

Islam changed my life forever

(A non Muslim westerner perspective)

I spent my entire life fighting for justice, for fairness and equality. But there came a point in my life where I started asking myself deeper questions about life, its purpose and what happens after all of this is gone.

And interestingly enough, it was my encounter with Islam that opened up an entirely new way of thinking for me.

You see, I used to think of religion primarily in political terms as institutions, as power structures, as cultural forces , but the more I learned about Islam, the more I realized that it's not just a religion.

It's a philosophy of life, it's a way of grounding yourself in humility, in compassion, in the reality that everything you have, every breath, every moment, is a gift , not an entitlement.

When I began reading about the prophet Muhammad, piece me upon him, I was struck not by political ambition or wealth or conquest, but by simplicity.

Here was a man who could have lived in luxury if he wanted, but he chose to live modestly, to eat little, to give everything for others.

And that idea, that real power comes from service, not domination that hit me deeply; because that's something I've been trying to fight for politically, my entire life, but Islam gave it a spiritual meaning.

It said ,This isn't just politics, this is life, this is morality.

The Quran's message about life and death completely changed how I see existence.

The idea that life is a test, that what we do here has consequences beyond this world .

It's humbling.

In politics, we often think about legacy who remembers us what laws we pass, what systems we

build.

But Islam teaches that the real measure of your life is not how history remembers you, but how your creator judges you.

That's powerful, because it removes ego from the equation.

It's no longer about me, the public figure.

It's about the human being, accountable to something far greater than himself.

When I read the Quran verses about death, I realized how much denial we live in as a society.

We act as if we'll live forever, as if the pursuit of wealth, status, and comfort, will somehow shield us from mortality, but Islam confronts death directly.

It tells you, this life is temporary, fleeting, and what truly matters is how you use it.

I started to understand why Muslims prayed five times a day.

It's not just ritual, it's a constant reminder of purpose .

Every prayer is like a recalibration, a moment to remember, I'm not in control, I'm here to serve" and I thought, what would happen if all of us, regardless of religion, live like that if we paused regularly to humble ourselves, to remind ourselves that we're not gods, that we not invincible , that we're all going back to the same earth one day.

That thought changed me.

It softens something inside me.

Islam also taught me about community, the Umma, this idea that we're all connected, that your neighbor's pain is your pain that your wealth means nothing.

If the person next to you is starving.

That's not just a religious principle.

That's the foundation of justice.

And I thought, this is socialism of the soul .

This is compassion institutionalized.

I saw parallels between what I'd been fighting for politically and what Islam teaches spiritually, the concept of Zakat mandatory charity isn't just generosity, it's responsibility.

It's saying that in a moral society, you cannot hoard while others suffer .

That resonated with me more deeply than any economic theory.

And then, when I looked at the teachings about death, about the hereafter, I saw something incredibly liberating.

Islam says death is not the end.

It's a transition, and that gives life meaning, because if you know you'll be accountable, you start to live with intentions, you start to care about how you treat people, how you use your power, how you spend your time.

That changed my entire perspective.

I used to think that the ultimate goal was to lead behind a better world, and that's still true.

But now I also think the goal is to lead behind a better soul.

You see, when you read the Quran with an open heart, it doesn't just speak to Muslims.

It speaks to the human condition, it tells you that arrogance destroys, that humility elevates, that compassion heals.

And I think if more of us, especially in the West , took the time to understand Islam beyond the headlines, beyond the stereotypes, we'd find a wisdom that could heal a lot of what's broken in our societies, the prophet said, the best of you are those who are most beneficial to others.

That line alone could change politics, economics, and culture if we live by it.

So, yes, Islam changed my perspective on life and death because it made me realize that life is service and death is accountable, that we don't own anything, not our money, not our fame, not even our bodies.

Everything is a trust , and that's a truth that can humble even the most powerful among us.

I'm not saying I've converted or that I've abandoned my own traditions.

What I'm saying is that Islam gave me a lens through which I see the world more clearly now, a lens of humility, justice, and peace , and maybe just, maybe if more of us look through that same lens, this world would be a little more compassionate, a little more just and a lot more

human.

You know, when I continued to study Islam, I began to see something even deeper, something that goes beyond theology or philosophy.

It's a transformation of the heart .

You start to understand that everything you do, every intention you make, every word that leaves your mouth, is seen, recorded, and remembered.

That concept shook me because in politics you learn how to speak to win, how to negotiate, how to play the game .

But Islam teaches that your words aren't just for people.

They're for God.

They carry moral weight.

And when you start thinking like that, you begin to purify how you speak, how you act, and even how you think.

I started to ask myself, how many times have I spoken without sincerity?

How many times have I done something good for the wrong reasons?

That's the kind of introspection Islam forces upon you, not to shame you, but to awaken you.

It makes you look inward before you look outward.

It's not just about changing society.

It's about changing the self first , and that's a lesson that many of us in public life forget.

