

Muharram 1435 Lecture Summaries

Title/Topic: Spiritual Jihad vs Spiritual Suicide

Night 9 – Tuesday 12 November 2013

Sura an-Nisaa, Verse 100:

وَمَنْ يُهَاجِرْ فِي سَبِيلِ اللَّهِ يَجِدْ فِي الْأَرْضِ مُرَافِقًا كَثِيرًا وَسَعَةً وَمَنْ
يَخْرُجْ مِنْ بَيْتِهِ مُهَاجِرًا إِلَى اللَّهِ وَرَسُولِهِ ثُمَّ يُدْرِكْهُ الْمَوْتُ فَقَدْ وَقَعَ أَجْرُهُ
عَلَى اللَّهِ وَكَانَ اللَّهُ غَفُورًا رَحِيمًا ﴿١٠٠﴾

Whoever migrates in the way of Allah will find many havens and plenitude in the earth. And whoever leaves his home migrating toward Allah and His Apostle, and is then overtaken by death, his reward shall certainly fall on Allah, and Allah is all-forgiving, all-merciful.

Review of Yesterday:

- We have different levels of soul.
- Nafs e Mulhamah is the one that creates the greatest battle for us.
- Spiritual suicide is when one falls prey to his soul; spiritual jihad is when one resists the soul.
- Soul seeks control by 2 ways:
 - 1) Pain
 - 2) Making us busy with distractions. Making us constantly busy so we have no time. We are constantly occupied

Today:

- When the soul feels in threat it:
 - 1) Blames others- Make someone else feel the pain we created have created within.
"I" makes the soul feel happy that it had an existence
 - 2) Thinks about future- Not living in the now
 - 3) Blackmails people
 - 4) Shout at people to release pain
- But we don't realize that Allah can cradle us and comfort us

- We confuse our life with our life situation

يٰۤاَيُّهَا الَّذِيْنَ ءَامَنُوْا اسْتَجِيبُوْا لِلّٰهِ وَلِلرَّسُوْلِ اِذَا دَعَاكُمْ لِمَا
يُحْيِيْكُمْ وَاَعْلَمُوْا اَنْ اللّٰهَ يَحُوْلُ بَيْنَ الْمَرْءِ وَقَلْبِهٖۚ وَاَنَّهُۥ
۞۲۴۞ اِلَيْهِ تُحْشَرُوْنَ

O you who have believed, respond to Allah and to the Messenger when he calls you to that which **gives you life**.

- Life is what God offers not what we think

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ
وَالْأَنْفُسِ وَالْثَّمَرَاتِ ۚ وَبَشِّرِ الصَّٰبِرِيْنَ ۞۱۵۵۞

الَّذِيْنَ إِذَا أَصَابَتْهُمُ مُّصِيبَةٌ قَالُوْا إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَٰجِعُونَ ۞۱۵۶۞

*'And We will surely **test you** with something of fear and hunger and a loss of wealth and lives and fruits, but give **good tidings to the patient**,
Who, when disaster strikes them, say, "Indeed we belong to Allah, and indeed to Him we will return."*

- ❖ We need to have 'Sabr' – Patience on this journey to God

- True servant hood is achieved by a mental shift.

Analogy (why we need to be 'submerged' in God).

- ❖ Think of me as the earth; and God as the sun
- ❖ At every moment in time; half the earth is in darkness; and half the earth is in light
- ❖ The part which is in light is due to the 'kindness' of the sun shining on the earth
- ❖ The other half is due to the nature of the earth. (similar to the nature of the nafs in us)
- ❖ The only way for the earth to be fully in light is when it becomes submerged in the sun; and becomes one with it
- ❖ Thus the only way for us to be in constant light is to become submerged in God.

7th WEAPON- Don't worry of future

Don't carry baggage. Don't look at 'what if scenarios'. When they come upon us, that's when we need to worry about it.

Example we don't carry forks, knives, cars, etc., everywhere we go. We only take it when we need to use it.

