



PROSPECTUS

FOUNDATIONS OF ISLAMIC SPIRITUALITY

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COURSE CURRICULUM

SATURDAY 10.00 AM - 12.00 PM

ISLAMIC STUDIES FOUNDATION LEVEL 2

This course continues building on the essentials of Islamic education studied at level 1. Topics covered include the 5 pillars of Islam, marriage and family matters, and contemporary issues in light of Islamic law.

Course Summary

Course Timings

Sat 10.00 AM - 12.00 PM

Exams

In-Class Quizzes
Optional Exams

Course Schedule

32 Weeks
2 hours per week

Course Fee

On-campus p/year:
£350
(Instalment options
available)

Course Starts

Sat: 9 Sep 2023

Teachers

Shaykh Waseem Ahmed
Ustadh Sayyid Hamdani

Course Finishes

Sat: 16 June 2024

Course Delivery

On Campus: Guidance Hub,
Manchester

SCHEDULE

	LESSON 1	LESSON 2
	10.00 AM - 10.55 AM	11.00 AM - 11.55 AM
TERM 1	Inner Dimensions of Worship	Islamic Values & Society
TERM 2	Love & Marriage	Reawakening the Soul
TERM 3	Book of Assistance	Living the Sunnah
TERM 4	Raising Children	The Heart of the Quran

INNER DIMENSIONS OF ISLAMIC WORSHIP

You must, O my brother, improve your inward aspect until it becomes better than your virtuous outward appearance, for the former is where the gaze of the Real obtains, while the latter is where the envious gaze of creation is to be found. God never mentioned the inward and the outward in His Book without beginning with the inward. And the Prophet ﷺ used to pray, 'O God! Make my inward better than my outward, and make my outward virtuous.'

When the inward is good the outward is also inevitably so, for the outward always follows the inward, whether for good or evil. The Messenger of God ﷺ, has said: 'In the body there lies a small piece of flesh; when it is good the rest of the body is good also, and when it is corrupt the rest of the body becomes corrupt also: it is the heart.'

INNER DIMENSIONS OF ISLAMIC WORSHIP

UNIT AIMS:

Understanding the virtues of ritual prayer, fasting, almsgiving and pilgrimage.

Gain an insight into the importance of Night prayer, seeking forgiveness and sending salutation on the Beloved Prophet.

Understanding the benefit and spiritual uplift to be derived from worship of Allah.

Realise the importance of engaging the heart in worship.

WHAT WILL I LEARN?

