



Spiritual Excellence (الإحسان Al-Ihsan) for Muslim Professionals

INTRODUCTION TO THIS SHORT COURSE



#IhsanShortCourse



[https://www.youtube.com/
user/junaiddq](https://www.youtube.com/user/junaiddq)

Why this course?

Quran about the purpose of human creation

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ ﴿٥٦﴾

And I did not create the jinn and mankind except to worship Me.

51:56

We live 25 to 50% of our days in our professional pursuits

We live years of our life working and working
without any conscious introspection about
the alignment of our efforts with the purpose of our lives

33:4

مَا جَعَلَ اللَّهُ لِرَجُلٍ مِّن قَلْبَيْنِ فِي جَوْفِهِ ج

Allah has not made for a man two hearts in his interior.

We should be wary of tiring ourselves blindly

وَجُوهٌ يَوْمَئِذٍ خَاشِعَةٌ

عَامِلَةٌ نَاصِبَةٌ

88:2-3

[Some] faces, that Day,
will be humbled,
Working [hard] and exhausted.

How Shaitaan plays his game:

Does not let the person do good actions

If the person intends to do good, misguides them on to the wrong path

If the person is resilient, interferes with the person's sincerity (Ikhlaas)

Extremes in attention to professional excellence

Most people live half-asleep lives of mediocrity..

Most people simply follow the herd!

أَمْ تَحْسَبُ أَنَّ أَكْثَرَهُمْ يَسْمَعُونَ أَوْ يَعْقِلُونَ ۚ إِنَّ هُمْ إِلَّا كَالْأَنْعَامِ ۖ بَلْ هُمْ أَضَلُّ

Or do you think that most of them hear or reason? They are not except like livestock. Rather, they are [even] more astray in [their] way.

سَكِيلًا ٤٤

25:44

Many of those who pursue professional excellence live lives of sheer materialism pursuing selfish interest. No *lillahiat*. No *ikhlaas*.

وَمَا أُمِرُوا إِلَّا لِيَعْبُدُوا اللَّهَ مُخْلِصِينَ لَهُ الدِّينَ حُنَفَاءَ وَيُقِيمُوا
الصَّلَاةَ وَيُؤْتُوا الزَّكَاةَ ۚ وَذَٰلِكَ دِينُ الْقَيِّمَةِ ﴿٥﴾

98:5

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And they were not commanded except to worship Allah, [being] sincere to Him in religion, inclining to truth, and to establish prayer and to give zakah. And that is the correct religion.

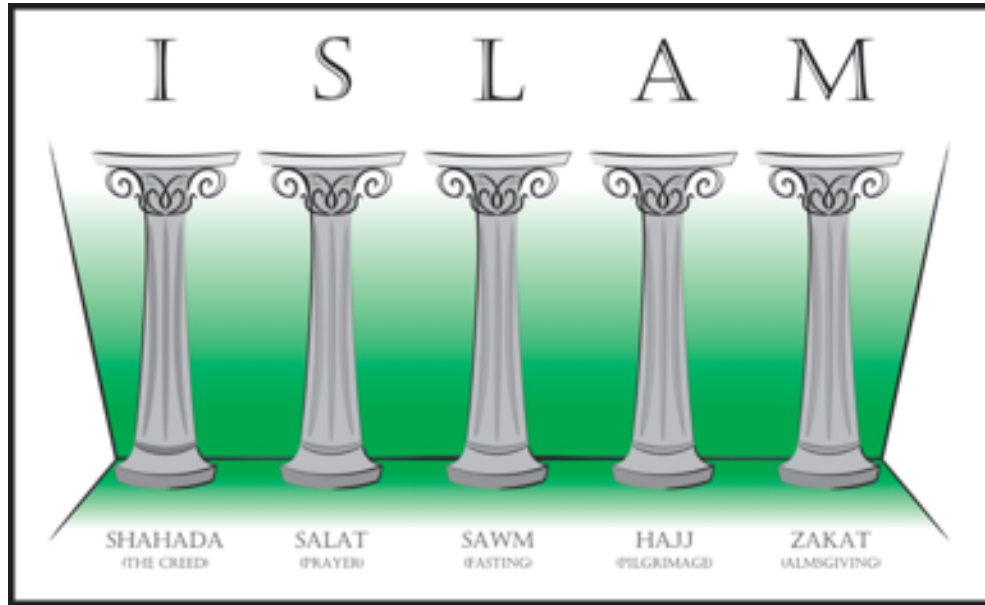
What and who should be the dearest to us?

قُلْ إِنْ كَانَ آبَاؤُكُمْ وَأَبْنَاؤُكُمْ وَإِخْوَانُكُمْ وَأَزْوَاجُكُمْ وَعَشِيرَتُكُمْ
وَأَمْوَالٌ اقْتَرَفْتُمُوهَا وَتِجَارَةٌ تَخْشَوْنَ كَسَادَهَا وَمَسَاكِنُ
تَرْضَوْنَهَا أَحَبَّ إِلَيْكُمْ مِنَ اللَّهِ وَرَسُولِهِ وَجِهَادٍ فِي
سَبِيلِهِ فَتَرَبَّصُوا حَتَّى يَأْتِيَ اللَّهُ بِأَمْرِهِ وَاللَّهُ لَا يَهْدِي الْقَوْمَ
الْفَاسِقِينَ ﴿٢٤﴾

“Say: ‘If your fathers or your sons or your brothers or your wives or your tribe, or any wealth you have acquired, or any business you fear may slump, or any dwelling-places which please you, are dearer to you than Allah and His Messenger and fighting hard in jihad in His Way, then wait until Allah brings about His command. ...’” (Al-Quran - 9:24)

The verse above *alone* is sufficient encouragement and proof of the necessity of the important obligation of loving God and the Prophet above everything else and for striving in His (SWT) path with your abilities.

Religion (*Dīn*) is not the sum of only rituals



These acts of worship are also known as the 5 pillars of Islam



Akin to the roof that will be held up by the pillars of Islam

Character is a matter of the spiritual heart



One of the tragedies of the modern times and the reason for the corruption of religions is being lost in exterior forms rather in substance

The most common and fatal diseases are those which seize the human heart, for one man out of a thousand suffers from a physical ailment, while on the other hand, one heart out of thousand is really sound. Only those who are blessed with sound hearts can claim freedom from spiritual diseases.

—Abu Hamid Muhammad Al-Ghazzali

The purpose (*Maqsad*) of Shar`iah

Living the good life: حياة طيبة

مَنْ عَمِلَ صَالِحًا مِنْ ذَكَرٍ أَوْ أُنْثَى وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيَاةً طَيِّبَةً

“Whoever does righteousness, whether male or female, while he is a believer - *We will surely cause him to live a good life*” (Quran 16:97)

*Ibn al-Qayyim, may Allah have mercy on him, said,
“Verily, the Sharia is founded upon wisdom and welfare
for the servants in this life and the afterlife. In its entirety
it is justice, mercy, benefit, and wisdom.”*

Who is this course for?

Student, researchers, professors.

Engineers, doctors, accountants, all professionals in short.

We need good people, we need people of Ihsan, in all fields.

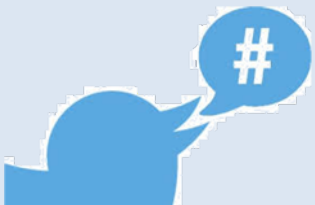
Some logistics and tips

قليل من العلم مع العمل به أنفع من كثير من العلم مع قلة العمل به

Less knowledge but accompanied with action is more profitable than a lot of knowledge with little action.

الحكمة العلم والعمل به

Wisdom is to combine knowledge with action on it.



#IhsanShortCourse



<https://www.youtube.com/user/junaidq>

Course Outline

DAY 1

- 1) IHSAN: WHAT & WHY
- 2) THE IMPORTANCE OF SINCERITY AND INTENTION
- 3) HAVING A VISION

DAY 2

- 4) CHARACTER TRAITS OF PEOPLE OF IHSAN
- 5) DOING JUSTICE AND EXCELLING IN ONE'S WORK
- 6) MASTERY ORIENTATION
- 7) QUALITY OVER QUANTITY

DAY 3

- 8) LEADING AN ACTIVE/PIONEERING LIFE
- 9) PRODUCTIVITY: SEEKING BARAKAH
- 10) SOCIAL WORK: BEING A GIVER



zoom

LIVE Q/A

Prayer Before We Start The Course

[Moses] said, "My Lord, expand for me my breast [with assurance]. And ease for me my task. And untie the knot from my tongue. That they may understand my speech. (Quran 20:25-28)

My Lord ease (my task) for me and do not make it difficult for me, and complete (my task) with a good ending and with your help.
O, The Opener (x3).
My Lord increase in me knowledge.

رَبِّ اشْرَحْ لِي صَدْرِي - وَيَسِّرْ
لِي أَمْرِي - وَاحْلُلْ عُقْدَةً مِّنْ
لِّسَانِي - يَفْقَهُوا قَوْلِي -

رَبِّ يَسِّرْ وَ لَا تُعَسِّرْ وَ تَمِّمْ
بِالْخَيْرِ وَ بِكَ نَسْتَعِينُ يَافْتَاَحُ
يَافْتَاَحُ يَافْتَاَحُ رَبِّ زِدْنِي عِلْمًا



