



Class #5

Causes of Failure



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• 1. Communication

- Process – driven communicators vs Result-driven communicators
- “The right of the tongue is that you consider it too noble for obscenity, accustom it to good, refrain from any meddling in which there is nothing to be gained, express kindness to the people, and speak well concerning them.” – Imam Sajjad (as)
- Each body part has its own limitation: the eyes can see certain colours, the ears cant hear every sound...but the tongue has the ability to both corrupt and hurt and spread kindness and prosperity amongst people
- The Holy Prophet: “A believer’s tongue is located behind his heart and when he wants to say something he consults with the heart – if the heart agrees he utters the words if not he seals his lips but a hypocrite utters words without consultation with the heart” - Al-Mahajjah al-Bayda. p.194

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2. The Power of Listening

عَلِيُّ بْنُ مُحَمَّدٍ عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ جَعْفَرِ بْنِ مُحَمَّدٍ الْأَشْعَرِيِّ عَنْ عَبْدِ اللَّهِ بْنِ مَيْمُونِ الْقَدَّاحِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) عَنْ آبَائِهِ (عَلَيْهِمُ السَّلَام) قَالَ جَاءَ رَجُلٌ إِلَى رَسُولِ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) فَقَالَ يَا رَسُولَ اللَّهِ مَا الْعِلْمُ قَالَ الْأَنْصَابُ قَالَ ثُمَّ مَهْ قَالَ الْأَسْتِمَاعُ قَالَ ثُمَّ مَهْ قَالَ الْحِفْظُ قَالَ ثُمَّ مَهْ قَالَ الْعَمَلُ بِهِ قَالَ ثُمَّ مَهْ يَا رَسُولَ اللَّهِ قَالَ نَشْرُهُ.

"Once a man came to the holy Prophet (s.a.) and said, 'O messenger of Allah what is knowledge?' The holy Prophet replied, "It is silence. It is listening. It is retaining. It is practice. It is to propagate what one has learned."

- the transformative power of listening (to be acknowledged)
- create a safe zone for your spouse
- empathy is shown by listening

Love & Intimacy

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تُحَرِّمُوا طَيِّبَاتِ مَا أَحَلَّ اللَّهُ لَكُمْ وَلَا تَعْتَدُوا

“O you who believe! do not forbid (yourselves) the good things which Allah has made lawful for you and do not exceed the limits..”
(5:87)

Islam forbids celibacy and monasticism

Intimacy should not be an unbalanced, husband dominated experience

إِنَّ اللَّهَ جَعَلَ لِلْمَرْأَةِ صَبْرَ عَشْرَةِ رِجَالٍ فَإِذَا هَاجَتْ كَانَتْ لَهَا قُوَّةُ شَهْوَةِ عَشْرَةِ رِجَالٍ

Imam Ali (as): “Allah has given the woman the patience of ten men. During intimacy, she has been given the desire of ten men.”

خَلَقَ اللَّهُ الشَّهْوَةَ عَشْرَةَ أَجْزَاءٍ فَجَعَلَ تِسْعَةَ أَجْزَاءٍ فِي النِّسَاءِ وَ جُزْءاً وَاحِداً فِي الرِّجَالِ

Imam Ali (‘a) said: “Allah created desire into ten parts. He placed nine tenths in women and one tenth in men.”

Etiquette of Intimacy.

إِنَّ الْمُؤْمِنِينَ إِذَا جَامَعَ أَهْلَهُ بَسَطَ عَلَيْهِ سَبْعُونَ أَلْفَ مَلَكٍ جَنَاحَهُ وَ تَنْزِيلُ عَلَيْهِ الرَّحْمَةِ

The Prophet (s) said: “When a husband and wife are intimate, 70,000 angels cover them with their wings and mercy descends on them.”

- A woman is at her most vulnerable during intimacy, it is important that her husband is conscience of that and makes her feel secure, comfortable and beautiful
- Anticipation is part of the experience – slow down!
- The Prophet of Allah (s) says after a couple is intimate don't rush to get back to your day....take a moment and absorb the energy in the room. Connect with each other as the heart has been softened!
- Communicate! Be open with each other and do all you can to make it enjoyable for your spouse

The image features a white background with decorative elements in the corners. In the top-left corner, there are several colored circles: a large light purple one, a small yellow one, a small pink one, a small blue one, and a tiny dark red one. In the top-right corner, there is a large pink circle, a small yellow one, and a medium-sized bright pink circle. In the bottom-right corner, there is a small orange circle, a medium-sized light purple circle, a small blue circle, a medium-sized light purple circle, and a large orange circle. The word "Questions" is centered in a black, serif font.

Questions