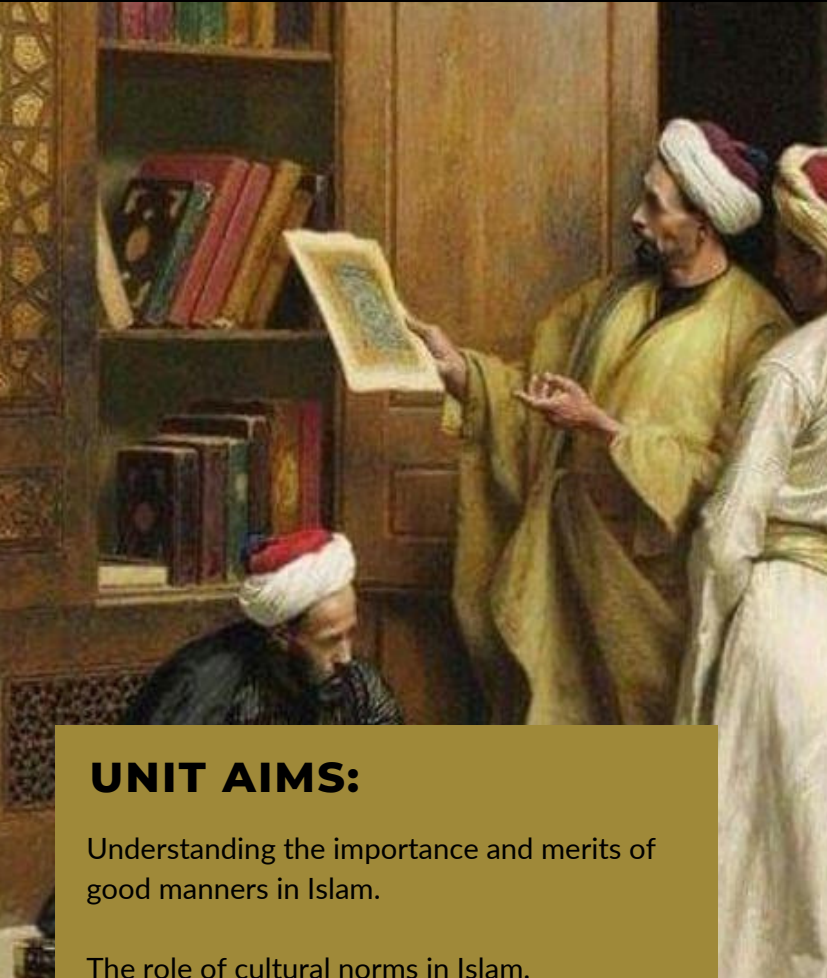
1. Internal states conducive to perfecting the life in prayer.
2. Methods that contribute to inner serenity.
3. The significance of charity and its effect on the heart.
4. Importance of observing inward aspects of fasting.
5. Inner states at various stages of Hajj.

Al-Ghazali goes beyond the most obvious aspects of worship and in his characteristically powerful and inspiring way, explains how to reap the rich harvests of spiritual, moral and social upliftment that must be their reward. An essential foundation for young men and women of today who are seeking God's pleasure and are rapidly growing in their commitment to Islam – a lifestyle impossible to maintain without an understanding of the inner resources which Islam offers.

ISLAMIC VALUES & SOCIETY

The Prophet Muhammad ﷺ was undoubtedly the most eloquent of people. When we think about eloquence, we might think of sounding good, using appropriate language, or saying the right thing at the right time. The Prophet effortlessly spoke like this, but his discourse went further and surpassed the limits of human reach. In a few words, he would incorporate multiple layers of meanings and subtleties. Those meanings are being uncovered up till today. That is why, we find that as society changes, the prophetic hadith from 1400 years ago are still perfectly applicable and prove to be a repertoire of wisdom.

ISLAMIC VALUES & SOCIETY



UNIT AIMS:

Understanding the importance and merits of good manners in Islam.

The role of cultural norms in Islam.

Understanding the correct etiquettes with Allah during times of affliction and mourning

WHAT WILL I LEARN?

The virtues and merits of good manners.

The correct etiquettes when waking from sleep and retiring to bed.

Personal hygiene and the etiquettes of clothing.

The correct way to host guests as a Muslim.

Etiquettes with Allah during times of fear and calamity.

Rights and responsibilities towards parents, other Muslims, neighbours and non-Muslims.

Introduction

Islam is a way of life that incorporates all aspects of life: worship, spirituality, social interaction and personal conduct. In all of these spheres, there are correct etiquettes and manners we can observe that will bring us closer to Allah and make even the most mundane of actions a source of rewards and a means of goodness. In a beautiful hadith, the Prophet pointed to this by highlighting the importance of the simplest of actions, when he said: "Do not deride a good deed, even if it is your meeting with your brother with a cheerful face."

We will cover the manners and etiquettes that every Muslim, male or female, should be aware of and endeavour to implement in their daily lives, in order to beautify their life and the lives of those around them.

WHAT WILL I ACHIEVE?

- Analyse your actions & take steps to implement good etiquettes throughout your day.
- Demonstrate Islamic mannerisms and etiquettes in a range of situations.
- Evaluate the role of culture, social custom, and societal norms in improving character.