Consequences of this:

- 1) Boredom
- 2) Argumentation
- 3) Self pity
- 4) Stress
- 5) Sulking
- 6) Backbiting

'Backbiting is the effort of the helpless'
Holy Prophet (s.a.w)

- 7) Judging other by actions and judging myself by my thoughts

When someone does something bad; we are quick to judge; but when we do something, we always consider our intention behind the action

Cure: Need a Sudden shift in attitude

- We are naturally scared of death.
- But this is not physical pain. The real pain is shock of having lost one's identity.
- In this world- we had an 'I' But suddenly realize that I was not the person i thought I was. I am introduced to my soul

'People are asleep, when they die, they awake.'
Imam Ali(a.s)

8th WEAPON- Reconnect with the soul

Simple method:

- Before sleeping, do wudhu
- Pray a 2 rakaah salaah and then talk to God.
- You will notice that you are beginning to reconnect with God naturally.

- 8) Want happiness to come from outside.

- Spouses, children, parents...
- When they are gone; we feel lonely
- Arguments start because we want happiness from others

Allah says invest in me. He will cuddle us.

'If I was left alone with the Quran, I would never feel lonely.'

Imam Sajjad(a.s)

Acts of worship: Removal of luxury. Make us taste a little bit of difficulty.

When we die, veils are removed. So can see things couldn't see before.

2 types of Veils:

- 1) **Dark veils**- These are veils caused by our vices. Backbiting, arguing etc. This is against the nature of God. Can't understand the higher realities

أَلَا إِنَّهُمْ فِي مَرِئَةٍ مِّن لِّقَاءِ رَبِّهِمْ أَلَّا يَنبَغُوا بِكُلِّ شَيْءٍ
مُّحِيطٍ

*'Unquestionably, they are in **doubt about the meeting with their Lord.***

Unquestionably He is, of all things, encompassing.' (41:54)

The meeting with God is going to happen.

2) Light Veils

'One who purifies oneself sincerely for Allah, for forty days; springs of wisdom flow from his heart to his tongue.'

Holy Prophet (s.a.w)

- Change will not happen overnight. It takes time for change to happen

'Small amounts of actions which are continues regularly; is better than large amounts of action which is only done once.'

Imam Ali(a.s)

- 40 days is a special period - Actions done for that long influence the heart.
- We get *ikhlas* (sincerity)
- Do everything for God.
- When this happens- one becomes a Mukhlis
- Strives to make religious practice sincerely for God

- As this happens veils become lifted
- Through this sincerity one gets a tranquil heart
- Key to having easier akhira: **Istighfar** (obtaining forgiveness)
- Allah wants our souls to become the house of peace.

When God tells all the angels to bow down to adam:

فَسَجَدَ الْمَلَائِكَةُ كُلُّهُمْ أَجْمَعُونَ ﴿٧٣﴾
 إِلَّا إِبْلِيسَ اسْتَكْبَرَ وَكَانَ مِنَ الْكَافِرِينَ ﴿٧٤﴾
 قَالَ يَبْنَٰٓئِيسُ مَا مَنَعَكَ أَن تَسْجُدَ لِمَا خَلَقْتُ بِإِيدِي ۖ اسْتَكْبَرْتَ أَمْ كُنْتَ
 مِنَ الْعَالِينَ ﴿٧٥﴾

'So the angels prostrated - all of them entirely.

Except Iblees; he was arrogant and became among the disbelievers.

[Allah] said, "O Iblees, what prevented you from prostrating to that which I created with My hands? Were you arrogant [then], or were you [already] among the haughty?" (38:73-75)

Iblees says:

قَالَ فَبِعِزَّتِكَ لَا أُغْوِيَنَّهُمْ أَجْمَعِينَ ﴿٨٢﴾
 إِلَّا عِبَادَكَ مِنْهُمُ الْمُخْلَصِينَ ﴿٨٣﴾

[Iblees] said, "By your might, I will surely mislead them all
 Except, among them, **Your purified servants.**" (38:82-83)

- Shaytan cannot mislead the 'sincere' servants of Allah. Allah tells him he has no 'authority' over them.
- **Mukhlaseen**- in station of Nafs al-Mutmainah - tranquil souls
- Root of itminaan comes from water. Itmanal maa - becomes immovable.
- Mulhama is time for attack and defence
- But now there is no attack. As have attained ikhlas.
- There is a difference between Ikhlas and Khulus
 - **Mukhlis** – Is one who is at the stage of Nafs e Mulhama
 - **Mukhlas** – is one who is at the stage of Nafs e Mutmaina

A Mukhlas has died to himself. He is a person whose whole being belong to Allah. He has lost all sense of attachment and pain to this world.