

UMM ABBAD ACADEMY
PRESENTS

LEARNING TO LOVE FOR THE PLEASURE OF ALLAH

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DISCUSSION POINTS



WHAT TO EXPECT

Understanding self love vs Feeding the Ego

Loving your spouse for the Pleasure of Allah

Transactional love vs Selfless love

LOVE TOWARDS A BELIEVER



TREATMENT OF A BELIEVER SHOULD BE A LOVE THAT CONSISTS OF MERCY

﴿محمد رسول الله والذين معه أشداء على الكفار رحماء بينهم﴾ [الفتح (29)

ALLAH TA'ALA SAYS: MUHAMMED (صلى الله عليه وسلم) IS THE MESSENGER OF ALLAH AND THOSE WITH HIM ARE SEVERE AGAINST THE DISBELIEVERS AND MERCIFUL AMONGST THEMSELVES.

قال تعالى: ﴿أذلة على المؤمنين أعزة على الكافرين﴾ [المائدة (54)] .

HUMBLE TOWARDS THE BELIEVERS AND FIRM AGAINST THE DISBELIEVERS.

STEP ONE : REFRAMING YOUR THOUGHTS ABOUT THE PEOPLE IN YOUR LIFE

YOUR SPOUSE

Reflect on this relationship - how merciful are you within your expectations and relationship?

YOUR CHILDREN

Are they little believers or just children who test you push you beyond your limits ?

YOUR IN LAWS & FAMILY

Toxicity exists in every form and soon they become the other - are practicing this verse اذلة on them ?

YOUR EMPLOYEES

Is there a shift in your mind when it comes to work and when we look at our thoughts around work.

REWARDS OF LOVING FOR THE PLEASURE OF ALLAH

(إنَّ اللَّهَ يقولُ يَومَ القِيامَةِ: أيْنَ المُتَحابُّونَ بجَلالِي، اليومَ أُظِلُّهُمْ في ظِلِّي يَومَ لا ظِلَّ إلَّا ظِلِّي).

Most certainly Allah will announce on the day of Qiyaamah: Where are those who love each other because of my greatness? Today I will shade them under my shade on a day that there is no shade except MY shade

(ثَلَاثٌ مَن كُنَّ فيه وجَدَ حَلَاوَةَ الإيمَانِ: مَن كانَ اللَّهُ ورَسولُهُ أحَبَّ إلَيْهِ ممَّا سِوَاهُمَا، ومَن أحَبَّ عَبْدًا لا يُحِبُّهُ إلَّا لِلَّهِ عزَّ وجلَّ، ومَن يَكْرَهُ أنْ يَعُودَ في الكُفْرِ، بَعْدَ إذْ أنْقَذَهُ اللَّهُ، منه كما يَكْرَهُ أنْ يُلْقَى في النَّارِ)

Three qualities, whoever has them will find the sweetness of Imaan:

1. He who loves Allah His Rasul صلى الله عليه وسلم more than anything else.
2. He who loves a slave of Allah only for the sake of Allah
3. He who dislikes returning to disbeliefafter Allah had saved him from it just as he dislikes being thrown into the fire.



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THE TRUE TASTE OF IMAN

(من أحبَّ أن يجدَ طعمَ الإيمانِ فلْيُحبَّ المرءَ لا يُحبُّه إلا للهِ)

HE WHO WISHES TO FIND THE TRUE TASTE OF FAITH THEN HE SHOULD LOVE A PERSON ONLY FOR THE PLEASURE OF ALLAH

VERBALIZED AND EXPRESSED LOVE

عن أبي كريمة المقداد بن معد يكرب - رضي الله عنه - عن النبي - صلى الله عليه وسلم - قال: «إذا أحب الرجل أخاه، فليخبره أنه يحبه» . رواه أبو داود والترمذي، وقال: «حديث حسن صحيح غريب»

"WHEN A MAN LOVES HIS BROTHER THEN HE SHOULD INFORM HIM THAT HE LOVES HIM".