LOVE & MARRIAGE

Marriage holds great importance in Islam; it links to the purpose of existence as outlined in the verse: 'I have only created the jinn and humankind to worship Me.'

Anything that is done according to the commands of Allah, with the resolves of seeking His pleasure, becomes a form of worship. Marriage fulfils a major requirement of human being, having a partner that becomes a source of tranquillity, sharing love and mercy between each other.

LOVE & MARRIAGE



UNIT AIMS:

Understanding the Islamic objectives behind marriage and its importance.

Understanding the rights and responsibilities of each spouse.

Understand key characteristics of the marriage relationship and how to be a good spouse.

Clarifying common misconceptions regarding marriage and divorce laws in Islam.

WHAT WILL I LEARN?

Simple legal rulings pertaining to the marriage contract, its conditions and invalidators.

- Compatibility in choosing a spouse.
- Rights and responsibilities of each spouse.
- Upholding values and morals that Islam has enjoined upon spouses.
- How to build a strong marriage bond.

Introduction

Marriage is one of the great institutions in Islam and the basis of Muslim family life, as well as Muslim communities. Just how important marriage is can be derived from the statement of the Prophet; "Nikkah is from my sunnah and whoever leaves my Sunnah is not of me."

Yet, a lack of knowledge of the basic sacred law rulings and the rights and responsibilities of a spouse is a cause for the breakdown of many marriages. A similar lack of awareness regarding the elements that build a strong bond of marriage leads to unfortunate conflicts and disputes.

In this unit much attention will be given to marital roles of both the spouses, rights and responsibilities and the ingredients require for a successful marriage.

WHAT WILL I ACHIEVE?

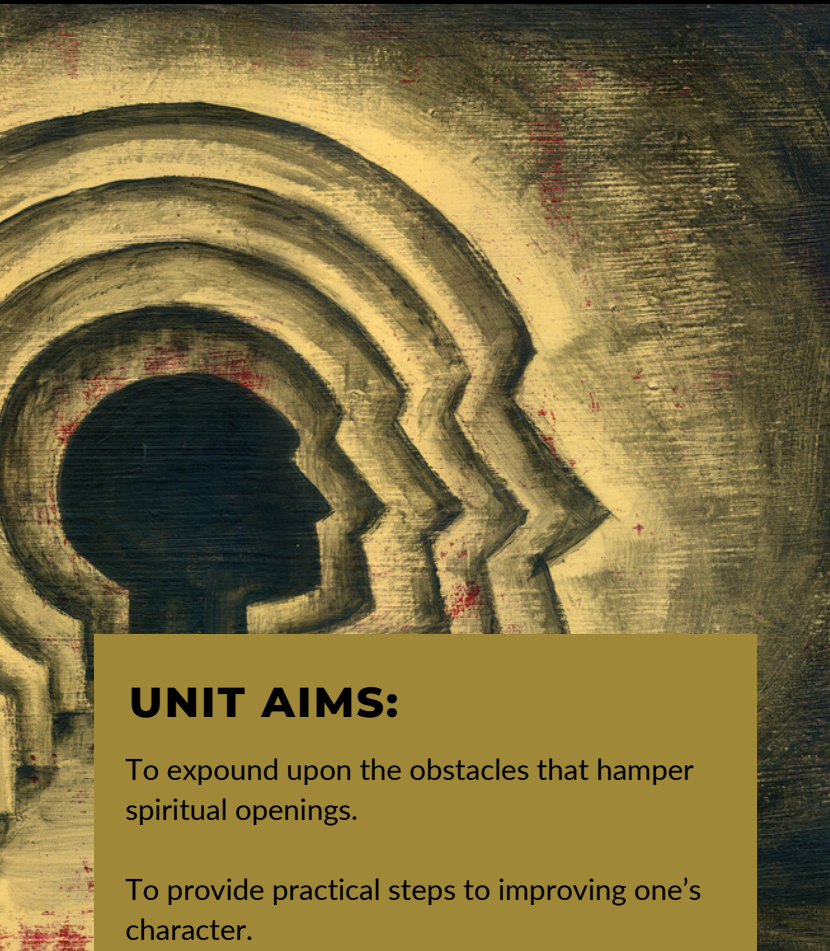
Explain the rights and responsibilities of husband and wife.

