

Importance of Self-Reflection...

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Objective



Importance of Self-Reflection – Surah Rum [30:8]

أَوَلَمْ يَتَفَكَّرُوا فِي أَنفُسِهِمْ فُلَّ...

Do they not reflect within themselves...

We have just completed the Arbaeen of Aba Abdillah al-Husain (A) – 50 days of mourning;
- beginning with the first 10 days finishing with Ashura and then 40 days after Ashura finishing with Arbaeen.

But Muharram is not just a time for remembering the tragedy of Abba Abdillah and mourning, but it is also a time to re-evaluate/re-think/prioritise by reflecting within ourselves/self-reflection (Sura Rum verse 8)

Imam Husain (A) died to uphold the religion of his grandfather (the Holy Prophet (S)) and if we do not follow this religion to the letter, then what is the use of our tears and our mourning.



Hadith of the Holy Prophet (S): An hour of self-reflection is better than a night's worship. [Usul al-Kafi, II, 55]

It is through self-reflection that we can:

- Re-evaluate our lives and if there is a Wajibaat we are not doing (fajr salaah, hijab) in the name of Imam Husain (A), we can make a resolution, from this day forth to fulfil this wajibaat. Or/and if there is something that we are doing that is Haraam (ghebah, lying, music) we can again with the Wilayaat of Imam Husain (A) refrain from ever doing this Haraam act again.
- Do Tawba for the sins we have done and ask for forgiveness before it is too late.
- Correct the wrong we have done.
- Recognize our strengths and build on them and work on our weaknesses.
- Realise the purpose of our creation and work towards our potential/perfection.
- 'Know' Allah – Holy Prophet has said: "Whosoever knows himself knows his Lord."

- Taqwa has been mentioned over 200 times in the Holy Qur'an showing that it is a difficult concept to acquire and that also you can acquire it in degrees rather than all or none.
- Compare this with fasting in Mahe Ramadhan, which has been mentioned only once in the Holy Qur'an.
- Most Muslims fast in Mahe Ramadhan - How many actually gain Taqwa?



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Self-reflection is important for us to do on a daily basis and we should teach and encourage our children to do the same.

Practical steps:

- Let us as parents, role model self-reflection to our children
- Have quiet time in our family homes (preferably a few mins. before Salaah)
- Teach different techniques of self-reflection (eg. meditation; plasticine model...)
- Discuss the outcome of their and our own self-reflection

Then when we go back to Allah we can honestly say that with this opportunity You gave me, I changed this within myself so as to be able to get closer to You.

Remember with every opportunity comes responsibility and accountability. If we come to the Majaalis of Aba Abdillah for 10 days and are exactly the same person at the end of the 10 days then what will we answer.

Opportunity is only given to us by Allah when there is potential of growth – so let us Grow!

Feedback & Contact



- If you have any suggestions on content to cover or queries relating to any materials within these slides please email admin@madressa.net
- Alternatively, to contact Dr Masuma Jaffer directly please email aalima@hujjat.org