Spiritual Excellence (الإحسان Al-Ihsan) for Muslim Professionals

1

IHSAN:
WHAT & WHY

Linguistic Meaning of Ihsan

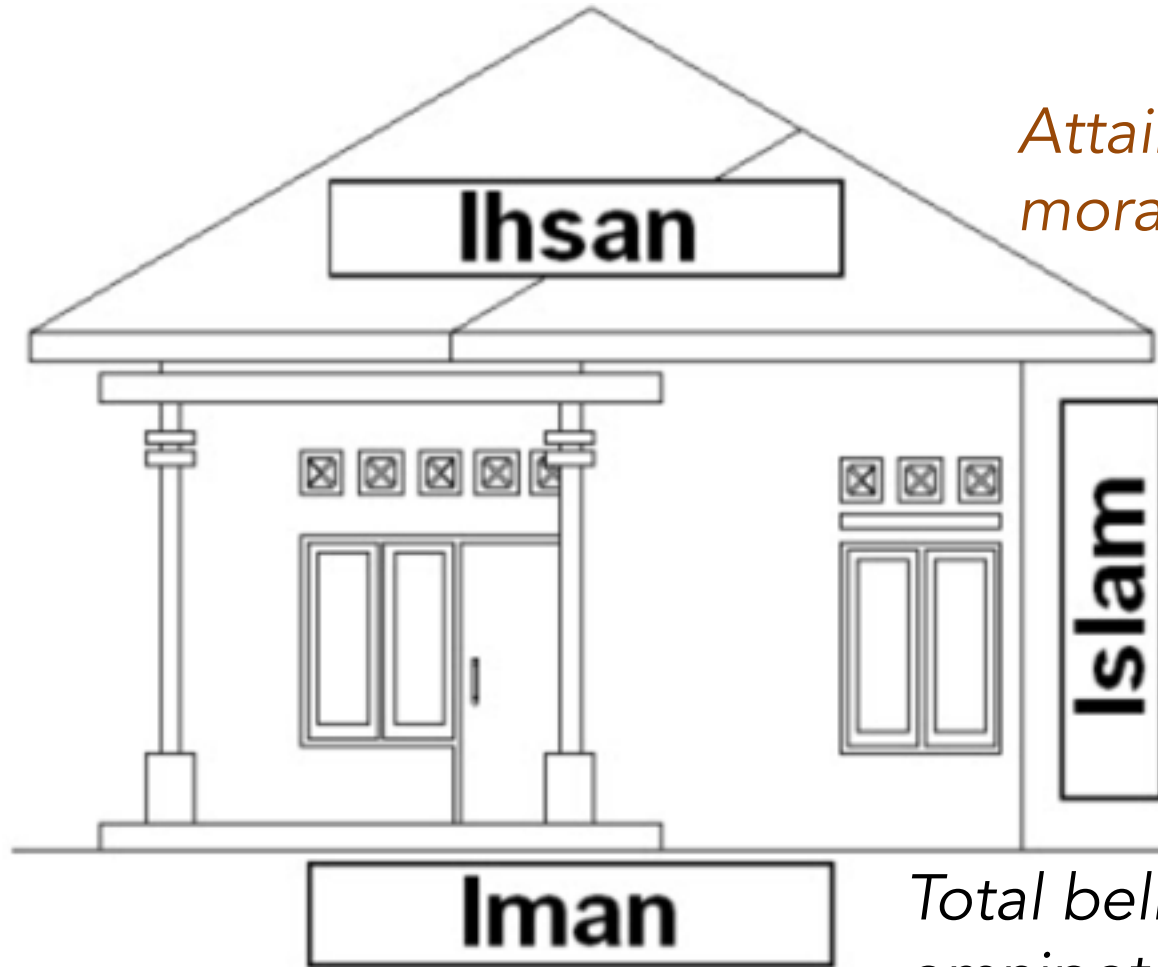
Imam Raghīb al-Isfahānī
explains that *Ihsan* stands for

***“the creation of beauty in one’s conduct,
which is achieved through beauty in
knowledge and beauty in action”***

Verb (form IV) - to do good

(2:195:10) <i>wa-aḥsinū</i>	And do good	وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ
(3:172:11) <i>aḥsanū</i>	did good	لِلَّذِينَ أَحْسَنُوا مِنْهُمْ وَاتَّقُوا أَجْرٌ عَظِيمٌ
(4:128:22) <i>tuḥ'sinū</i>	you do good	وَإِنْ تُحْسِنُوا وَتَتَّقُوا فَإِنَّ اللَّهَ كَانَ بِمَا تَعْمَلُونَ خَبِيرًا
(5:93:21) <i>wa-aḥsanū</i>	and do good	ثُمَّ اتَّقُوا وَأَحْسِنُوا وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ
(6:154:8) <i>aḥsana</i>	did good	ثُمَّ آتَيْنَا مُوسَى الْكِتَابَ تَمَامًا عَلَى الَّذِي أَحْسَنَ
(10:26:2) <i>aḥsanū</i>	do good	لِلَّذِينَ أَحْسَنُوا الْخُسْنَىٰ وَزِيَادَةٌ
(12:23:18) <i>aḥsana</i>	(who has) made good	قَالَ مَعَاذَ اللَّهِ إِنَّهُ رَبِّي أَحْسَنَ مَثْوَايَ إِنَّهُ لَا يُفْلِحُ الظَّالِمُونَ
(12:100:20) <i>aḥsana</i>	He was good	وَقَدْ أَحْسَنَ بِي إِذْ أَخْرَجَنِي مِنَ السِّجْنِ وَجَاءَ بِكُم مِنَ الْبَنَاتِ
(16:30:10) <i>aḥsanū</i>	do good	لِلَّذِينَ أَحْسَنُوا فِي هَذِهِ الدُّنْيَا حَسَنَةٌ وَلَدَارُ الْآخِرَةِ خَيْرٌ
(17:7:2) <i>aḥsantum</i>	you do good	إِنْ أَحْسَنْتُمْ
(17:7:3) <i>aḥsantum</i>	you do good	أَحْسَنْتُمْ لِأَنفُسِكُمْ وَإِنْ أَسَأْتُمْ فَلَهَا
(18:30:11) <i>aḥsana</i>	does good	إِنَّا لَا نُضِيعُ أَجْرَ مَنْ أَحْسَنَ عَمَلًا
(18:104:10) <i>yuḥ'sinūna</i>	(were) acquiring good	وَهُمْ يَحْسِبُونَ أَنَّهُمْ يُحْسِنُونَ صُنْعًا
(28:77:12) <i>wa-aḥsin</i>	And do good	وَأَحْسِنْ كَمَا أَحْسَنَ اللَّهُ إِلَيْكَ
(28:77:14) <i>aḥsana</i>	Allah has been good	وَلَا تَتَمَنَّ نَصِيبَكَ مِنَ الدُّنْيَا وَأَحْسِنْ كَمَا أَحْسَنَ اللَّهُ إِلَيْكَ
(32:7:2) <i>aḥsana</i>	made good	الَّذِي أَحْسَنَ كُلَّ شَيْءٍ خَلَقَهُ وَبَدَأَ خَلْقَ الْإِنْسَانِ مِنْ طِينٍ
(39:10:8) <i>aḥsanū</i>	do good	لِلَّذِينَ أَحْسَنُوا فِي هَذِهِ الدُّنْيَا حَسَنَةٌ وَأَرْضُ اللَّهِ وَاسِعَةٌ
(40:64:10) <i>fa-aḥsana</i>	and perfected	وَصُورَكُمْ فَأَحْسَنَ صُورَكُمْ وَرَزَقَكُمْ مِنَ الطَّيِّبَاتِ
(53:31:15) <i>aḥsanū</i>	do good	وَيَجْزِي الَّذِينَ أَحْسَنُوا بِالْخُسْنَىٰ
(64:3:6) <i>fa-aḥsana</i>	and made good	وَصُورَكُمْ فَأَحْسَنَ صُورَكُمْ وَإِلَيْهِ الْمَصِيرُ
(65:11:31) <i>aḥsana</i>	Has been (granted) good	قَدْ أَحْسَنَ اللَّهُ لَهُ رِزْقًا

The various dimensions of the Islamic tradition



*Attaining excellence in conduct,
morals, and God's awareness*

بُنِيَ الْإِسْلَامُ عَلَى خَمْسٍ شَهَادَةِ أَنْ لَا إِلَهَ إِلَّا اللَّهُ
وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ وَإِقَامِ الصَّلَاةِ وَإِيتَاءِ
الزَّكَاةِ وَحَجِّ الْبَيْتِ وَصَوْمِ رَمَضَانَ

Five Rituals of Islam

*Total belief in God's omniscience and
omnipotence and recognizing God's Lordship
in creation (Khalq) and in affairs (Amr)*

Hadith Jibril (An Excerpt)

قَالَ مَا الْإِحْسَانُ

قَالَ "أَنْ تَعْبُدَ اللَّهَ كَأَنَّكَ تَرَاهُ، فَإِنْ لَمْ
تَكُنْ تَرَاهُ فَإِنَّهُ يَرَاكَ"

Jibril (AS) further asked, "What is Ihsan (perfection)?"
Allah's Messenger ﷺ replied, "To worship Allah as if you
see Him, and if you cannot achieve this state of devotion
then you must consider that He is looking at you."

God, **The Beautiful**, loves beauty

"No one will enter Paradise who has an atom's weight of pride in his heart." A man said, "What if a man likes his clothes to look good and his shoes to look good?"

He said, "Allah is beautiful and loves beauty. Pride means denying the truth and looking down on people."

God, The Beautiful, **loves beautiful actions**

"Verily Allah likes from a doer of an action that when an action is performed, it is made beautiful (*yuhsinahu*)"

"Allah is good and only accepts that which is good."

Related by Muslim (no. 1686)

**“Allah loves to see one’s job
done at the level of itqan.”**

[Bukhari and Muslim]

Itqan is an attribute of Allah SWT:

“An act of Allah who has *perfected everything*. Surely, He is All-Aware of what you do”

—Quran, Surah Al-Naml, 27:88.

God has prescribed Ihsan in all matters

"Verily Allah has prescribed Ihsan (perfection) in all things. Thus if you kill, kill well; and if you slaughter, slaughter well. Let each one of you sharpen his blade and let him spare suffering to the animal he slaughters." [Muslim]

PRACTICAL FOCUS

Allah Taala Commands us to Do Deeds

وَقُلْ اَعْمَلُوا فَاَسِيرَی اللّٰهُ عَمَلَكُمْ

"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

Taking honor in one's work

Allah's Messenger (ﷺ) said:
"Allah loves from amongst his slaves, the one who has a sense of zeal or honor."

"For you to sleep well at night, the aesthetic, the quality, has to be carried all the way through."—Steve Jobs.
(Jobs narrating about the philosophy of his dad)

Serving God and Employer perfectly

" نِعْمَ مَا لِأَحَدِهِمْ يُحْسِنُ عِبَادَةَ رَبِّهِ وَيَنْصَحُ لِسَيِّدِهِ "

The Prophet ﷺ said,

"Goodness and comfort are for him who worships his Lord in a perfect manner and serves his master sincerely." [Al-Bukhari]

[End of This Part]

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ



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2

THE IMPORTANCE OF SINCERITY AND INTENTION

The need for sincerity and the right intention

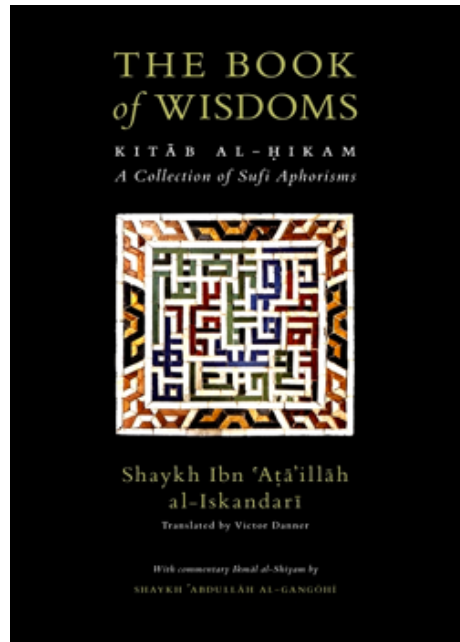
Three men who will be thrown into fire.