- Have a better understanding of how to conduct marital life.
- Help your spouse to become a better Muslim.
- Be able to engage your spouse to build a stronger attachment.
- Gain the capability to deal with situations of conflict and tension.

REAWAKENING THE SOUL

You must, O my brother, improve your inward aspect until it becomes better than your virtuous outward appearance, for the former is where the gaze of the Real obtains, while the latter is where the envious gaze of creation is to be found. God never mentioned the inward and the outward in His Book without beginning with the inward. And the Prophet used to pray, 'O God! Make my inward better than صالحا my outward, and make my outward virtuous.' When the inward is good the outward is also inevitably so, for the outward always follows the inward, whether has said: صالحا for good or evil. The Messenger of God 'In the body there lies a small piece of flesh; when it is good the rest of the body is good also, and when it is corrupt the rest of the body becomes corrupt also:
'it is the heart

REAWAKENING THE SOUL



UNIT AIMS:

To expound upon the obstacles that hamper spiritual openings.

To provide practical steps to improving one's character.

To understand the nature of the spiritual journey and how to get it right.

To ignite the desire in the heart of the seeker to embark upon spiritual struggle.

WHAT WILL I LEARN?

A Good spiritual beginning.
About the ego and its nature.
How difficulties and calamities are part of this ephemeral life.
Being content with God's decree.
About sincerity in spiritual works.
Obstacles on the journey.
Personal flaws and strategies to rid oneself of them.
Where to find good companionship. Life and death of the heart.

Introduction

The journey to Allah has always been paved with obstacles and difficulties. In this unit we take a look at several pieces of wisdom that articulate and guide the seeker to navigate the path to Allah. This unit concentrates on the internal struggle of a spiritual aspirant while providing practical steps to embark and progress on that voyage. The ego and subduing it is a major element that is discussed in this unit. Alongside this we look at getting in to the right frame of mind to be efficacious in our efforts to improve and succeed.

WHAT WILL I ACHIEVE?

- A desire to focus on purification of the heart & spiritual growth.
- Identify obstacles on the spiritual path & how to overcome them.
- How to attain sincerity in one's actions.
- Know the people, times & settings that help or hamper the spiritual journey.
- To focus on one's own flaws and how to remove them.
- Call upon Allah with correct etiquette.
- Attain presence of heart in remembrance of God.