(دخَلْتُ مسجدَ دِمَشْقَ فإذا فتًى برَّاقُ الثَّنايا
وإذا النَّاسُ معه إذا اختلَفوا في شيءٍ
أسنَدوه إليه وصدَروا عن رأيِه فسأَلْتُ عنه
فقيل: هذا معاذُ بنُ جبلٍ فلمَّا كان الغدُ هجَّرْتُ
فوجَدْتُه قد سبَقني بالتَّهجيرِ ووجَدْتُه يُصَلِّي
قال: فانتظَرْتُه حتَّى قضى صلاتَه ثمَّ جِئْتُه مِن
قِبَلِ وجهِه فسلَّمْتُ عليه وقُلْتُ: واللهِ إنِّي
لَأُحِبُّك للهِ فقال: آللهِ ؟ قُلْتُ: آللهِ فأخَذ بحَبوةِ
ردائي فجذَبني إليه وقال: أبشِرْ فإنِّي سمِعْتُ
رسولَ اللهِ صلَّى اللهُ عليه وسلَّم يقولُ: (قال
اللهُ تبارَك وتعالى: وجَبَتْ محبَّتي للمُتحابِّين فيَّ
والمُتجالِسينَ فيَّ والمُتزاوِرينَ فيَّ).[11]

THE DUA OF DAWOOD(AS)

كان من دُعاءِ داودَ يقولُ : اللهُمَّ ! إنِّي أسألُك حُبَّك وحُبَّ من يُحبُّك، والعملَ الَّذي يُبَلِّغُنِي حُبَّكَ، اللهُمَّ! اجْعلْ حُبَّكَ أحَبَّ إليَّ من نَفْسِي وأهْلِي، ومن الماءِ البارِدِ، قال: وكانَ رسولُ اللَّهِ صلَّى اللَّهُ عليه وسَلَّمَ، إذا ذكر دَاوُدَ يُحَدِّثُ عنهُ قال: كان أعْبَدَ البشَرِ



TRANSACTIONAL RELATIONSHIPS

- Focus on Self-benefits
- Results-oriented
- Positive and Negative reinforcement
- Expectations and Judgement
- Partners compete against each other

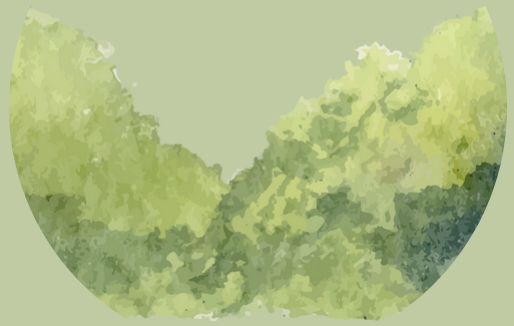


RECOGNIZING TRANSACTIONAL LOVE

TRIGGERS

When you feel yourself getting frustrated/ ticked off after doing something for a loved one





NEGATIVE SELF TALK

I am the only one who cares /I did this for them at such and such a time but they never do anything for me etc.

REMINDING

Throwing what we do back at the people we love



SELF-LOVE IS A STATE OF APPRECIATION FOR ONESELF THAT GROWS FROM ACTIONS THAT SUPPORT OUR PHYSICAL, PSYCHOLOGICAL AND SPIRITUAL GROWTH. SELF-LOVE MEANS HAVING A HIGH REGARD FOR YOUR OWN WELL-BEING AND HAPPINESS. SELF-LOVE MEANS TAKING CARE OF YOUR OWN NEEDS AND NOT SACRIFICING YOUR WELL-BEING TO PLEASE OTHERS. SELF-LOVE MEANS NOT SETTLING FOR LESS THAN YOU DESERVE.

SELF-LOVE CAN MEAN SOMETHING DIFFERENT FOR EACH PERSON BECAUSE WE ALL HAVE MANY DIFFERENT WAYS TO TAKE CARE OF OURSELVES. FIGURING OUT WHAT SELF-LOVE LOOKS LIKE FOR YOU AS AN INDIVIDUAL IS AN IMPORTANT PART OF YOUR MENTAL HEALTH.