' Verily, the first to be judged on the Day of Resurrection will be a man who had died as a **martyr (Shaheed)**. He will be brought forward. Allah will remind him of the favours He had bestowed upon him and the man will acknowledge them. Then He will ask him: 'What did you do to express gratitude for it?' The man will reply: 'I fought for Your Cause till I was martyred.' Allah will say: 'You have lied. You fought so that people might call you courageous; and they have done so.' Command will then be issued about him and he will be dragged on his face and thrown into Hell.

Next a man **(Alim)** who had acquired and imparted knowledge and read the Qur'an will be brought forward, Allah will remind him of the favours He had bestowed upon him and the man will acknowledge them. Then He will ask him: 'What did you do to express gratitude for it?' The man will reply: 'I acquired knowledge and taught it, and read the Qur'an for Your sake.' Allah will say to him: 'You have lied. You acquired knowledge so that people might call you a learned (man), and you read the Qur'an so that they might call you a reciter, and they have done so.' Command will then be issued about him, and he will be dragged on his face and thrown into Hell.

Next a man whom Allah had made affluent **(Ghani)** and to whom Allah had given plenty of wealth, will be brought forward, Allah will remind him of the favours He had bestowed upon him and the man will acknowledge them. He will ask him: 'What did you do to express gratitude for it?' The man will reply: 'I did not neglect any of the ways You liked wealth to be spend liberally for Your sake'. Allah will say to him: 'You have lied. You did it so that people might call you generous, and they have done so.' Command will then be issued about him and he will be dragged on his face and thrown into Hell."

Actions/achievements are lifeless forms unless they have sincerity



الأَعْمَالُ: صُورٌ قَائِمَةٌ، وَأَرْوَاحُهَا: وَجُودُ سِرِّ الْإِخْلَاصِ فِيهَا

“Actions are lifeless forms, but the presence of an inner reality of sincerity (sirr al-ikhhlās) within them is what endows them with life-giving Spirit.”

Ibn Ata'illah al-Iskandari, Al-Hikam

Connect yourself to the divine to become alive



آنکہ بے حق زیست جز مردار نیست
گرچہ کس در ماتم او زار نیست

*He who lives without God is nothing but a corpse
Even if no one laments him.*

Be a thankful slave of God

Leper, Bald Man, and the Blind man

16:53 ... وَمَا بِكُمْ مِنْ نِعْمَةٍ فَمِنَ اللَّهِ

And whatever you have of favor – it is from Allah

55:13 فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

So which of the favors of your Lord would you deny?

PRACTICAL FOCUS

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وَقُلْ اَعْمَلُوا فَاَسِيرَی اللّٰهُ عَمَلَكُمْ

"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

Don't do quality work for Duniyah

“And seek, through which Allah has given you, the home of the Hereafter; and [yet], do not forget your share of the world.” (Surah al-Qasas: 77)

The Prophet (ﷺ) said ***“Whoever makes the Akhirah his concern, Allah will gather together his affairs, place contentment in his heart and the world will come to him despite his reluctance. And whoever makes the Dunya his concern, Allah will scatter his affairs, put poverty before him and nothing of the world will come to him except what Allah has written for him.”*** [At-Tirmidhi]

Duniya and Al-Akhira

وَأَنَّ لِّئْسَ لِلْإِنْسَنِ إِلَّا مَا سَعَى



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And that there is not for man except that [good] for which he strives

We should aim to achieve worldly excellence

**God desires for you Al-Akhira,
which is better and everlasting**

8:67 ... تُرِيدُونَ عَرَضَ الدُّنْيَا وَاللَّهُ يُرِيدُ الْآخِرَةَ ...

87:16–19

بَلْ تُؤْثِرُونَ الْحَيَاةَ الدُّنْيَا
وَالْآخِرَةُ خَيْرٌ وَأَبْقَى
إِنَّ هَذَا لَفِي الصُّحُفِ الْأُولَى
صُحُفِ إِبْرَاهِيمَ وَمُوسَى

اللهم لا تجعل الدنيا أكبر همنا
ولا مبلغ علمنا ولا غاية رغبتنا

“O Allah! let not worldly affairs (Dunya) be our principal concern (greatest aim), nor the ultimate limit of our knowledge nor the limit of our aspiration”

—Tirmidhi & Nasai

Love God more than 8 things/matters

Say, "If it be that your **fathers**, your **sons**, your **brothers**, your **mates**, or your **kindred**; the **wealth** that you have gained; the **commerce** in which you fear a decline; or the **dwellings** in which you delight - are dearer to you than Allah, or His Messenger, or the striving in His cause - then wait until Allah brings about His Decision: and Allah guides not the rebellious".
(Quran-9:24).

[End of This Part]

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ



Spiritual Excellence (الإحسان Al-Ihsan) for Muslim Professionals

3

HAVING A VISION

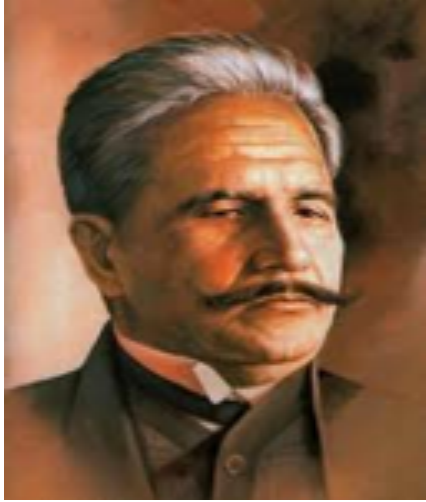
Himmah Aliyah (Great Determination)

53:39

لَيْسَ لِلْإِنْسَانِ إِلَّا مَا سَعَى

The Messenger of Allah (ﷺ) said: (If you ask Allah for Paradise, then ask him for *Al-Firdaws*, for it is the highest part of Paradise, in the middle of Paradise, and from it spring the rivers of Paradise, and above it is the (Mighty) Throne of the Most Merciful.) [Bukhari and Muslim]

Being wary of living a life of low ambitions



ترى دُعا ہے کہ ہو تیری آرزو پوری
میری دُعا ہے تیری آرزو بدل جائے!

*You pray that your desire be fulfilled,
I pray that your desire be changed.*

Meaningful Life & Leaving a Legacy

The Prophet ﷺ said: "When a person dies, his deeds are cut off except through **three**:

[1] perpetual charity (صدقة جارية),

[2] knowledge which others benefit from, and

[3] a pious offspring that supplicates for him."

[At-Tirmidhi]

On balancing work and life



Keep things in their proper place



“Imagine life is a game in which you are juggling five balls. They are called: **work, family, health, friends, and integrity.** And you’re keeping them all in the air.

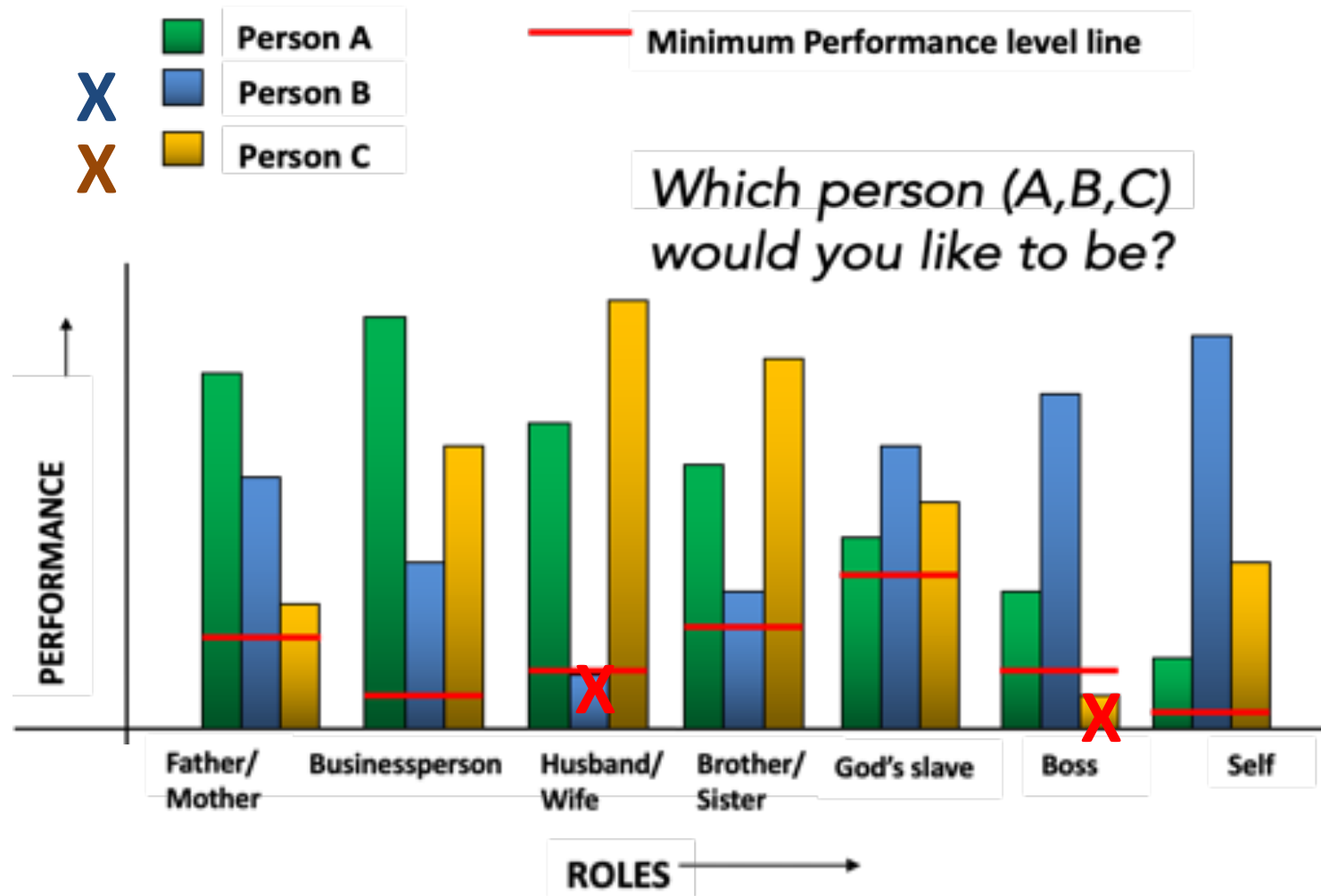
But one day you finally come to understand that the work ball is made of rubber - if you drop it, it will bounce back.

The other four balls are made of glass. If you drop one of these, it will be irrevocably scuffed, nicked, perhaps even shattered.”

Credit: James Patterson

Having a Balanced/ Holistic Vision

We all have different roles in life. It's imperative that we do at least do `Adl (عدل) in each role, failing which we will be guilty of Zulm (ظلم)



One reaches Ihsan by going beyond the bare minimum level of `Adl.

