

ALI 608: Traveling the Spiritual Journey

Some Steps towards Spirituality

I – Awareness and Desire (يقظه)

- Waking up from the sleep of heedlessness
- Awareness of the meaning of life
- Desire for Perfection
- Time for reflection

II – Reflecting on the self (مراقبه)

- Analyzing one's strengths and flaws
- Being alert to inner reactions
- Gaining control over the self

III – Emptying the self of wrong (تخليه)

- Regret and Tawbah
- Making amends for the past
- Determination to do better
- Plan for how/what to do better

IV – Adorning the self through obedience

(تخليه)

- Awareness of Allah's expectations of us
- Following His rules/wishes at all times
- Consistency on this path

V – Reflecting Allah's light (تجليه)

- Reaching a state of inner purification
- Refining of the self through purification
- Being a mirror for the qualities of Allah