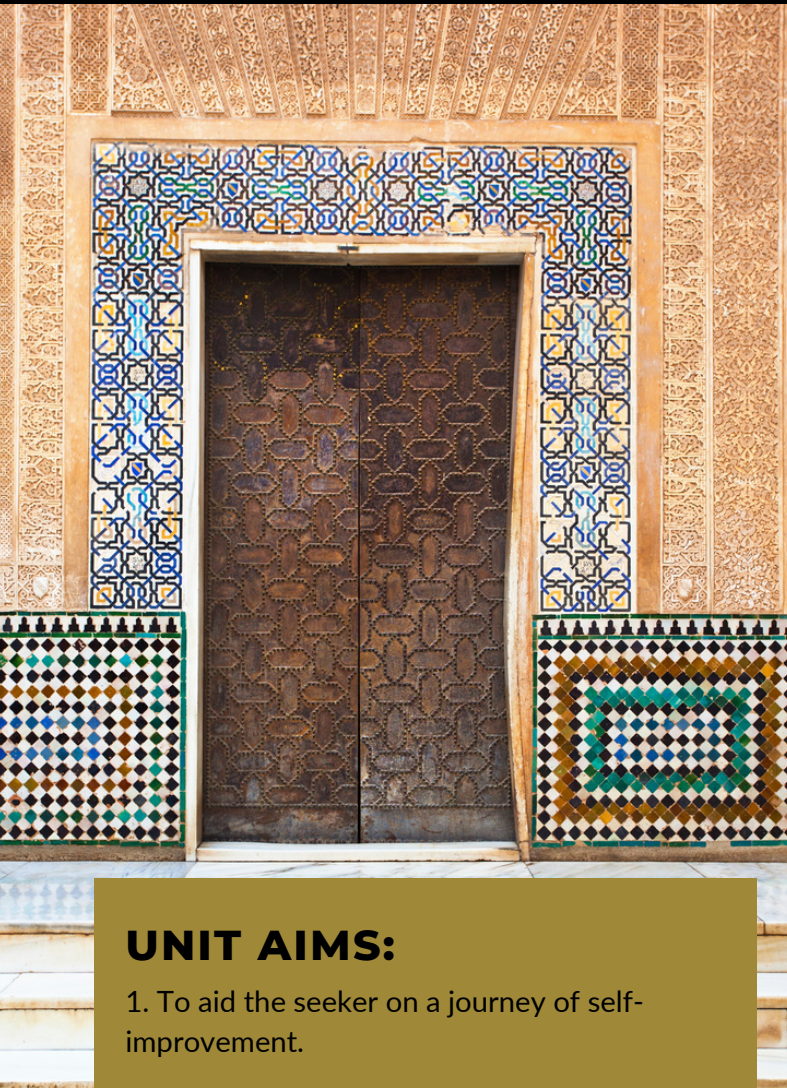
BOOK OF ASSISTANCE

You should have a word of reflection in every twenty-four hours, for which you should set aside one or more hours. The best time for reflection is the one in which are the least pre-occupations, worries, and more potential for the heart to be present, such as the depths of the night. Know that the state of one's religious and worldly affairs depend upon soundness of one's reflection.

Anyone who has a share of it has an abundant share of everything good. It has been said : 'An hour's reflection is better than a year's worship.' 'Ali, may God ennoble his face, has said: 'There is no worship like reflection.' And one of the gnostics; may God have mercy on them all, said: 'Reflection is the lamp of the heart; if it departs the heart will have no light.'

Imam al-Haddad

BOOK OF ASSISTANCE



UNIT AIMS:

1. To aid the seeker on a journey of self-improvement.
2. Recognise the dangers for those seeking spiritual improvement.
3. To understand how to live a balanced lifestyle between religious devotion & worldly duties.

WHAT WILL I LEARN?

The Book of Assistance contains 32 short chapters on Islamic Spirituality, such as certainty in the Afterlife, the stages of spiritual development, and presence of heart in acts of worship. Good character with other people, sincerity, gratitude, and love of God are other important topics that help the seeker on his journey to Allah.

Introduction

Full title: 'The Book of Assistance, Support and Encouragement for such Believers as Desire to Follow the Way of the Afterlife', or the Book of Assistance for short. This unit will cover a manual of devotions, prayers and practical ethics that will be invaluable to all who love the Beloved Prophet Muhammad, May Allah bless him and grant him peace, and wish to follow his Sunnah.

The Book of Assistance by the notable spiritual master Imam Abdullah ibn 'Alawi al-Haddad is vital for acquiring spiritual and practical guidance that forms a balanced view of living life as a Muslim. It joins between the inner and outer, carefully guiding us through various pitfalls and difficulties. The ultimate end: being guided to success on the path of spirituality.