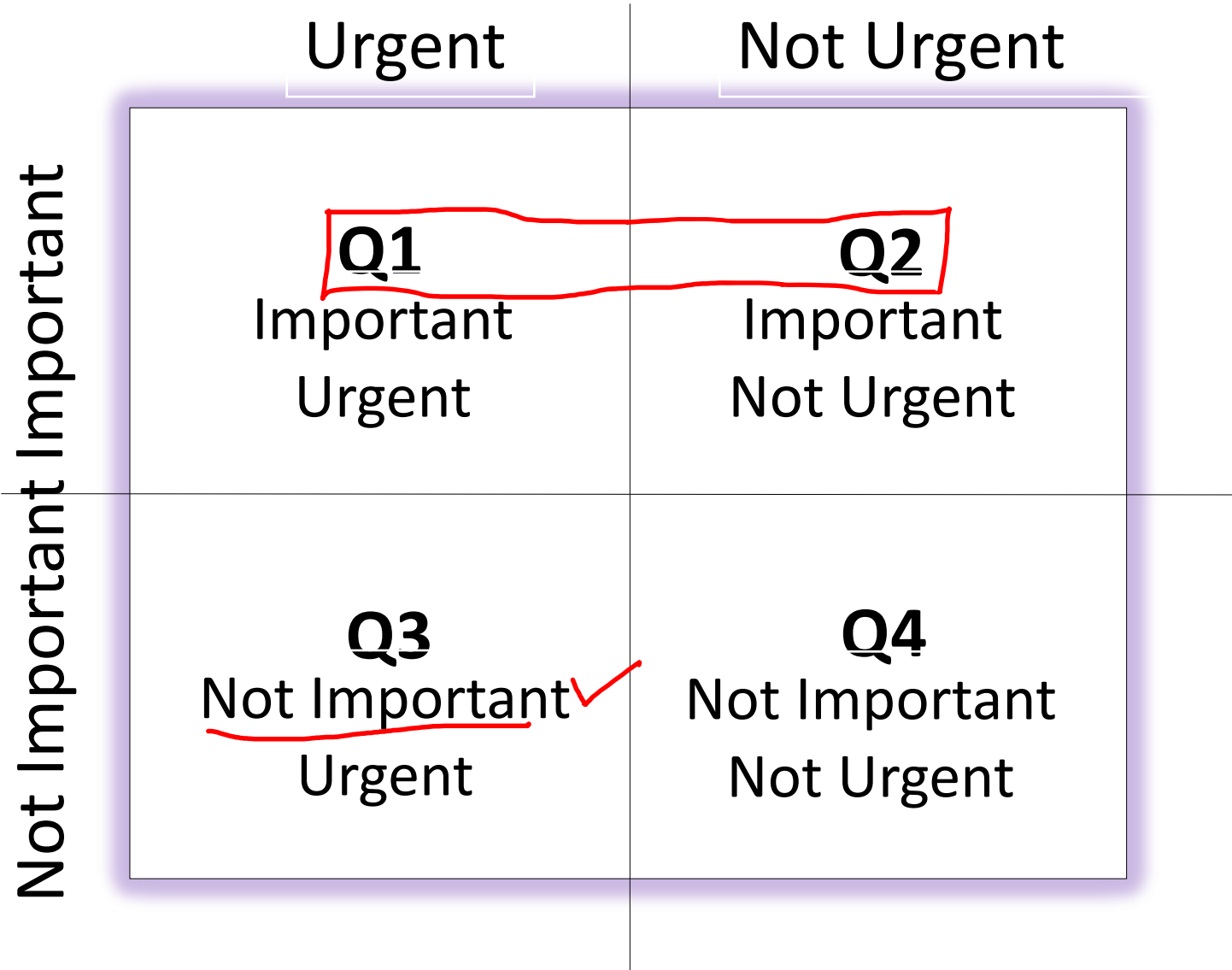
Defining the term: *Important*

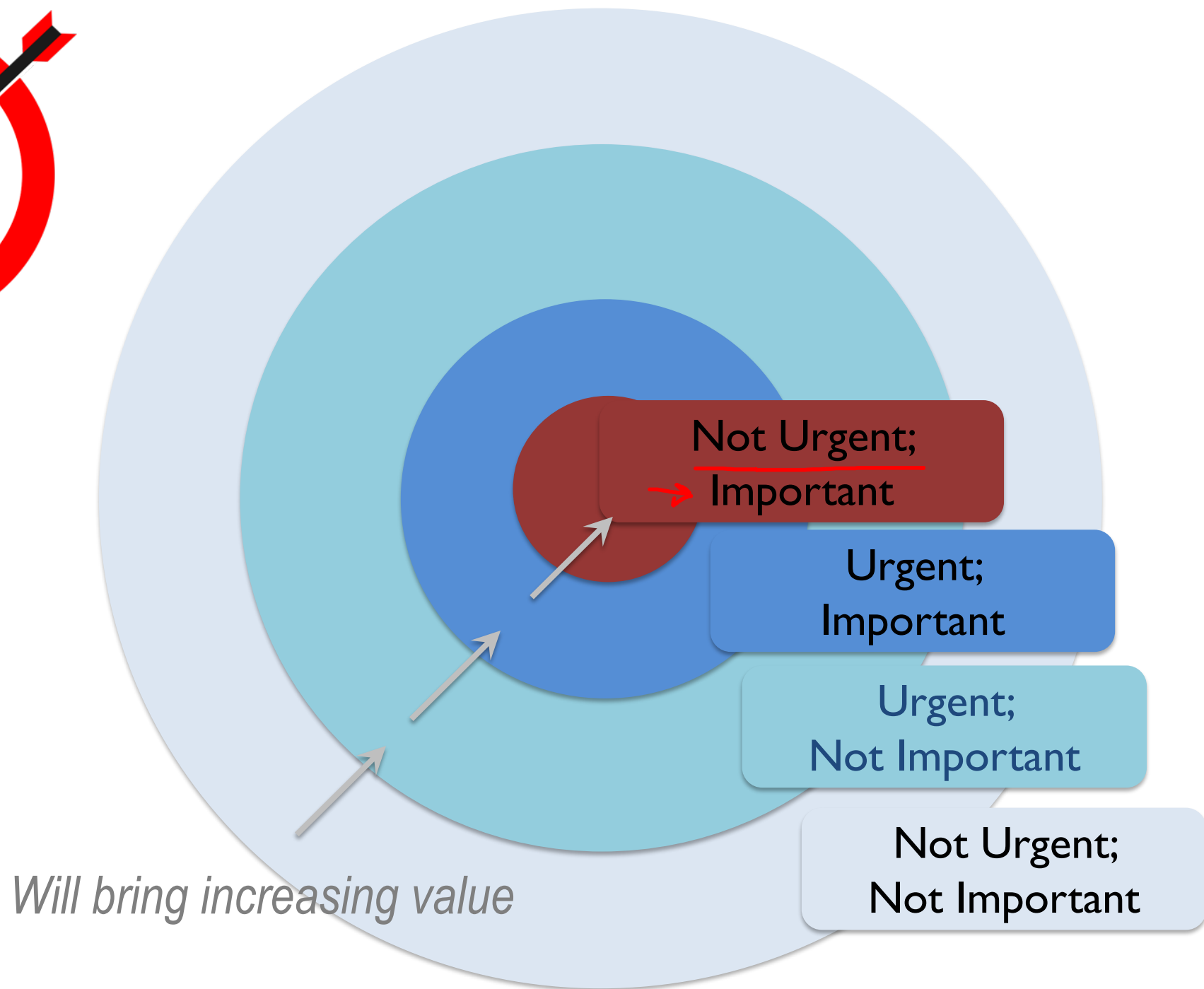
Distinguishing between the **right** thing vs. the **right now** thing

*Importance of things/events/appointments can
be ascertained only in reference to a vision*

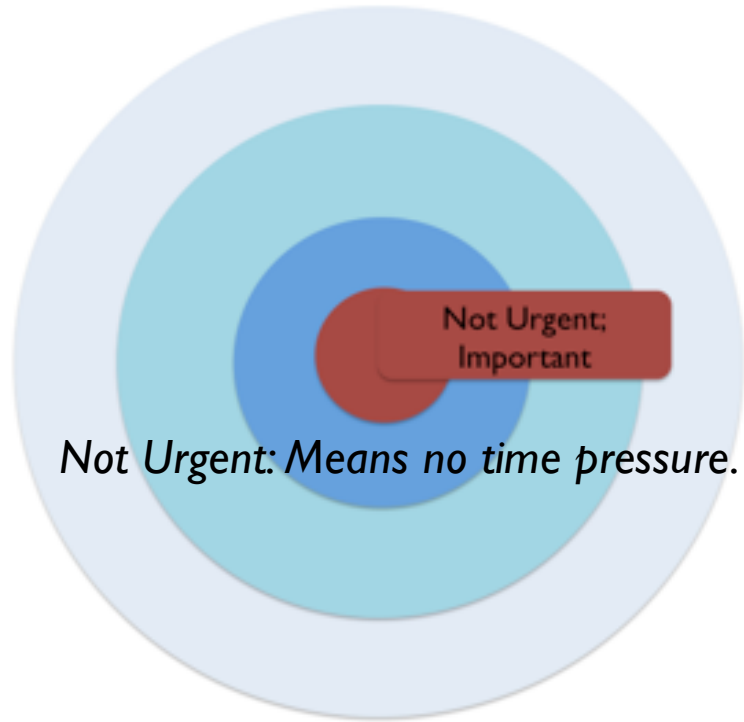
Anything that takes us towards our 'Vision' is called 'important' and anything that doesn't take us towards or takes us away from our 'Vision' is called 'not important'.

The Time Quadrant System





Where You Can Benefit the Most — ***Bull's Eye***



(Things that will fulfill you)

What Matters Most, Matters Most!

Everything that you do to improve your quality of life and quality of skills and your relationships.

Examples:

Reading the Quran

Birr-ul-Walidain: doing good to your parents; visiting them .. speaking to them kindly

Time for gratitude/ shukr.

If you learn new skills; it's not urgent, but it's important.

Improving relationships.

Personal development.

Long-term thinking/ planning comes in this category

Seizing new opportunities.

Problem prevention.

Preparation and planning.

You can make these tasks urgent, by identifying a completion date.

