this person seems awake, but deep down, their heart and soul are still in a state of negligence.

In this situation, the only thing that can save humanity is inner awakening and insight. Amir al-Mu'minin, Imam Ali (Peace be upon him) says: "Counter negligence with attentiveness/inner awakening"³. This statement shows that negligence and awakening do not coexist in one heart. That is, the deeper the inner awakening, the more negligence fades away.

The practical application of this inner awakening in daily life is clear. A person who succeeds in their job or studies, but never really thinks about what these achievements mean, seems to be moving forward on the outside, yet is stagnating on the inside. In such situations, inner awakening serves as an alarm, promoting the question: "Where is this path leading me?"

A tangible example of this truth can be seen in those who, despite possessing wealth, social status, or great achievements, lack inner peace and suffer increasingly from anxiety and emptiness every day. If the path of a person's life does not align with the purpose of creation, superficial achievements will not bring happiness and inner peace, instead, they will become a heavy burden on the soul. Conversely, someone who aligns their movement with inner awakening and insight experiences a profound sense of peace and satisfaction even in difficult

circumstances; this satisfaction is the result of connection to the source of truth, not the product of temporary and superficial successes!

In today's world, negligence often disguises itself through entertainment, constant communication, or the illusion of superficial progress. True insight and inner awakening are key to uncovering these hidden forms of neglect, transforming a life of mere repetition into a purposeful journey.

The Relationship Between Inner Awakening and Insight

Yaqza or inner awakening is the first step out of negligence. This inner awakening shows a person's situation in life. Meanwhile, it reveals the impact of their choices on their eternal destiny. Amir al-Mu'minin, Imam Ali (Peace be upon him) says: "Vigilance in religion is a blessing for the one whom it is bestowed upon" ⁴.

But awakening is only the beginning of the journey. Without insight, even an awakened person can remain confused. Inner awakening opens the eyes of the heart, while insight is the light that illuminates the path.

For instance, let us point out a few examples:

- A person who recognizes the importance of health but lacks true insight might adopt incorrect methods, ultimately causing harm to themselves.
- A student who has understood the value of learning but lacks insight might waste their energy on the wrong majors.
- A person who has achieved inner awakening in their professional life but lacks insight might be influenced by others' superficial criteria for success.

There are many historical examples of individuals who were seemingly religious scholars or even devout worshippers, but because they lacked the light of insight in their hearts, they lost their way at crucial junctures.

Insight is the true fruit of inner awakening. It means seeing the truth beyond appearances, the ability to assess the consequences of actions, and identifying the correct path among complex options. When inner awakening leads to insight, we can make decisions in harmony with the main purpose of creation.

Therefore, spiritual awakening and deep understanding are two ongoing and complementary steps. Inner awakening rouses a person from the sleep of neglect, and insight becomes a guiding light in important choices. When these two come together, life stops being just a set of daily routines, rather it gains a clear sense of meaning and direction.

In your opinion, what are the signs for recognizing inner awakening and insight in individuals? How can these two be strengthened in today's life?

References

¹ . Abd al-Wahid Al-Amudi, *Ghurur Al-Hikam Wa Durar Al-Kalim*. Trans. Tahir Ridha Jaffer. Qom: Ansariyan Publication, p. 1753

² . Quran, 6:122

³ . Al-Amud, *Ghurur Al-Hikam Wa Durar Al-Kalim*, p. 1227

⁴ . Ibid., p. 1753.