

# ALI 622 – Session Two

## Learning from the Spiritual Wayfarers of the Past

[The] inner dimension of Islam is of course inextricably related to Islamic spirituality. The term for spirituality in Islamic languages is connected to either the word *rūh* denoting spirit or *ma'nā* signifying meaning. In both cases the very terms imply inwardness and interiority. (Seyyed Hossein Nasr)

# Some *Urafa'*

- 1) Hasan al-Basri
- 2) Rabia al-Adawiyyah (8<sup>th</sup> century)
- 3) Bishr al-Hafi (9<sup>th</sup> century)
- 4) Al-Ghazali (11<sup>th</sup> century)
- 5) Ibn al-Arabi (13<sup>th</sup> century)
- 6) Jalaluddin Rumi (13<sup>th</sup> century)

# Quotations from the *Futūḥāt* by Ibn al-Arabi

Among them [the people on the path of God] there are those whose moment alters with every breath, with knowledge concerning what they have in their hearts. They are the greatest of the people of God. They are the perpetual travelers, so it is impossible for them to be residents.

Book 7, Chapter 69 (p. 16)

<https://ibnarabisociety.org/futuh-at-makkiyya-quotations/>

# Allamah Muhammad Husayn Tabatabai

- 1) The morning pledge.
- 2) Muhasabah at night.
- 3) Gratitude and seeking forgiveness
- 4) The five Musabbahat

# Ayatullah Muhammad Taqi Bahjat

- 1) Refraining from sins.
- 2) Acting on what you know.
- 3) Constant mystical contemplation.
- 4) Following the Imam of the time in doubtful matters

As to the middle position and the median community (ummatan wasatan) they are those groups of people who have combined the outward and the inward within themselves, have made all levels and planes of their being worship the Beloved and submit to Him, and have prepared themselves adequately for this heavenly journey. They have made the outward a reflection of the inward, and the inward the soul and the reality of the outward, and have blended the two together as milk and sugar. They consider the outward as a means to reach the inward and regard the inward devoid of the outward as scattered dust (haba'an manthura).

(25:23).

**Foreword, Kernel of Kernels** [www.academyofislam.com](http://www.academyofislam.com)

*Islam*  
*Iman*  
*Ihsan*

لَيْسَ عَلَى الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ جُنَاحٌ فِيمَا  
طَعَمُوا إِذَا مَا اتَّقَوْا وَآمَنُوا وَعَمِلُوا الصَّالِحَاتِ ثُمَّ اتَّقَوْا  
وَآمَنُوا ثُمَّ اتَّقَوْا وَأَحْسَنُوا ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

There will be no sin upon those who have faith and do righteous deeds in regard to what they have eaten [in the past] so long as they are God-conscious and faithful and do righteous deeds, and are further God-conscious and faithful, and are further God-conscious and virtuous. And Allah loves the virtuous.

**Sura al-Maidah, verse 93**