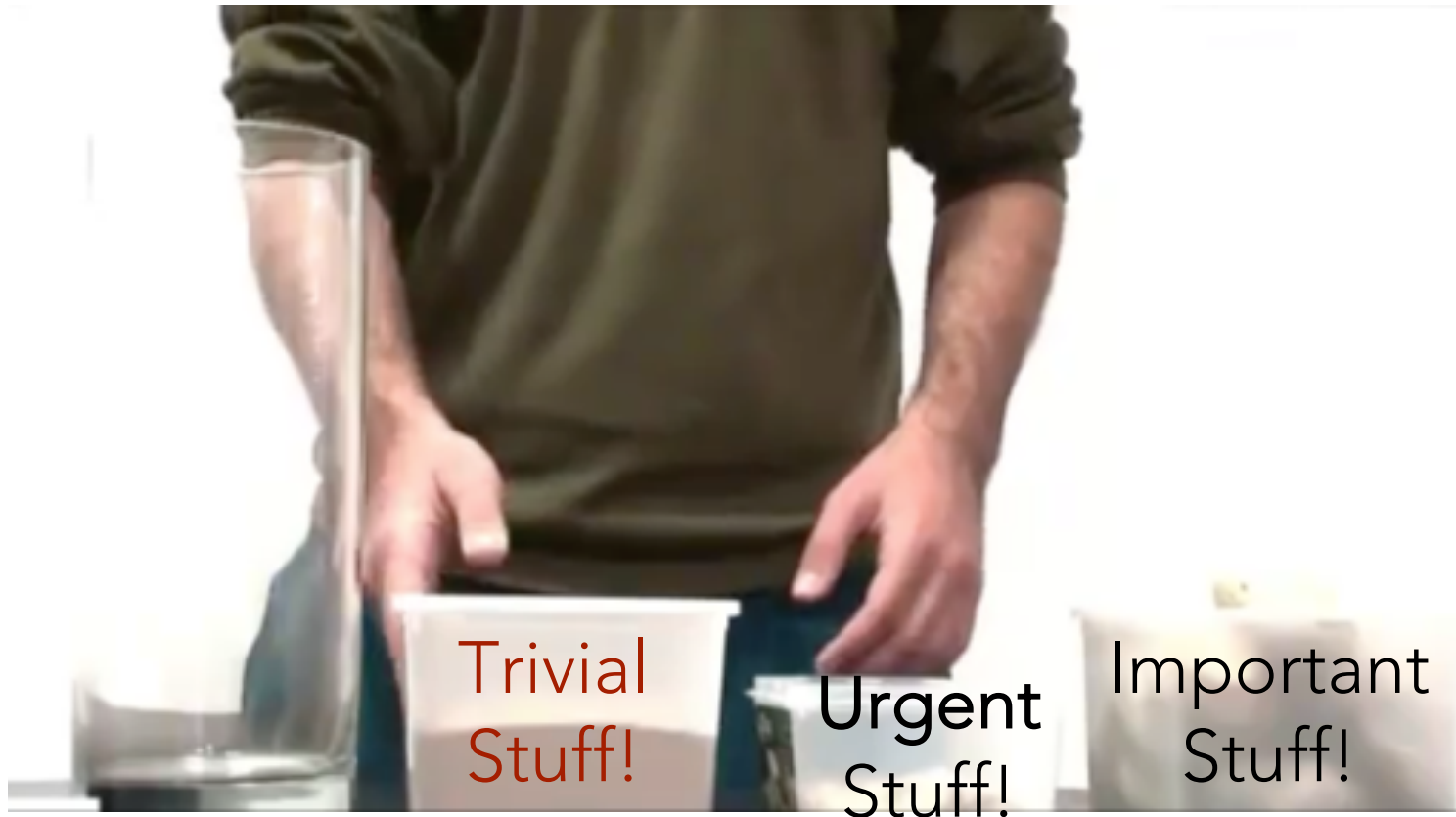
PRACTICAL FOCUS

Allah Taala Commands us to Do Deeds

وَقُلْ اَعْمَلُوا فَاَسِيرَی اللّٰهُ عَمَلَكُمْ

"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

Work prioritization through an example



Filling your life with unimportant stuff leaves
little time for other more imp things



After wasting our time on useless things, our next focus is on urgent stuff (most of which is unimportant)

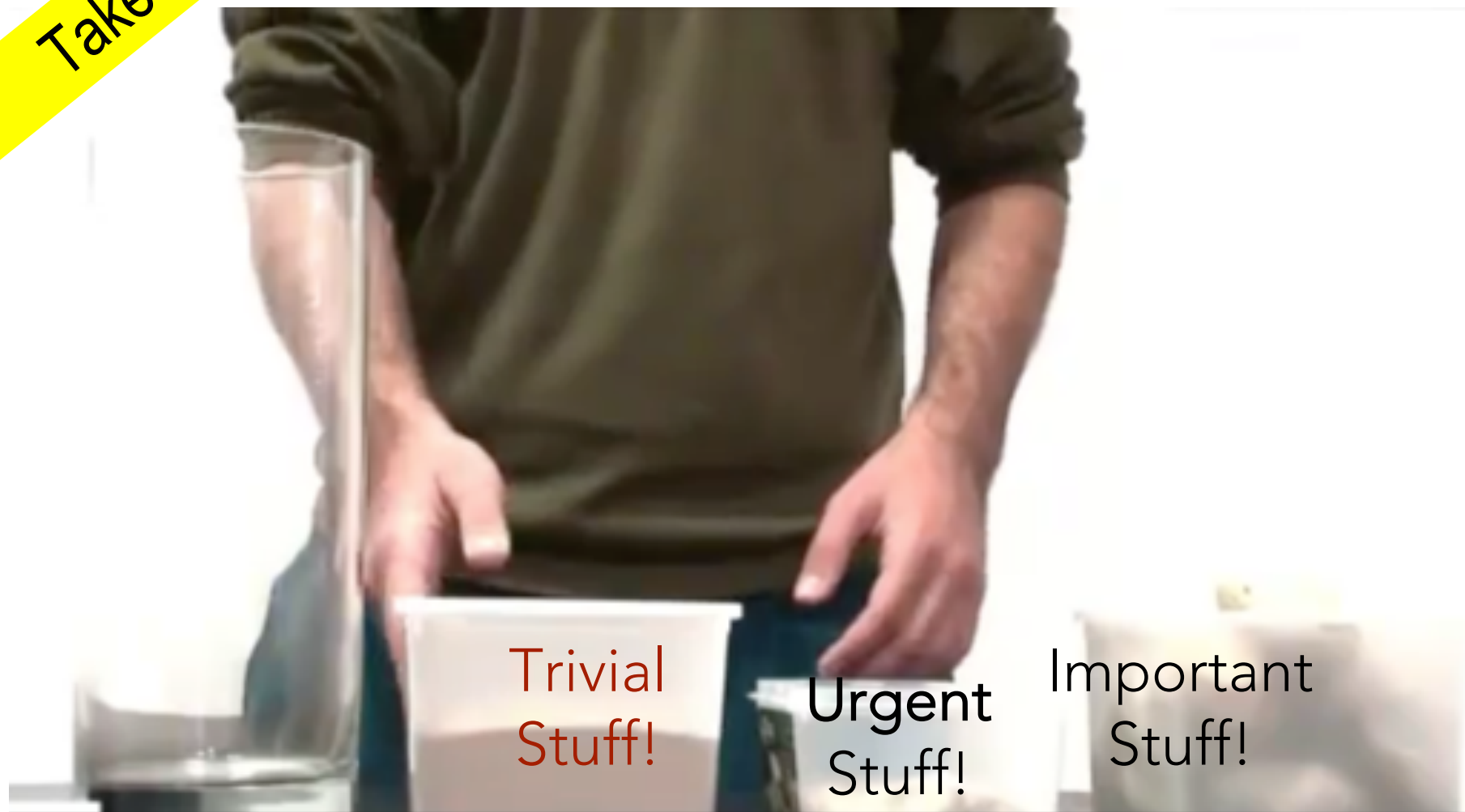


Resultantly, you don't get enough time to do what is most important.

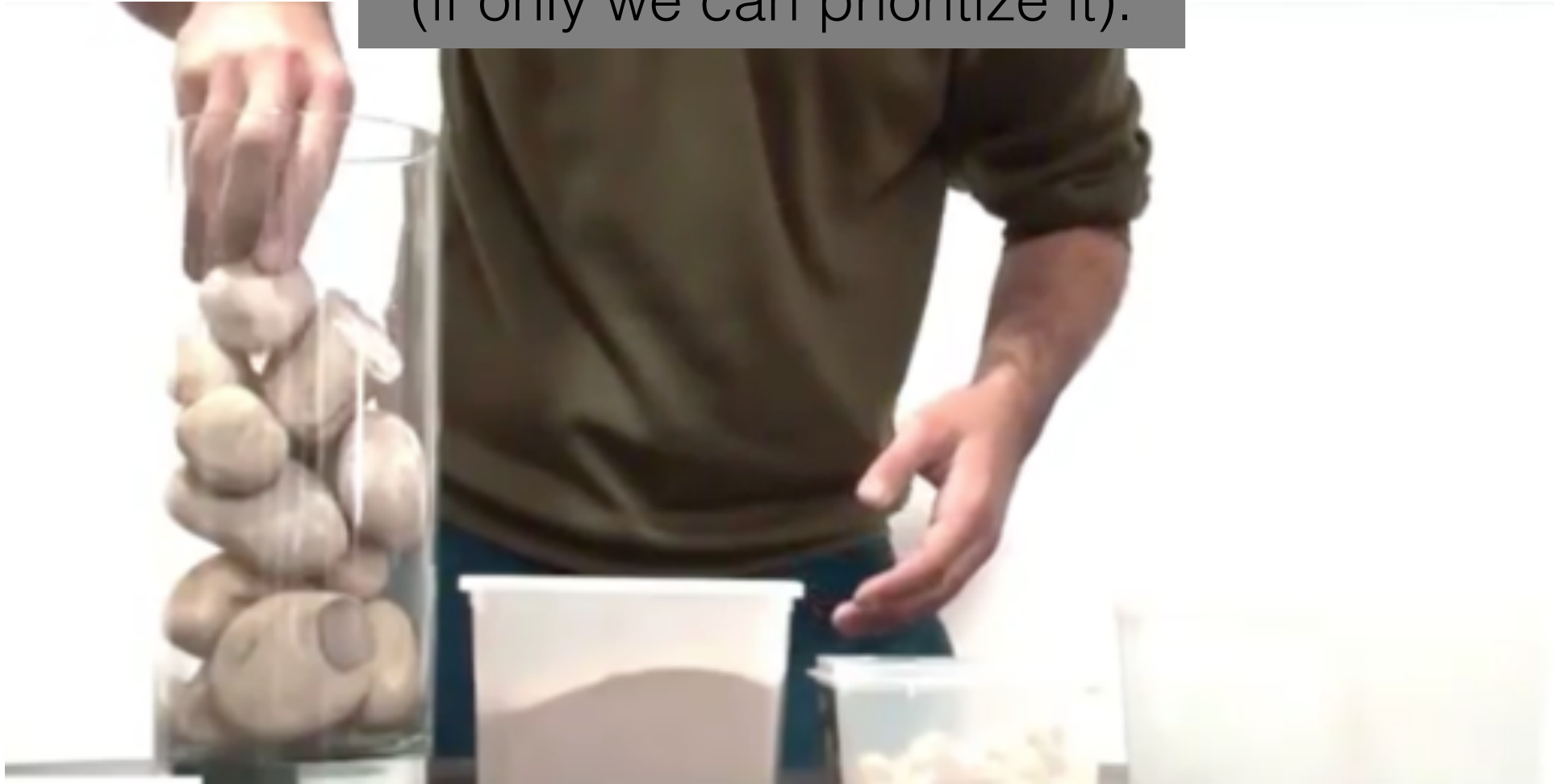


You don't have time for many things
that you deemed important!

