The Alchemy of Happiness (Kimiya-yi Sa’ādat)

Ghazālī (al-) · https://majalla.org/ilm/the-alchemy-of-happiness-kimiya-yi-saadat/

The **Alchemy of Happiness** (Kimiya-yi Sa'ādat) is a seminal work of Islamic philosophy, theology, and spirituality written by the renowned 11th-century Persian scholar Abu Hamid al-Ghazali. Serving as a more accessible, Persian-language distillation of his monumental Arabic masterpiece, The Revival of the Religious Sciences (Ihya' Ulum al-Din), the book is a comprehensive guide to spiritual purification, ethical living, and the pursuit of divine truth.

The title refers to the mystical transformation of the soul. Just as physical alchemy historically sought to turn base metals into gold, al-Ghazali posits that spiritual alchemy transforms the base, ego-driven human heart into a vessel of divine light and eternal happiness. The text is fundamentally structured around four core pillars: self-knowledge, the knowledge of God, the knowledge of the physical world, and the knowledge of the afterlife.

Blending orthodox Islamic theology with Sufi mysticism, The Alchemy of Happiness is not merely an abstract philosophical treatise; it is a highly practical manual. Al-Ghazali offers actionable advice on navigating daily life, managing one's affairs, raising children, and mastering inner vices such as pride, greed, and anger. Centuries after its composition, it remains a profound exploration of the human condition, offering a timeless roadmap for achieving inner peace and ultimate spiritual fulfillment.

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