

The **Struggle** against the **Self**



The Soul

A man with a beard, wearing a white t-shirt, is lying down on a blue surface. Above his head, there is a translucent, ghostly image of his head, looking upwards. The background is a bright, cloudy sky.

Surah 91, Ash-shams:

And [By] the soul and He who made it perfect
(Verse 7)

Then He inspired it to understand what is
wrong and what is right for it.

(Verse 8)

And he will indeed be successful who purifies
it.

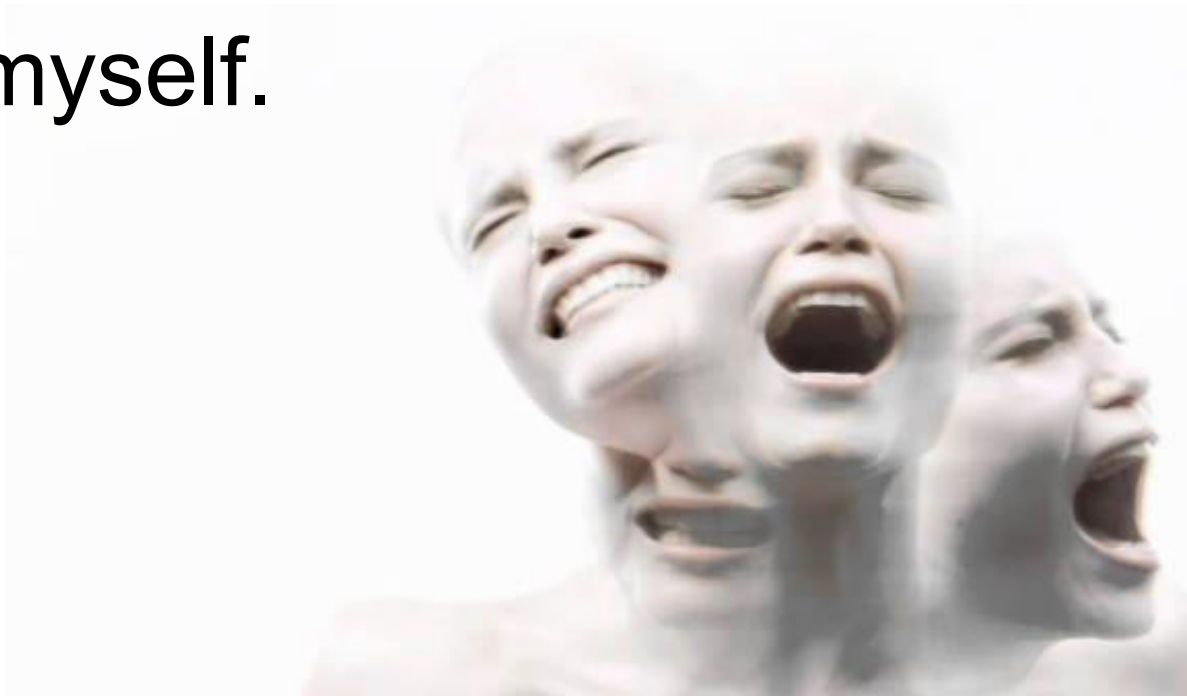
(Verse 9)

And he will indeed fail who corrupts it.

(Verse 10)

Jihad Nafs is the arabic phrase for *war with oneself*. In Islam it is considered the greatest battles in a lifetime...

Therefore, I am my own greatest enemy, and no one can cause me more evil than myself.



Imam Ja'far al-Sadiq (a.s) said:

“The Prophet of God dispatched an army to the battlefield. Upon their successful return, the prophet said: ‘Blessed are those who have performed the minor *jihad* and have yet to perform the major *jihad*.’

When asked, ‘What is the major *jihad*?’

The Prophet (s) replied: ‘The *jihad* of the self (struggle against self)’”.

