

# ALI 340: Elements of Effective Communication

## Session Three

Beware of using offensive speech  
for it confines you to vile people  
and dispels honorable people  
from you.

**Imam Ali (a), Mizanul Hikmah, H#17533**

# Agenda

- The Holy Quran
- Internal capacities of human beings
- Signs of a large capacity
- Increasing internal capacity
- Dua to increase internal capacity

# The Holy Quran

الَّذِينَ آتَيْنَاهُمُ الْكِتَابَ يَتْلُونَهُ حَقَّ تِلَاوَتِهِ  
أُولَئِكَ يُؤْمِنُونَ بِهِ

Those to whom We have given the Book  
recite it as it ought to be recited  
These believe in it

**Sura Baqarah, 2:121**

# Internal capacity of human beings

Internal capacity of a human being can be compared to a vessel. How much can it take? Just as human beings differ in their physique, in their characters, they also differ in their capacities.

Imam Ali (a) says:

بَا كُمْيَلِ! إِنَّ هَذِهِ الْقُلُوبُ أَوْعِيَةٌ فَخَيْرُهَا أَوْعَاهَا

O Kumayl, these hearts are like vessels and the best of them is the one most aware.

Reactions of human beings to situations and people depend on their inner capacities. The bigger the vessel the smaller the reaction.

I have come to know that you say Ali speaks a lie. . . .  
Against whom do I speak lie?

Against Allah? But I am the first to have believed in him. Against His Prophet? But I am the first who testified to him. Certainly not.

By Allah it was a way of expression which you failed to appreciate, and you were not capable of it.

Woe to you. I am giving out these measures of expression free of any cost. I wish there were vessels good enough to hold them.

*Certainly, you will understand it after some time. (38:88)*

**Nahjul Balagha, Khutba #71**

أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَسَالَتْ أَوْدِيَةٌ بِقَدَرِهَا

He sends down water from the sky  
then watercourses flow [with water]  
according to their capacity

**Sura Ra'd, 13:17**

وَفِي الْأَرْضِ قِطْعٌ مُتَجَاوِرَاتٌ وَجَنَّاتٌ مِنْ أَعْنَابٍ وَزَرْعٌ وَنَخِيلٌ  
صِنَوَانٌ وَغَيْرُ صِنَوَانٍ يُسْقَى بِمَاءٍ وَاحِدٍ وَنُفْضِلُ بَعْضَهَا عَلَى  
بَعْضٍ فِي الْأَكْلِ ۚ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَعْقِلُونَ

And in the earth there are tracts side by side and gardens of grapes and corn and palm trees , from the same root and from diverse roots- **all watered with the same water**, and We make some of them excel others in fruit; most surely there are signs in this for a people who understand.

## Sura Ra'd, 13:4

## Hadith from Imam Ali (a)

لا يَزَالُ النَّاسُ بِخَيْرٍ مَا تَفَاوَتْهُمْ فَإِذَا اسْتَوَوْا هَلَكُوا

Mankind remain blessed  
so long as they are different  
when they become the same  
they perish

Al Kafi, Vol.2, pg 215, H#4



# Signs of a large internal capacity

1) Tolerance, Forbearance – حِلْمٌ

The ability to endure without responding. Some people have a low threshold for tolerance.

حِلْمٌ has been described as the friend of a believer, his Minister, his beauty and adornment.

2) Selflessness – إِثَارٌ

The ability to put the needs and feelings of others before your own.

# Factors that increase internal capacity

- 1) Soundness of physical health – good health and energy increase the ability of the human being to hold more.
- 2) Knowledge and Understanding – the mind and heart open up to receive more when knowledge enters it.
- 3) Experiences of life – the accumulation of life experiences bring maturity and increase in understanding.

# Dua to increase internal capacity

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي  
وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي

My Lord! Expand my chest for me,  
And make my affair easy to me,  
And loose the knot from my tongue,  
so they may understand my words

**Sura Taha, 20:25-28**