Take 2



There's always time for
what's most important
(if only we can prioritize it).



Do the most urgent non-important stuff then



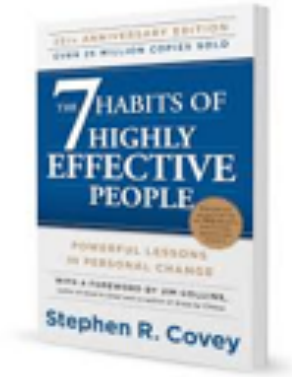
You may get time to batch in your
leisure unimportant stuff



We can do a lot (only if we could learn how to prioritize)

Visualization exercise

Habit 2: Begin With the End in Mind



Imagine Your 80th Birthday!



<https://www.youtube.com/watch?v=IUtPjJDBs6I>

Visualize the Day of Judgement

A man asked the Messenger ﷺ: "Who is the most wise of people O Messenger of Allah?"

He replied: "The one who remembers death most often and the one who is well-prepared to meet it." [Ibn Majah]

The two feet of the son of Adam will not move from near his Lord on the Day of Judgement until he is asked about five (matters):

- 1. Your life - how you spent it.** Was it in righteousness and piety or in sin and transgression?
- 2. Your youth - how you spent it.** Was it in acts of obedience or acts of disobedience to Allah?
- 3. Your wealth - how you acquired it.** Was it from that which is halaal or from that which is haraam?
- 4. Your wealth - how you spent it.** Did you give others their rights in?
- 5. Your knowledge - how you acted upon it.** How much of your knowledge of Allah's Deen did you put into practice?

[End of This Part]

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ



Spiritual Excellence (الإحسان Al-Ihsan) for Muslim Professionals

4

CHARACTER TRAITS OF PEOPLE OF IHSAN

People of Ihsan work at purifying their souls (*Tazkiyah*)

وَالشَّمْسِ وَضُحَاهَا ﴿١﴾ وَالْقَمَرِ إِذَا تَلَاها ﴿٢﴾ وَالنَّهَارِ إِذَا جَلَّاهَا ﴿٣﴾ وَاللَّيْلِ إِذَا يَغْشَاهَا ﴿٤﴾ وَالسَّمَاءِ وَمَا بَنَاهَا ﴿٥﴾ وَالْأَرْضِ وَمَا طَحَاهَا ﴿٦﴾ وَنَفْسٍ وَمَا سَوَّاهَا ﴿٧﴾ فَأَلْهَمَهَا فُجُورَهَا وَتَقْوَاهَا ﴿٨﴾ قَدْ أَفْلَحَ مَن زَكَّاهَا ﴿٩﴾ وَقَدْ خَابَ مَن دَسَّاهَا ﴿١٠﴾

[Quran 91:1-10] By the sun and its brightness. And [by] the moon when it follows it. And [by] the day when it displays it. And [by] the night when it covers it. And [by] the sky and He who constructed it. And [by] the earth and He who spread it. And [by] the soul and He who proportioned it. And inspired it [with discernment of] its wickedness and its righteousness. He has succeeded who purifies it. And he has failed who instills it [with corruption].

Ihsan entails refining *Khulq* (تهذيب الاخلاق)

Prophet Muhammad (ﷺ) said: "I have only been sent to perfect good moral character." [Ahmad]

Abu Hurayrah (RA) reported that the Messenger of Allah, may Allah bless him and grant him peace, said, "I was sent to perfect good character."

"The best of you in Islam are those who are most excellent in character as long as you deeply understand the religion." [Ahmad]

No Harming and Reciprocating Harm

لَا ضَرَرَ وَلَا ضِرَارَ

There should be neither
harming (darar) nor
reciprocating harm (diraar).

Refraining from sins: *Taqwa*

إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَتْقَاكُمْ ۚ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ (49:13)

‘Do you know who the bankrupt (*Muflis*) is?’

They said: ‘The *Muflis* among us is the one without a dirham (or money).’

He ﷺ said: ‘The *Muflis* in my Ummah is the one who comes on the Day of Judgement with prayer, fasting and zakat. He comes but has insulted so and so, falsely accused so and so, eaten someone’s wealth, spilt someone’s blood and struck someone. His good deeds are given to them. If his good deeds finish before that which is upon him, is not paid off, the sins of those whom he hurt are transferred into his account. Then he is thrown into the Fire.” (Muslim)

People of Ihsan have Trust in Allah (Tawakkul)

A person asked Rasul Allah (ﷺ),
“Should I tie my camel and have
Tawakkul (trust in Allah for her
protection) or should I leave her
untied and have Tawakkul.”

Rasul Allah (ﷺ) replied, “***Tie her and
have Tawakkul.***” —[At-Tirmidhi]

PRACTICAL FOCUS

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"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

جميع آداب الخير تتفرع من أربعة أحاديث

: قول النبي صلى الله عليه وسلم
(مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكُلْ خَيْرًا أَوْ لِيَصُمْتُ)

وقوله صلى الله عليه وسلم:
(مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَغْنِيهِ)

وقوله صلى الله عليه وسلم: للذي اختصر له الوصية:
(لَا تَغْضَبْ)

وقوله: (لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ)





All the etiquette of goodness is derived from four *Ahadith*:

- 1) the Prophetic saying: "**Whoever believes in Allah and the Last Day, he should speak what is good or keep silent**";
- 2) the Prophetic saying: "**Part of the perfection of someone's Islam is his leaving alone that which does not concern him**";
- 3) the Prophet advice for whom the Prophet made concise advice: "**Do not be angry**";
- 4) the Prophet saying that "**No one believes until he likes for his brother what he likes for himself**".

[End of This Part]

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ



Spiritual Excellence (الإحسان Al-Ihsan) for Muslim Professionals

5

DOING JUSTICE
AND EXCELLING
IN ONE'S WORK

A most comprehensive Quranic verse

إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَىٰ وَيَنْهَىٰ عَنِ
الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ ۚ يَعِظُكُم لَعَلَّكُمْ تَذَكَّرُونَ ﴿٩٠﴾

Allah commands to do justice and be good, and to give relatives (their due), and forbids from shameless acts, evil deeds and transgression. He exhorts you so that you may be receptive to advice. [90]

The six commands, **imperative** and **prohibitive**, given in this verse are—if pondered upon—an elixir for the perfect prosperity of man's individual and collective life. May Allah bless us all with the ability of following them.

Being trustworthy and fulfilling rights

"Verily the best person whom you can employ is the one who is alqawwiyy (strong) and al-amin (trustworthy).", Quran (28:26).

"The best of people are those who are best in fulfilling [rights]." [Ibn Majah]

Avoiding traits of hypocrisy

In a narration reported by Bukhari & Muslim,
Prophet ﷺ said: **Four traits whoever possesses them is a hypocrite and whoever possesses some of them has an element of hypocrisy until he leaves it:**

1. *the one who when he speaks lies* (وَإِذَا حَدَّثَ كَذَبَ);
2. *when he promises, he breaks his promise* (إِذَا أَوْثُمِنَ خَانَ);
3. *when he disputes, he transgresses* (وَإِذَا خَاصَمَ فَجَرَ); and
4. *when he makes an agreement, he violates it.* (وَإِذَا عَاهَدَ غَدَرَ)

Avoiding Cheating, Short Charging, and Fraud

"O you who have believed, do not consume one another's wealth unjustly but only [in lawful] business by mutual consent" [Qur'an: Chapter 4, Verse 29].

The Prophet ﷺ passed by a pile of food in the market. He put his hand inside it and felt dampness, although the surface was dry.

He said: ***"O owner of the food, what is this?"***

The man said, 'It was damaged by rain, O Messenger of God.'

He said, 'Why did you not put the rain-damaged food on top so that people could see it!

Whoever cheats us is not one of us." (Muslim)

The Art of Prioritizing (فقه الاولويات)

Prophet Muhammad ﷺ said: "***The best of the deeds or deed is the prayer at its proper time...***" [Sahih Muslim]

Our Prophet (ﷺ) has said what means: "***The first matter that the slave will be brought to account for on the Day of Judgment is the prayer.***"

If it is sound, then the rest of his deeds will be sound. And if it is bad, then the rest of his deeds will be bad."

The Time of Rihlah (Passing Away)

When the Prophet ﷺ lost consciousness and then woke up. What's the first thing he said?

Have the people performed their Salah?

The last words that the Messenger of Allah (ﷺ) spoke were,
“The prayer, the prayer! And fear Allah with regard to those whom your right hands possess.”

Priority of the Wajib/Fardh over Nafilah

Fardh/ Wajib: Obligatory

Sunnah/Mustahabb/Mandub/Nafal: Recommended

Mubah: Permissible

Makruh: Disliked

Haram: Forbidden

Priority of avoiding Haram

Fardh/ Wajib: Obligatory

Sunnah/Mustahabb/Mandub/Nafal: Recommended

Mubah: Permissible

Makruh: Disliked

Haram: Forbidden

Mubahaat can become virtuous/sinful

Fardh/ Wajib: Obligatory

Sunnah/Mustahabb/Mandub/Nafal: Recommended

Mubah: Permissible

Makruh: Disliked

Haram: Forbidden

*Learn about intentions, for
their importance is greater
than the importance of actions.*

PRACTICAL FOCUS

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"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

Prioritize the *Qalb* over *Zawāhir* (Outer Actions)

إِنَّ اللَّهَ لَا يَنْظُرُ إِلَى صُورِكُمْ وَأَمْوَالِكُمْ
وَلَكِنْ يَنْظُرُ إِلَى قُلُوبِكُمْ وَأَعْمَالِكُمْ

“Verily Allah does not look to your bodies nor to your faces but He looks to your hearts.” [Muslim]

Which one of these is sound in the core?



*Correcting one's outer
form is often the first
step to inner rectification*



*We should not try to reassure
ourselves that **actions don't**
matter and only the heart matters.*

*Use this standard to
judge yourself;
For others, try
Husn-e-Zann as
much as is possible.*

Pursuit of Lawful Earning (*Kasbe Halal*)

"A time will come when people will no longer care about whether their wealth has been lawfully or unlawfully acquired." (Al-Bukhari)

"To earn a halal livelihood is compulsory after the completion of other Fara'idh."