[Al-Majlisi, *Bihar al-Anwar*, vol. 19, p. 182, hadith no. 31]



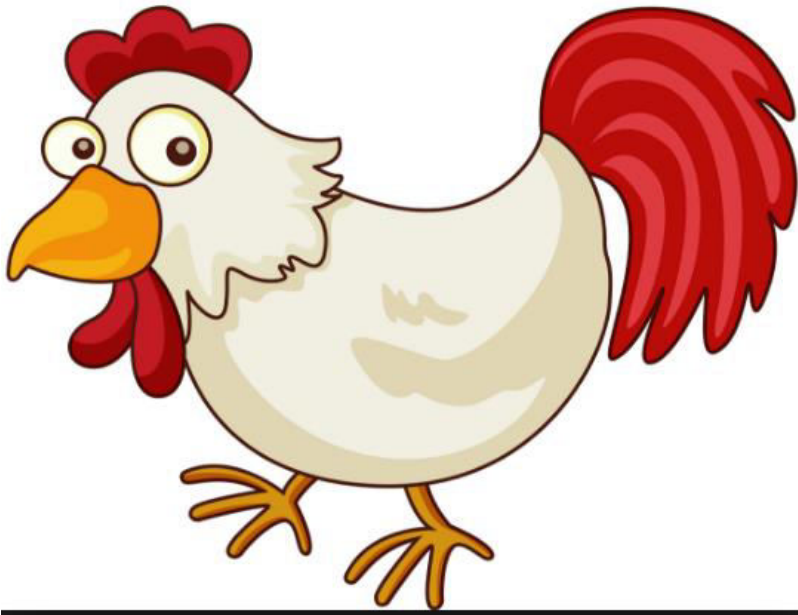
Different ways how we host enemies inside our existence:

- Eyes
- Ears
- Tongue
- Nose (Smell)
- Touch
- Body senses

Morality in the west

- During Victorian times a good person abstained from pre-marital contact.
- Modern times it is acceptable to have pre-marital relationships and a good person would not feel guilty about it. In fact many individuals have children first and then get married!

The chicken situation!



Pre-marital contacts

- Legal term for marriage in 'Nikah'.
- Pre-marital contact is not allowed before Nikah. It is indecent and absolutely forbidden in islam.
- Pre-marital contacts corrupt our inner self deeply and leave a psychological scar when things do not work out.
- Divorce rising amongst those who explored pre-marital contacts.

Marriage rights

- Male *baligh* child and mentally mature has full rights to decide about his marriage.
- Girl who is *baligha* and mentally mature and it is her first marriage requires permission from her father or grandfather. Second marriage, the girl does not require permission. A religious judge may give consent if parents are being unreasonable to a suitable man.

How to select a spouse

- Religious
- Good nature
- Compatible
- Decent family
- Reason
- Physical and mental health



ENGAGEMENTS



- There is no ceremony known as engagements (*mangni*) in Islam, but it is a practice that takes place and is an agreement between two persons to marry each other.
- You are not allowed to go out together even if your parents consent. You have to observe the rules of the hijab.



Religious restrictions

A **Shia Muslim man** can marry a Shia Muslim woman and a non-Shia Muslim woman. He can also marry a Jewish or Christian woman. However, if there is danger of being misled, then it is *haraam*. But he cannot marry a woman of any other faith.

A **Shia Muslim woman** can marry a Shia Muslim man or a non-Shia Muslim man, although it is better not to do so; and if there is danger of being misled, then it is *haraam*. But she cannot marry a non-Muslim man.

Relations Restrictions

There are certain blood relations which are considered *haraam* as far as marriage is concerned. (As a general rule, anyone who is your *mahram* is forbidden to you for marriage.) The list of such relatives is given in the Qur'an as follows:

For Man: mother, daughter, paternal aunt, maternal aunt, niece, foster-mother, foster-sister, mother-in-law, step-daughter, daughter-in-law, all married women, sister-in-law (as a 2nd wife) (See *Surah an-Nisaa'* 4:23-24)

For Woman: father, son, paternal uncle, maternal uncle, nephew, foster-mother's husband, foster-brother, father-in-law, stepson, son-in-law