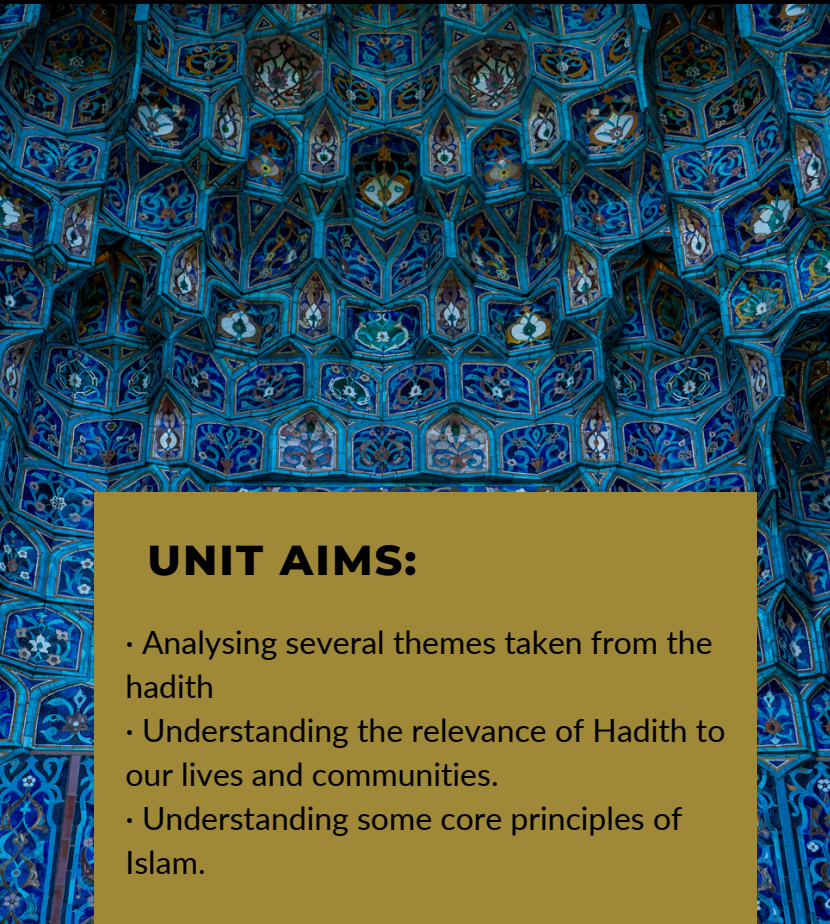
LEARNING OUTCOMES

- Understand how to enhance everyday acts to become a source of worship.
- Learn the meanings of key terms in Islamic spirituality.
- Explain the meaning of good character and interaction with others.
- Be able to forsake this world and focus on gaining proximity to Allah.
- Appreciate the depth of the Muslim spiritual tradition.
- Develop sincerity in actions.

LIVING THE SUNNAH: HADITH STUDIES

The Prophet Muhammad ﷺ was undoubtedly the most eloquent of people. When we think about eloquence, we might think of sounding good, using appropriate language, or saying the right thing at the right time. The Prophet effortlessly spoke like this, but his discourse went further and surpassed the limits of human reach. In a few words, he would incorporate multiple layers of meanings and subtleties. Those meanings are being uncovered up till today. That is why, we find that as society changes, the prophetic hadith from 1400 years ago are still perfectly applicable and prove to be a repertoire of wisdom.

LIVING THE SUNNAH: HADITH STUDIES



UNIT AIMS:

- Analysing several themes taken from the hadith
- Understanding the relevance of Hadith to our lives and communities.
- Understanding some core principles of Islam.

Introduction

Two pillars provide guidance for humanity: The Quran and Hadith. This unit takes you on a journey through several themes found in the saying of the Prophet, peace and blessings be upon him.

Studying hadith about an array of topics such as intentions, piety, perfection of faith, and morality, you will investigate core aspects of Islam from a primary source – hadith literature itself.

WHAT WILL I LEARN?

- The diversity of Hadith literature
- An array of topics including righteousness, faith, worship, ethics, and societal conduct
- Stylistic features of Hadith and their miraculous nature.
- Hadith variation and its implications on legal matters.
- Different grades of hadith and their respective rules.
- Key collections of Hadith and their reliability.
- Legal principles which are deduced directly from Hadith.