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LIVING UNCONSCIOUS AND ACCORDING TO THE EGO RESULTS IN STRESS, UNNECESSARY RESISTANCE AND MUCH LESS DESIRABLE CONSEQUENCES THAT YOU DO NOT DESERVE. AS A UNIQUE AND AWESOME HUMAN BEING, YOU DESERVE MUCH MORE THAN THE EGO OFFERS YOU. YOU HAVE TWO ALTERNATIVES TO CHOOSE FROM AND I'M POSITIVE YOU WANT WHAT THE SOUL HAS TO OFFER YOU. YOU MUST SIMPLY SLOW DOWN AND JOURNEY INTO YOUR INNER BEING AND DECIDE BETWEEN THE TWO. SOUL LIVING OFFERS YOU COMPLETE PEACE AND INFINITE POTENTIAL WHILE EGO LIVING OFFERS YOU STRESS AND THE ORDINARY LIFE THAT YOU ARE SEEKING TO TRANSCEND.

HONESTLY, I DON'T THINK ANY OF US CHOOSE TO LIVE ACCORDING TO THE EGO. I BELIEVE WE GET CONDITIONED TO LIVE THIS WAY THROUGHOUT OUR LIVES AND NEVER REALIZE THERE IS A MORE EFFECTIVE ALTERNATIVE.

EGO AND THE SOUL

WE ARE VERY FAMILIAR WITH BOTH OUR EGO AND OUR SOUL. WE COME IN CONTACT WITH THEM DAILY. OUR EGO IS THAT VOICE WITHIN US THAT DEMANDS EVERYTHING AND PULLS US ALONG A PATH THAT IS DIFFICULT AND FILLED WITH OBSTACLES. THE EGO ROBS US OF THE PEACE THAT WE DESERVE. OUR SOUL IS THE DEEP, PROFOUND, AND INFINITELY TRANQUIL PLACE WITHIN US THAT KNOWS NOTHING BUT EMPATHY, LOVE, COMPASSION AND TRUTH. THE SOUL IS WHO WE TRULY ARE. EVERY HUMAN BEING TRULY DESIRES TO LIVE THE BEST THEY POSSIBLY CAN. HOWEVER, THE EGO INTERRUPTS THIS PROCESS WITH ENDLESS MIND GAMES. IT'S TIME TO TAKE BACK WHAT IS OURS AND QUIET THE EGO.

SELF LOVE

VS

FEEDING THE EGO

BOUNDARIES

In taking care of yourself you put boundaries in place to understand your own needs yet the Ego very quickly can turn it into the following statements: " I DONT WANT TO!"

MY NEEDS VS THE NEEDS OF OTHERS

Finding the balance of taking care of our needs to constantly feeding the Ego.

SELF CARE STEMS FROM A NEGATIVE THOUGHT CYCLE

Often we hear , if you don't take care of yourself nobody will.



EVOLVING TRANSACTIONAL RELATIONSHIPS

WORKING TO A HOME OF LOVE

Don’t mention past mistakes

Don’t account your contributions to the famil
Don’t consider your spouse as a rival
Don’t look at your partner as a burden
Don’t let a day pass by without giving to your partner
Do solve things together
Do everything (chores included) together
Do sacrifice for your partner’s happiness
Do understand your partner’s misgivings
Do offer your life to your partner
All responsibilities are shared
All liabilities are shared

UNDERSTANDING SELFLESS LOVE

Loving our significant other, friends and family is easy, since they usually respond in kind. Therefore, when we give our love, we get something in return. It's an ideal situation. However, quiet, unassuming, selfless love, is the more powerful, yet a rather elusive sensation. It usually reveals itself when we do things out of the kindness of our hearts, not requiring or even expecting anything in return.

