

# ALI 352 : Spiritual self discipline

## Session Three

What is more important for the  
growth of a society?

Social Freedom

or

Spiritual Freedom?

# Agenda

- Understanding Freedom
- Social Freedom
- Spiritual Freedom
- Freeing the self

# Understanding Freedom

Freedom, according to Islam is the human being's independence from the slavery of idols' control. All idols.

This freedom is based on a submission purely for Allah. It frees the human being from all forms of slavery. A slave of God is a slave to none else.

Man's submission to God in Islam is the tool through which man breaks all other norms of submission or slavery.

This sort of submission makes him feel that he, together with all other sorts of power with which he coexists, stands on the same grounds before one Lord.

*Do not be a slave of others, since Allah  
created you free*

Bihar al-Anwar, v. 77, p.214.

Extracted from: Contemporary Man and the Social  
Problem

Ayt Baqir as Sadr

<http://www.al-islam.org/contemporary-man-and-the-social-problem-muhammad-baqir-as-sadr>

# Social Freedom

The concept of interpersonal or social freedom refers to relationships of interaction between persons or groups.

It means that one person leaves another person free to act in certain ways.

Social freedom implies the creation and preservation of conditions in which each citizen can develop as an educated, creative and responsible personality. It allows for the growth towards perfection of each individual in the society.

For each person to have his/her freedom, there must also be some restrictions in place. Thus it is a 'relative' or 'limited' freedom.

Who should control this freedom?

# Spiritual Freedom

Human beings see the world through their inner selves. Perception, emotion and thought are strategies in relation to the world. They are part of an inner view dictated by the nafs.

Inner freedom is freedom to decide to accept or reject what the nafs says. Freedom is not only freedom from the dictates of the world but also from the dictates of the self and the mind.



# Gaining Spiritual Freedom

## 1) Working hard against the self

*Control your souls by continuous struggle against it.*

Imam Ali (a)

Mizanul Hikmah, H#20202

## 2) Contentment

*The most helpful thing to improve the soul is contentment.*

**Imam Ali (a)**

**Mizanul Hikmah, H#20205**

How can one who is not satisfied with less improve his soul?

**Imam Ali (a)**

**Mizanul Hikmah, H#20206**

Fear Allah every morning and evening and remain apprehensive about yourself from this deceitful world and do not regard it safe in any case.

Know that if for fear of some evil you do not refrain yourself from things which you love then passions will fling you into a lot of harm. Therefore, be for your nafs a refrainer and protector and for your anger a suppressor and killer.

Nahjul Balagha, Letter #56