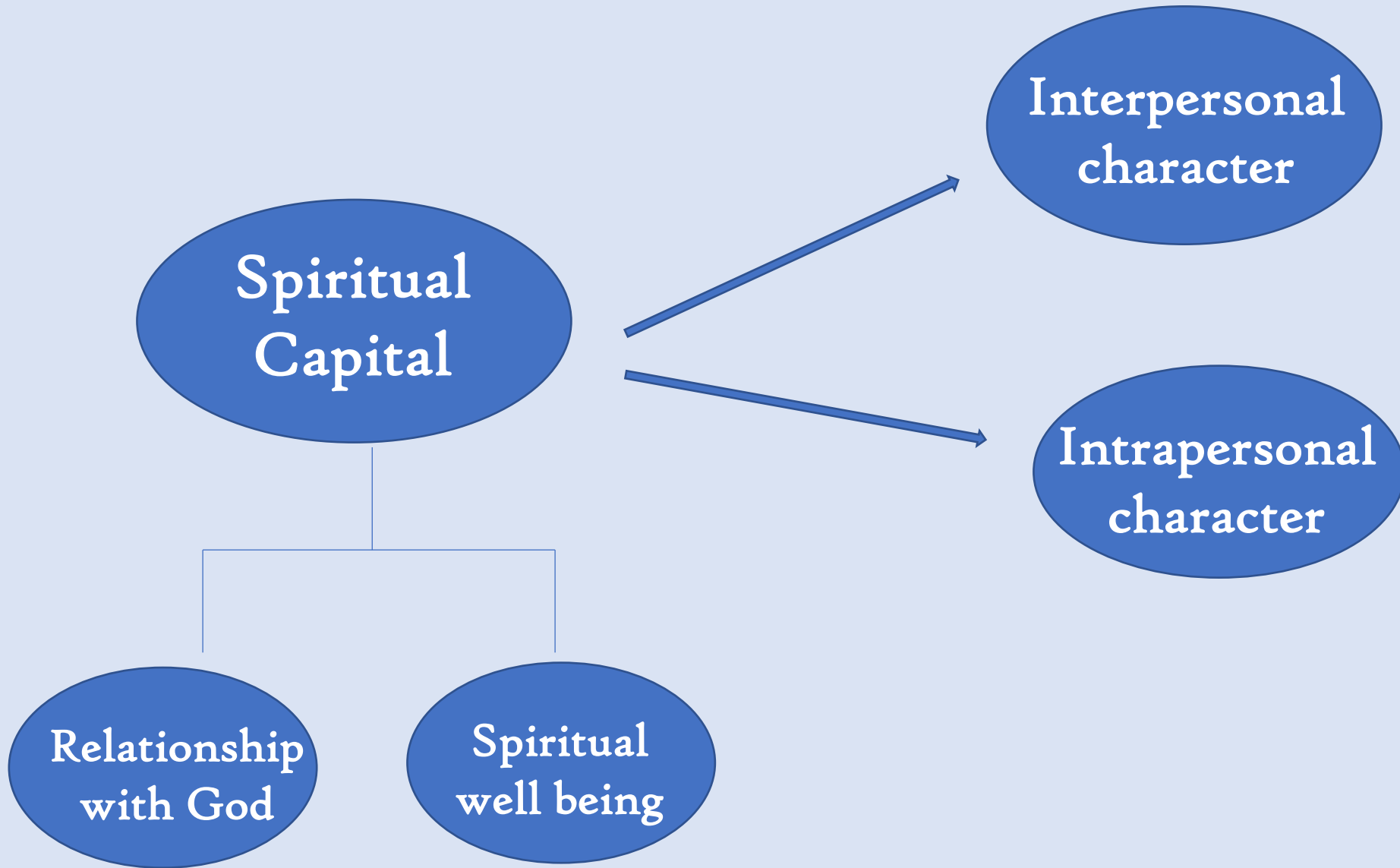


ALI 597: Spiritual Guidance from the life of Imam al-Hasan (a) Session Two

Question for Reflection

What is the link between
Spirituality and Character?



عَجِبْتُ لِمَنْ يَتَّفَكَّرُ فِي مَا كُوْلِهِ كَيْفَ لَا يَتَّفَكَّرُ فِي مَعْقُولِهِ
فِيَجَنَّبُ بَطْنَهُ مَا يُؤْذِيهِ، وَيُؤَدِّعُ صَدْرَهُ مَا يُرْدِيهِ

I am surprised at the person who thinks about what he eats how does he not think about what he feeds his mind. So he protects his stomach from what harms it, but allows his chest to be filled with what destroys it.

Safinatul Bihar, v.2, p.84

Forming Character

- 1) Internalizing values
- 2) Being consistent in moral and ethical behavior
- 3) Integrating values and beliefs into self-identity

Inner-life practices enhance an individual's sense of agency or commitment to strengthen his or her character and to live and lead life based on sound core values that promote the common good.

Source:

https://www.researchgate.net/publication/254734223_Character_development_through_spiritual_leadership

Describing a Pious Character

Describing the virtues of a pious companion Imam al-Hasan (a) said: He was greater than other people in my eyes.

What made him such was above all that this life did not mean much to him. He did not consider the pleasures of this world as his first concern in a way that he would sell himself for these pleasures. His only concern was the hereafter and if this world meant anything it was to do good to ensure his place in the other world.

اعْلَمُوا أَنَّمَا الْحَيَاةُ الدُّنْيَا لَعِبٌ وَلَهُوَ زِينَةٌ وَتَفَاخُرٌ بَيْنَكُمْ وَتَكَاثُرٌ
فِي الْأَمْوَالِ وَالْأَوْلَادِ ۖ كَمَثَلِ غَيْثٍ أَعْجَبَ الْكُفَّارَ نَبَاتُهُ ثُمَّ يَهِيجُ
فَتَرَاهُ مُصْفَرًّا ثُمَّ يَكُونُ حُطَامًا

Know that the life of this world is but amusement and diversion and adornment and boasting to one another and competition in increase of wealth and children - like the example of a rain whose [resulting] plant growth pleases the growers; then it dries and you see it turned yellow; then it becomes scattered debris

Sura al-Hadid, no.57, verse 20

He did not complain, nor get enraged and furious, and was not impatient. He seemed weak but when it came to struggle he was like a fierce lion.

He used to spend most of his time in silence but this is not because he was unable to speak, but because he decided not speak unless it was necessary, but when he spoke he would outdo all others. He used not to say what he did not do or do what he did not say.

If he had to choose between two things he did not know which was nearer to God, he used to leave out what he thought was nearer to his desires.

He did not to blame anyone for doing anything that there could be an excuse for.

Source: Tuhaf al-Uqul, p.234