



Unleashing Your Potential

The Power of Intentional Living

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Lecture 2

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Mission Statement of a Mumin

وَتَعَاوَنُوا عَلَى الْبِرِّ وَالتَّقْوَى
وَلَا تَعَاوَنُوا عَلَى الْإِثْمِ وَالْعُدْوَانِ

...help one another in goodness and piety, and do not help one another in sin and aggression

Time to reset

- CTRL ALT DEL ?
 - reset my system which has become unstable each Muharram.
- Am I a better human being than I was last year?



Change begins with?

**“Yesterday I was clever,
so I wanted to change
the world.**

**Today I am wise, so I am
changing myself ”**

Rumi

Topics to Come

1. **Karbala – an instrument of reform**
2. **Power of Intentional Living**
3. **The power of Critical Thinking**
4. **Time is life's capital**
5. **Value Proposition of insaan**
6. **Emotional Intelligence – EQ v/s IQ**
7. **Living a purposefully and Relevantly**
8. **Nurturing the Next Generation**
9. **Concept of the Society of Believers**
10. **Life is a Journey – Islam is the vehicle**

Niyyah – Central to Faith & Practice

- Niyyah implies that you are conscious of your choice of action
 - your life is lived intentionally and purposefully
- Niyyah Elevates

Niyyah link between knowledge and action.

- No intention - no action
 - Niyyah is a natural need
- Intention
 - (good or bad) in one's heart
- Using Perfume – Good or Bad?
- The Prophet SAW : "al a'maal binnniyyah"
 - Worth of an action is in its intention

Niyyah has different grades

- Actions committed gain high or low status
 - If intention for other than Allah is RIYA
- Latent Shirk – Riya
 - Black Ant – Black Stone – Black Night
 - Fazl bin Rahee building a mosque in Baghdad.
 - Abid to Fasiq and Vice Versa

The Slave, the trader & true believer

- Worship Allah out of fear of His punishment
- Worship Him out of hope for reward.
- A higher level, which is that of those who worship Allah seeking His pleasure, and because worshipping him elevates me!!

Difference between Niyyah of Yazid & Imm Husein AS

- Refused Oath of allegiance

مِثْلِي لَأُتْبَاعُ مِثْلِهِ

Some one like me [who is utterly submissive
Allah can not give his hand to **someone like
him** –(Yazīd [who is an open sinner)

Moral Compass

- *Anyone like me (mithlī)*
- *Yazīd (mithlahu)''*
 - Imām ('a) does not say "I will not pay the oath of allegiance to Yazīd".
- Statement is not personal
 - a universal lesson for all times and all places.

Power of Intentional Living

- Life - a sum total of the consequences of choices
- More conscious of our choices
 - greater potential of deciding wisely
 - greater probability not to regret our actions

Choices have Consequences

- Life is full of choices
- Power to choose what we think - **attitude**
- What we say - **words**
- What we do - **actions**

Choices shape Destiny

- Watch your **attitudes** -
 - they sway your thoughts,
- Watch your **thoughts**
 - they influence your actions,
- Watch your **actions**
 - they become your habits,
- Watch your **habits**
 - They establish your character,
- Watch your **character**
 - it determines your destiny.

Making good choices requires

- Moral maturity
 - to distinguish wrong from right
 - to choose the right
- Evaluate situations
- Anticipate consequences

No right way of doing the wrong thing

- *"If doing right pleases and doing wrong displeases you, then you are truly a believer."*

– [Prophet Muhammad (pbuh)]

- The right thing = the best thing to do.

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Astonishing Power of Choice

- to build, or to destroy.
- to listen or to ignore.
- to encourage, or to discourage.
- to understand, or to confuse.
- to reach out, or to turn away.
- to compliment or to criticize.
- to hope, or the power to fear.
- to act, or to stand still.
- Your choice decide WHO you are each and every day.

Making an informed Choice – 3 options

- Own free will.
- Path which others fix for us
- Path Allah chooses for us.

My way, his way or Allah's Way

- The first path
 - we decide to act on one day
 - second day we think that our decision was wrong.
- Limited knowledge
 - How much is there that we do not know
 - Buzair Jumheri

Following others !

- Imam Ali AS

"Since my mother gave birth to me as a free man why should I become the slave of anything whatsoever?"

- You will never please all the people all the time!

– Hazrat Luqman & Son

The Path of Allah

- Path of Allah (*sabilillah*).

وَأَنْ هَذَا صِرَاطِي مُسْتَقِيمًا

This is My path and it is straight;
(Surah al-Anam, 6:153)