Another thing that touched me deeply is the Islamic idea of balance, moderation, or as it's called, wasatiya, the Koran doesn't tell you to abandon the world.

It tells you not to be consumed by it .

That's profound, because so many people today think spirituality means escaping life.

Islam says, no, live, work, love, struggle, but remember your creator through it all.

It's not isolation.

It's integration.

And that's how a society becomes healthy, when spirituality and daily life are not separate.

I remember reading a verse that said, in the remembrance of ALLAH, hearts find rest.

And I thought to myself, in a world full of anxiety, chaos, depression, and material obsession, that's what people are missing, remembrance.

People try to fill their emptiness with money, fame, entertainment, and consumption, but the void never ends.

Islam says that peace isn't found in possessions.

It's found in purpose.

When you remember where you came from and where you're going, the noise quiets down .

That struck me because I've met billionaires, world leaders, and celebrities who have everything, yet they are restless.

But then you meet a simple Muslim working an honest job, praying five times a day, living in contentment, and you see peace on their face.

That's not coincidence, that's faith.

That's alignment between the heart and the truth.

And I'll tell you something else, the more I learned about the Islamic view of death, the more it stilled a profound feeling.

Most of us fear death because we think it's the end.

Islam says it's not the end.

It's the beginning of real life .

The prophet Muhammad (SAW) said, "Be in this world as if you were a traveler.

That's such a powerful image.

Imagine you're just passing through.

If you don't build your house in the middle of the road, you don't attach yourself to temporary things.

You stay grateful for the shelter, the food, the people , but you know your journey continues.

That's how Islam reframes death, not as a tragedy, but as a return.

And when you see it that way, you start living differently, you forgive more, you let go faster, you stop chasing meaningless victories, you start thinking what legacy am I leaving?

What will follow me after I'm gone?

Because Islam says that even after death, your good deeds continue through the people you helped, the knowledge you share and the kindness you spread.

That's immortality and the truest sense , and then there's something else.

The concept of tawwwkal, trust in God.

It's one thing to believe in God.

It's another to trust him completely.

That's what Islam teaches, that when you've done your part, you leave the result to him.

That's not passivity, that's peace, because you stop being crushed by outcomes.

You stop being destroyed by failures, you do your best, and then you let go.

I realize that's what's missing in our modern world, surrender.

We think control is strength.

Islam says, true strength is knowing when to surrender, when to say, I've done what I can, the rest is in God's hands.

That's not weakness.

That's wisdom.

I was especially moved by the Quran's emphasis on mercy .

One of the names of God is Ar Rahmann, the most merciful.

Every chapter starts with that reminder.

When I learned that, I thought, this is not a god of wrath or punishment, this is a god of compassion, a God who forgives endlessly, who knows your struggles, your secrets, your pain , that idea of divine mercy, of a creator who wants you to succeed, to return to him, to be better.

That gave me hope.

It's not a religion of fear, it's a religion of love.

I think that's one of the greatest misunderstandings in the West.

People see Islam through headlines, not through hearts .

The more I talk to Muslims, the more I saw how that faith shapes their daily lives.

The honesty, the hospitality, the discipline, waking up before sunrise to pray, fasting for a month just to feel gratitude and empathy for the poor, giving away a portion of your income every year.

These aren't just rituals.

These are acts of social and spiritual "purification.

They train your souls to be less selfish, less grieved, less arrogant.

There's remind you that true wealth isn't in what you own.

It's in what you give.

I also found this beautiful Islam values knowledge.

The very first word revealed in the Quran was "Read."

That's revolutionary.

It tells you that faith and intellect are not enemies, they' are allies.

It says, seek truth, and explore the world.

Quest everything, and through that journey, you'll find God.

And I thought, This is the harmony we've lost in modern politics and science.

We separate faith from reason when in reality; both were meant to guide each other.

And one thing that really humbled me was the concept of accountability.

Yaum ul Qiyama, the Day of Judgment, the idea that every action, every injustice, every cruelty will be answered for , for someone who has spent decades fighting corruption, greed, and inequality, that message resonated deeply, because it means ultimate.

Justice is real.

You might escape human law, but you cannot escape divine law.

That's a powerful deterrent to arrogance and oppression.

Imagine a world where every leader truly believed that one day they would stand before their creators an answer for their actions.

What kind of world would that be?

So, yes, Islam didn't just change how I think about life and death.

It changed how I think about power, morality, justice, and humanity itself.

It showed me that spirituality and activism are not separate.

They're one, because when your heart is aligned with the truth, your fight for Justice.

It's no longer just political, it's personal, it's eternal.

I can say without hesitation that Islam taught me something no textbook, no campaign, no debate stage, ever could. It taught me perspective.

It taught me that life is short , but meaning is infinite.

The death is certain, but despair is not, and that the ultimate purpose of life is not to be remembered by the world is to be remembered by the one who created it.

And if that doesn't change how you see everything, then, my friends, nothing will.