WHAT WILL I ACHIEVE?

- Explain the hadith basis for a variety of Islamic practices and concepts.
- Evaluate a number of scholarly explanations regarding Hadith.
- Describe key legal principles in light of Hadith literature.

RAISING SUCCESSFUL CHILDREN

Imam Ghazali says: 'Tarbiyah (child rearing) is like farming. It takes time and patience. You have to remove the thorns and weeds as well as going back to the land to make sure everything is in order. Then you leave it to Allah.' Tarbiyah is the right of the child. It is not a gift or favour from the parent. In a well-known saying it is mentioned: ' Let your child be free to play until they reach the age of seven, for the next seven years, keep a watchful eye on him, and finally befriend him for another seven years. Then if he succeeds; otherwise, there is no good in him. '

RAISING SUCCESSFUL CHILDREN



UNIT AIMS:

Discover the various stages of childhood.

Understand the importance of being a parent/guardian.

WHAT WILL I LEARN?

1. Islamic rituals at birth.
2. Diet and its importance.
3. How children differ in terms of gender, age, personality and intellect.
4. Methods of discipline.
5. How to work with your spouse/the parent(s) to help a child develop.

Introduction

As we grow through life a natural part of our journey is to help others and impart what we have learnt and acquired of wisdom and goodness to others. This takes place first-hand in parenthood and also as an auntie/uncle or elder.

This unit aims to cover the journey of imparting Islamic belief, practices and values to our children. This includes every aspect of life and Islam does not limit this to rituals alone. Education, discipline, health and well-being are all part of a parents duty that Islam has set clear foundation for.

WHAT WILL I ACHIEVE?

- Become much more confident in your parental role.
- Respond to challenges of parenting with a greater competence.
- Be assertive and proactive in your role and responsibilities as a parent.
- Carry out the required rites for a child from birth onwards.
- Apply methods to help your child with discipline, education & good character.

THE HEART OF THE QURAN: SURAH YĀSĪN

The primary source of guidance, legislation and God's Divine message is the Glorious Qur'an. From the dawn of Islam till our present times, scholars have served this miraculous text; explaining its meanings, elucidating its miracles and attempting to present some of its magnificence to speakers of all languages.

A complete understanding and appreciation of the Qur'an greatly depends on knowledge of several areas of study or sciences - these sciences are collectively called Uloom Al-Qur'an or Usool al-Tafsir. Many of these sciences are related to literary form, pragmatics and semantics - inevitably requiring an understanding of Arabic linguistics. Though we will briefly learn about them, our main focus will lie with the study of context, framework and nature of revelation.

THE HEART OF THE QURAN: SURAH YĀSĪN



UNIT AIMS:

Understand the importance of Surah Yāsīn.

WHAT WILL I LEARN?

- The virtues of Surah Yāsīn
- The role of prophets and messengers.
- Signs that lead us to a Creator.
- The errors and consequences of disbelief.
- The resurrection and its impending occurrence.
- Refutation of those who deny and belie the signs of Allah.
- Accountability for our actions.

Introduction

'Everything has a heart and the heart of the Qur'an is Surah Yāsīn.'

Surah 36 of the Quran is an oft-recited Surah and one that most Muslims are aware of.

This Surah touches on core topics in Islam and has several virtues. We will be looking at the meanings and lessons to be derived from this Surah and aspire to apply them in our lives.

WHAT WILL I ACHIEVE?

- Able to list the key concepts in Surah Yāsīn.
- Develop a deeper attachment to the Quran.
- Take more responsibility for your actions and future.
- Focus on more on your real purpose and become closer to Allah.

CONTACT US

REGISTER



To register for the course, please visit our website for full details

www.guidancehub.org/isnad-f2

CONTACT

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