How can you do Adl and Ihsan in your role as a professional?

Are you currently taking these steps? If yes, how—if not, then how/when will you?

[End of This Part]

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ



Spiritual Excellence (الإحسان Al-Ihsan) for Muslim Professionals

6

MASTERY ORIENTATION

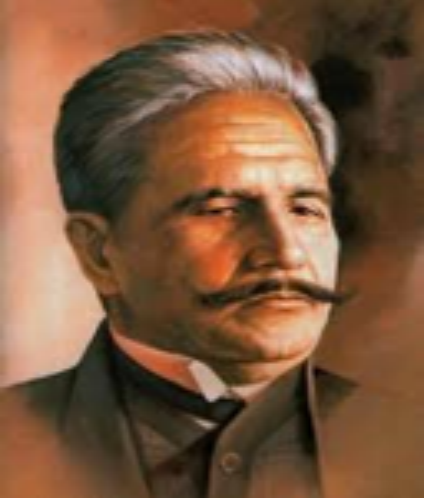
Striving for excellence in worldly affairs

“Verily Allah has prescribed *Ihsan* (perfection) in all things.” [Arbain An-Nawawi]

“Allah loves to see one’s job done at the level of Itqan (perfection).” [Bukhari and Muslim]

“The wise statement is the lost property of the believer (ضالة المؤمن), he should take them wherever he finds them.” [Tirmidhi]

Continuous pursuit of ideals



ہر ایک مقام سے آگے مقام ہے تیرا
حیاتِ ذوقِ سفر کے سوا کچھ اور نہیں

لطفِ صد حاصل بہاری سعیٰ لا حاصل میں ہے

A hundred joys are to be found in our unrewarding quest.

Working Hard and Taking Responsibility

“Verily, We have Created Man in Toil” (Quran 90:4)

Umar (RA) was steadfast in working very hard day and night and therein sleeping very little. His family asked him why he did not sleep. He replied, “If I sleep at night, my soul will be lost and if I sleep during the day, my people (citizens) will be lost”

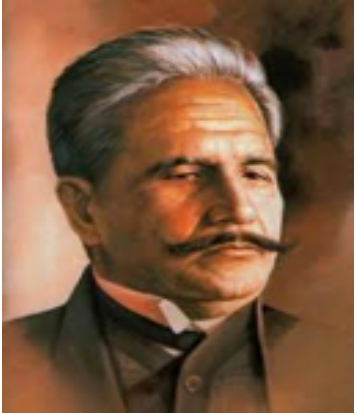
Mastery orientation

Aisha (RA) narrated that the Messenger of Allah (ﷺ) has said, "Whoever recites the Quran and masters it by heart, will be with the noble righteous scribes (in Heaven). Moreover, whoever recites the Quran and stutters with it, and it is difficult for him, will have a double reward." [Muslim]

Trying One's Best:

"The best of earnings is that of the laborer as long as he tries his best." [Ahmad, Hasan]

Ihsan and beauty requires much striving



نقش ہیں سب نامِ خونِ جگر کے بغیر
نغمہ ہے سوائے خامِ خونِ جگر کے بغیر

*Incomplete are all creations without the lifeblood of the creator.
Soulless is the melody without the lifeblood of the maestro.*

Completing actions (and not be dabblers)

Anas ibn Malik reported that the Prophet (ﷺ) said, "If the Final Hour comes while you have a palm-cutting in your hands and it is possible to plant it before the Hour comes, you should plant it."

Excellence is a journey not a goal

وعن أبي سعيد الخدري رضي الله عنه عن رسول الله صلى الله عليه وسلم
قال: "لَنْ يَشْبَعَ الْمُؤْمِنُ مِنْ خَيْرٍ يَسْمَعُهُ حَتَّى يَكُونَ مُنْتَهَاهُ الْجَنَّةُ"

The Messenger of Allah (ﷺ) said,
"A believer never satisfies doing
good until he reaches Jannah."

PRACTICAL FOCUS

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"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

Refuge against laziness

"O Allah, I take refuge in You
from anxiety and sorrow,
weakness and laziness,
miserliness and cowardice,
the burden of debts and
from being overpowered by men."

[Hadith]

How can you acquire this mastery orientation?

*If you wish to have this mindset, what concrete steps you will have to take?
(i.e., how will you have to act differently than how you do now).*

[End of This Part]

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Spiritual Excellence (الإحسان Al-Ihsan) for Muslim Professionals

7

QUALITY OVER QUANTITY

Quality is desired rather than quantity

67:2

Play

Copy

SAHIH INTERNATIONAL

[He] who created death and life to test you [as to] which of you is best in deed - and He is the Exalted in Might, the Forgiving -

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا ۚ وَهُوَ الْعَزِيزُ الْغَفُورُ ﴿٢﴾

God wants to see who's the best of us in actions (احسن عملا)

102:1

SAHIH INTERNATIONAL

Competition in [worldly] increase diverts you

الْهَنَكَمُ التَّكَاثُرُ ﴿١﴾

Competition in quantity distracts and diverts you from your purpose

Need for Rightly-Intended High-Quality Actions

"There may be a fasting person who has nothing from his fasting except hunger, and there may be night-praying person who has nothing from his night-praying except staying up."

Quantity is good, if accompanied with quality

"The best of you are those with the longest lives and the most excellent character." [Bazzar]

"The best of you are those with the longest lives and best in action." [Hakim]

"The best of people are those who live longest and excel in their deeds, whereas the worst of people are those who live longest and corrupt their deeds."
[Tirmidhi]

People are like minerals and differ in quality

"الناسُ معادنٌ كمعادنِ الذهبِ والفضةِ ،
خيارُهم في الجاهليَّةِ ، خيارُهم في الإسلامِ إذا فقهوا."

The Prophet ﷺ said: People are like minerals in being good and evil – just like minerals of gold and silver. Those who were best among them before the advent of Islam would continue to be the best among them after Islam, if they develop a thorough understanding in God's religion.

High Quality Humans are the Real Assets

'Umar ibn Al-Khattab (RA) was sitting with a group of his companions. He asked them, "Make a wish."

One of them said, "I wish to have as much gold as would fill this whole house, so that I could spend it in Jihaad"; **then again 'Umar (RA) asked: "Make a wish".**

Another man said, "I wished that this house was full of jewels and pearls so that I could spend it all in Jihaad and charity for the sake of Allah"; **'Umar (RA) asked for the third time: "Make a wish",** his companions said: "We don't know what to say, O leader of the believers".

There upon 'Umar (RA) said, "I wish that this house was full of men like Abu 'Ubaydah Ibn Al-Jarraah (RA), Mu'aadh bin Jabal (RA) and Saalim (RA) Mawlah Abu Hudhayfah (RA) in order to use them to spread the word of Allah".

PRACTICAL FOCUS

Allah Taala Commands us to Do Deeds

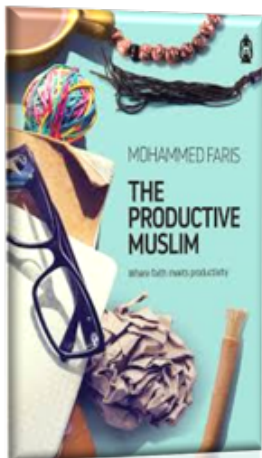
وَقُلْ اَعْمَلُوا فَاَسِيرَی اللّٰهُ عَمَلَكُمْ

"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

Barakah: Becoming Vastly Productive

“There is nothing in the world which is better than thousands of its own kind except man”
—Al -Jami' Al- Saghir

Barakah: Becoming Vastly Productive



21 Sources of Barakah.



GOOD
INTENTIONS



PIETY
& BELIEF



TRUST
IN ALLAH



QUR'AN



REMEMBRANCE
OF ALLAH



HAJJ /
UMRAH



TIES OF
KINSHIP



WAKING
UP EARLY



MARRIAGE



SALAH



HELPING
PEOPLE



EATING
WITH PEOPLE



MAKING
DUA



EARNING
HALAL



GRATITUDE
TO ALLAH



CHARITY



BLESSED
PLACES



BLESSED
TIMES



AVOIDING
SINS



SEEKING
KNOWLEDGE



PLANTS /
TREES

***Where do you stand on this
quality/quantity divide?***

*Describe some activity/pursuit in
which you emphasized quality over
quantity through intrinsic motivation*

[End of This Part]

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ



Spiritual Excellence (الإحسان Al-Ihsan) for Muslim Professionals

8

LEADING AN ACTIVE/ PIONEERING LIFE

Being part of the best Ummah

كُنْتُمْ خَيْرَ أُمَّةٍ أُخْرِجَتْ لِلنَّاسِ تَأْمُرُونَ بِالْمَعْرُوفِ وَتَنْهَوْنَ
عَنِ الْمُنْكَرِ وَتُؤْمِنُونَ بِاللَّهِ ۚ ... ﴿٣:١١٠﴾

"You are the best Ummah ever raised for mankind. You bid the Fair and forbid the Unfair, and you believe in Allah. If the people of the Book had believed, it would have been better for them. Among them, there are believers, while most of them are sinners."

On valuing time

On the authority of Abdullah ibn Umar (ra), who said: The Messenger of Allah (ﷺ) took me by the shoulder and said, ***“Be in this world as though you were a stranger or a wayfarer.”***

And Ibn Umar (ra) used to say, “In the evening do not expect [to live until] the morning, and in the morning do not expect [to live until] the evening. Take [advantage of] your health before times of sickness, and [take advantage of] your life before your death.” [Bukhari]

Believers should be wise and knowledgeable

“Wisdom (*Hikmah*) is the lost property of the believer (ضَالَّةُ الْمُؤْمِنِ), so wherever he finds it then he has more right to it (فَهُوَ أَحَقُّ بِهَا)” [Tirmidhi]

Hastening toward the Good (*Musābaqah*)

I heard Allah's Messenger ﷺ saying "From among my followers, a group (of 70,000) will enter Paradise without being asked for their accounts, Their faces will be shining like the moon."

Ukasha bin Muhsin got up, lifting his covering sheet and said, "O Allah's Messenger, Invoke Allah for me that He may include me with them." The Prophet said! "O Allah! Make him from them."

Then another man from Al-Ansar got up and said, "O Allah's Messenger, Invoke Allah for me that He may include me with them." On that Allah's Messenger ﷺ said, "'Ukasha has anticipated you." (Al-Bukhari)

Taking initiatives to ensure success

Abu Hurairah narrated that The Messenger of Allah (ﷺ) said:

مَنْ خَافَ أَدْلَجَ وَمَنْ أَدْلَجَ بَلَغَ الْمَنْزِلَ،
أَلَّا إِنَّ سِلْعَةَ اللَّهِ غَالِيَةٌ، أَلَّا إِنَّ سِلْعَةَ اللَّهِ الْجَنَّةُ،

"Whoever is afraid of enemy's attack, travels at night and reaches his destination – Beware: Allah provides him with the most precious of goods – Beware: indeed Allah's goods are but Paradise."

