

ALI 570

Spiritual  
Guidance from  
the Prophet (s)

Session Two

The Spiritual is that which pertains to inner meaning, as opposed to the outer literal form.

Spirituality is the quality of being inwardly meaningful or the quality of possessing a purport to which concern is directed.

Hajj Muhammad Legenhausen  
Spirituality in Shi'i Islam

Inner Realm of  
the human being

Inward aspect of thing  
vs outward aspect

ظَاهِر - Outer  
بَاطِن - Inner

The journey is of the self moving  
inwards. The destination is the  
Divine encounter.

Divine Guides lead us back to the  
realm from which we came

Character and purity of soul are  
built while traveling this path

## The Earthly Journey

What can wake  
you up while  
journeying on  
earth?

## Hadith of the Prophet (s)

The people are asleep and will  
wake up when they die.

Bihar al-Anwar, v.4, p.43

O' My Lord! You have wakened me up to  
Your love from the slumber of negligence.

**Munajat Sha'baniyyah**

On strengthening one's spirituality,  
First, he should constantly feel sorrowful for not having  
reached the desired objective; that is, nearness to God  
and Second, he should not give up remembering God and  
thinking about God and spiritual matters as much as  
possible . . .  
these two resemble two wings that fly within the sky of gnosis.

**Ayatullah Sayyid Qadi**  
**Spiritual Journeying in the words of Shia mystics**

It is obligatory for the one who treads the path of the hereafter to make every possible effort to protect his knowledge and practice from the commanding soul and Shaytan, to inspect and ponder on his actions and intentions carefully, to determine the departure point and destination of his spiritual journey, to prepare spiritual food for his soul, and not to disregard Satanic deceptions and traps...[For this purpose,] first, he should pay careful attention to himself, like a kind physician and a compassionate nurse, and should inspect the defects of his spiritual journey; second, he should not disregard seeking refuge in God in private through supplication and invocation.

**Imam Khumayni**

**Spiritual Journeying in the words of Shia mystics**

The adornment of  
the interior is more  
beautiful than the  
adornment of the  
exterior

Imam Ali (a)  
Ghurar al-Hikam, p.393

Spiritual  
Beauty

Faith beautifies the human soul

وَلَكِنَّ اللَّهَ حَبَّبَ إِلَيْكُمُ الْإِيمَانَ وَزَيَّنَهُ  
فِي قُلُوبِكُمْ

But Allah has endeared faith to you and  
made it appealing in your hearts

Sura Hujurat, no.49, verse 7

From the  
Prophet (s)

Virtues that  
beautify our  
lives

الْعَفَافُ زِينَةُ الْبَلَاءِ وَ التَّوَاضِعُ زِينَةُ  
الْحَسَبِ وَ الْفَصَاحَةُ زِينَةُ الْكَلَامِ وَ الْعَدْلُ  
زِينَةُ الْإِيمَانِ وَ السَّكِينَةُ زِينَةُ الْعِبَادَةِ وَ  
الْحِفْظُ زِينَةُ الرِّوَايَةِ . . .

Integrity is the adornment of afflictions,  
humility is the adornment of noble descent,  
eloquence is the adornment of speech, justice  
is the adornment of faith, tranquility is the  
adornment of worship, retention is the  
adornment of narration

Bihar al-Anwar, v.71, p.134



## Du'as of the Prophet (s)

اللَّهُمَّ حَسِّنْ خُلُقِي  
كَمَا حَسَّنْتَ خَلْقِي

O Allah, beautify my nature  
the way You have beautified my creation

الْحَمْدُ لِلَّهِ الَّذِي بِنِعْمَتِهِ تَتِمُّ الصَّالِحَاتُ  
اللَّهُمَّ طَيِّبْ عُرْفَنَا وَزَكِّ رَوَائِحَنَا

All praise is for Allah through whose  
blessings good deeds are completed. O Allah,  
make our habits pleasant, and purify our  
smell . . .

- 1) When looking into a mirror
- 2) When burning incense

# Readings

[https://www.academia.edu/10335912/Spirituality\\_in\\_Shii\\_Islam\\_An\\_Overview?email\\_work\\_card=view-paper](https://www.academia.edu/10335912/Spirituality_in_Shii_Islam_An_Overview?email_work_card=view-paper)

<https://www.al-islam.org/message-thaqalayn/vol-14-no-4-winter-2014/spiritual-journeying-words-shia-mystics-sayyidah-iram>