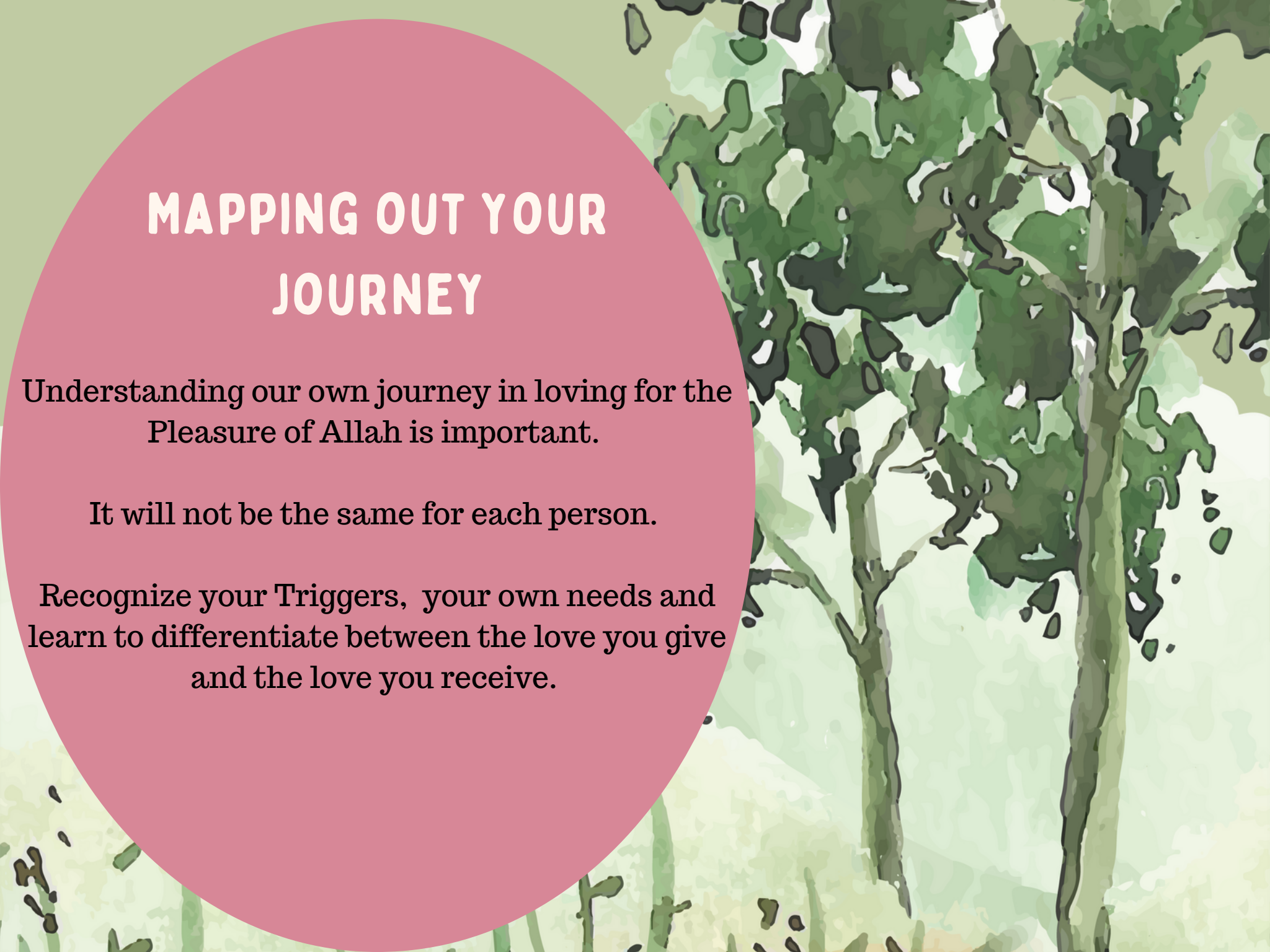
The power of unconditional, selfless love lies in the fact that it's not motivated by a reward or a benefit. If your aim is to make the world a slightly better place, there are many things you can do, however, only one is guaranteed to have an impact. Selfless love in the form of kindness and compassion.

MAPPING OUT YOUR JOURNEY

Understanding our own journey in loving for the Pleasure of Allah is important.

It will not be the same for each person.

Recognize your Triggers, your own needs and learn to differentiate between the love you give and the love you receive.



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