PRACTICAL FOCUS

Allah Taala Commands us to Do Deeds

وَقُلْ اَعْمَلُوا فَاَسِيرَی اللّٰهُ عَمَلَكُمْ

"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

Take advantage of time, youth, health, wealth, life



***"Take advantage of five matters
before five:***

your youth, before you become old;
and your health, before you fall sick;
and your richness, before you become poor;
and your free time before you become busy;
and your life, before your death."

— (Al-Bayhaqi)

***What is the one biggest thing that
you'd like to change in your life?***

*What active steps can you take
to improve the situation?*

[End of This Part]

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

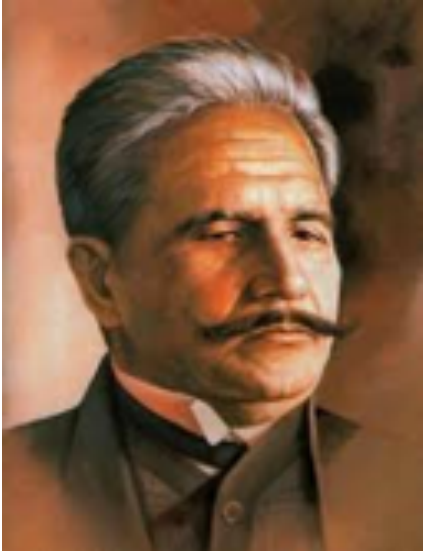


Spiritual Excellence (الإحسان Al-Ihsan) for Muslim Professionals

9

PRODUCTIVITY:
SEEKING BARAKAH

Don't block your path to illumination



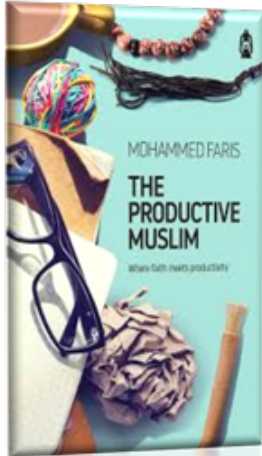
نکلتہ دلپذیر تیرے لیے
کہ گویا ہے حکیم و ستارانی
”پیشِ خورشیدِ مگرشِ دیو“
خواہی ار صحنِ حسانہ نورانی“

*A good advice has been
left for you*

By the sage Qa`āni

*Do not raise a wall
against the Sun
If you wish the courtyard
illuminated.*

To attract Barakah, leave sins



21 Sources of Barakah.



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BLESSED
TIMES



AVOIDING
SINS



SEEKING
KNOWLEDGE



PLANTS /
TREES

Avoiding Idle/Unimportant Things

“One who distances themselves from idle deeds is the most beautiful of Muslims.” [Tirmidhi]

“There are two blessings, and most people evaluate these blessings incorrectly: Health and free time.” [Bukhari]

Seek Times of Energy and Barakah

اللَّهُمَّ بَارِكْ لَأُمَّتِي فِي بُكُورِهَا

Messenger of Allah ﷺ said: "O Allah, bless my nation in their early mornings (i.e., what they do early in the morning)." [Sunan Ibn Majah]

Midday Nap (قيلولة):

Anas ibn Malik, a companion of the Prophet ﷺ, said, "They used to gather and then take a midday nap."

PRACTICAL FOCUS

Allah Taala Commands us to Do Deeds

وَقُلْ اَعْمَلُوا فَاَسِيرَی اللّٰهُ عَمَلَكُمْ

"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

Obtaining Barakah

Abu Hurayra heard that the Messenger of Allah ﷺ say,
"Anyone who wants to have his provision expanded and his term of life lengthened should maintain ties of kinship."

"The person who (sincerely) relies on Allah Ta'āla, Allah Ta'āla will suffice for all the responsibilities of that person. Rizq will be received from such sources, whence it cannot be imagined. The one who relies on the (material) world, Allah Ta'āla hands that person over to the world."

Synergize

“The believers in their mutual kindness, compassion and sympathy are just like one body. When one of the limbs suffers, the whole body responds to it with wakefulness and fever.” [Bukhari]

[End of This Part]

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ



Spiritual Excellence
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10

SOCIAL WORK:
BEING A GIVER

The Ummah Raised for Mankind

كُنْتُمْ خَيْرَ أُمَّةٍ أُخْرِجَتْ لِلنَّاسِ تَأْمُرُونَ بِالْمَعْرُوفِ وَتَنْهَوْنَ
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“You are the best Ummah ever raised for mankind. You bid the Fair and forbid the Unfair, and you believe in Allah. If the people of the Book had believed, it would have been better for them. Among them, there are believers, while most of them are sinners.”

Bringing Benefit (Khayr) to Others

...وَأَمَّا مَا يَنْفَعُ النَّاسَ فَيَمْكُثُ فِي الْأَرْضِ...

"As for that which is of use to mankind, it remaineth in the earth." Quran 13:17.

Prophet Muhammad (ﷺ) said: "If any Muslim plants something or sows seed from which a man, a bird or an animal eats, it counts as a charity for him." [Bukhari & Muslim]

"The best of people are those that bring most benefit to the rest of mankind." [Daraqutni, Hasan]

The Fiqh of Leadership and Management:

Prophet Muhammad (ﷺ) said: "Those are your brothers [workers under you] who are around you; Allah has placed them under you. So, if anyone of you has someone under him, he should feed him out of what he himself eats, give him clothes like what he himself puts on, and do not put so much burden on him that he is not able to bear, [and if that be the case], then lend your help to him." [Bukhari]

Facilitating and making things easy

... يسر ولا تعسر ...

When Prophet Muhammad (ﷺ) sent Mu'adh bin Jabal (RA) to Yemen,
he said to him: "Facilitate things for the people (treat the people in the most agreeable way), and do not make things difficult for them, and give them glad tidings, and let them not have aversion (i.e. to make the people hate good deeds)"

PRACTICAL FOCUS

Allah Taala Commands us to Do Deeds

"And say, "Do [as you will],
for Allah will see your deeds, .." Quran (9:105).

Gentleness and Easiness

“Make things easier, do not make things more difficult, spread the glad tidings, do not hate.” [Bukhari]

“One who does not behave gently is considered to have been deprived of all their good deeds.” [Muslim]

The great virtue of helping Allah's creation

Abdullah Ibn Abbas (RA) reports that, while he was once in *I'tikāf* in the Masjid Nabawi (Prophet's mosque), a certain man came to him, greeted him and sat down. Ibn Abbas said to him, 'I see that you seem sad and troubled.' The man replied: "Yes. O son of the uncle of Rasulullah (ﷺ), I am indeed troubled in that I have an obligation to fulfil towards someone. I swear by the holiness of the inmate of this honored resting place (Rasulullah's (ﷺ) grave) that I am not able to fulfil this obligation."

Ibn Abbas (RA) inquired: "Shall I intercede with that person on your behalf?" The man replied, "By all means, if you so wish." Ibn Abbas put on his shoes and proceeded out from the mosque. The man, seeing this, said: "Have you then forgotten that you are in *I'tikāf*?"

Tears filling his eyes, Ibn Abbas replied: 'No, but the occasion is still fresh in my mind when I heard the esteemed inmate of this tomb say:

"Whoever sets forth in the way of settling a necessary affair on behalf of his brother, that service shall be better for him than to perform "I'tikāf" for ten years; and whosoever performs "I'tikāf" for a day (thereby seeking the pleasure of Allah, Allah will spread three trenches between him and the fire of Hell, the width of each trench being greater than the distance between Heaven and the Earth."

Course Outline

DAY 1

- 1) IHSAN: WHAT & WHY
- 2) THE IMPORTANCE OF SINCERITY AND INTENTION
- 3) HAVING A VISION

DAY 2

- 4) CHARACTER TRAITS OF PEOPLE OF IHSAN
- 5) DOING JUSTICE AND EXCELLING IN ONE'S WORK
- 6) MASTERY ORIENTATION
- 7) QUALITY OVER QUANTITY

DAY 3

- 8) LEADING AN ACTIVE/PIONEERING LIFE
- 9) PRODUCTIVITY: SEEKING BARAKAH
- 10) SOCIAL WORK: BEING A GIVER



zoom

LIVE Q/A

For Further Reading



Handbook of Ethics of Islamic Economics and Finance

Series: De Gruyter Studies in Islamic Economics, Finance and Business, 5

Edited by: Abbas Mirakhor, Zamir Iqbal and Seyed Kazem Sadr

De Gruyter Oldenbourg | 2020

DOI: <https://doi.org/10.1515/9783110593419>

Junaid Qadir, Amana Raquib and Hafiz Saeed Ahmed

Chapter 12: Spiritual Excellence (Ihsān) for Professionals: A Ḥadīth-Based Perspective

in Handbook of Ethics of Islamic Economics and Finance

Pages: 217–237

DOI: <https://doi.org/10.1515/9783110593419-012>

<https://www.researchgate.net/project/Ethics-human-development-and-social-science>

Support For Professors/ Instructors



100 slides+ worth of content for this course



750+ slides worth of content for a full university-level ethics course

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Dedication to ..

Allah (Most High),

and his last messenger Muhammad (ﷺ);

and then to my beloved Parents.

“And your Lord has decreed that you worship none but Him. And that you be dutiful to your parents” [Al-Quran: 17:23]

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا

قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا ﴿٧٤﴾

Dua

اللَّهُمَّ إِنِّي عَبْدُكَ، ابْنُ عَبْدِكَ، ابْنُ أَمَتِكَ، نَاصِيَتِي بِيَدِكَ، مَاضٍ فِيَّ حُكْمُكَ،
عَدْلٌ فِيَّ قَضَاؤُكَ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمِيَتْ بِهِ نَفْسُكَ، أَوْ أَنْزَلْتَهُ فِي
كِتَابِكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ، أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ،
أَنْ تَجْعَلَ الْقُرْآنَ رِيعَ قَلْبِي، وَنُورَ صَدْرِي، وَجَلَاءَ حُزْنِي، وَذَهَابَ هَمِّي

*O Allah, I am Your slave, son of Your slave, son of Your female slave,
my forelock is in Your hand, Your Command over me is forever executed
and Your Decree over me is Just.*

*I ask You by every Name Belonging to You which You Named Yourself with,
or Revealed in Your Book, or You Taught to any of Your Creation,
or You have Preserved in the knowledge of the unseen with You,
that You Make the Qur'an the life of my heart and the light of my breast,
and a departure for my sorrow and a release for my anxiety.*

[End of The Course]

الحمد لله الذي بنعمته تتم الصالحات،
وبفضله تنزل الخيرات والبركات،
وبتوفيقه تتحقق المقاصد والغايات.