



Union of Souls: Spiritual Secrets to a Fulfilling Marriage

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The *usul* of marriage

1. What are *usul*?
2. Why should I study the *usul* of marriage?
3. What is a 'successful 'and 'happy ' marriage in an age of *isms* based on materialism?

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The *usul* of marriage

4. The independence of our *usul*
 - Eg. The soul is beyond gender
5. Essential principles/*usul* of marriage
 - a) Identity
 - b) Happiness
 - c) Purpose
 - d) Role
 - e) Freedom

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Marriage as a *union of souls*, not bodies

- 1. *Ayah* on marriage
- 2. Genesis, Paradise and marriage
- 3. It starts with me



The myths of marriage

- 1. Marriage is Hollywood-style love and romance
- 2. Marriage is bliss, without pain and conflict
- 3. (The opposite) Marriage is hell on earth
- 4. Marriage will solve all problems
- 5. Good marriages come naturally



The myths of marriage

- 6. My spouse is my soulmate who should understand instinctively what I want and how I communicate
- 7. Traditional values and gender roles are patriarchal and harmful to a happy marriage
- 8. I should be accepted as I am
- 9. Change begins with my spouse
- 10. If I am not getting what 'I' want out of marriage, it is toxic



Marriage as a *suhba*, or spiritual fellowship

- 1. Elements of spiritual fellowship
 - *Nasiha, shafaqa, i'ana*
- 2. Evaluating my marriage
- 3. "Fixing" the other



Laws of marital change

- 1. Change begins with me
- 2. I have no control over another
- 3. If I change, fellowship changes
- 4. If I change, it will likely impact the other
- 5. If I change, Allah grants *baraka*



The subconscious self and marital disfunction

- 1. The *nafs*
- 2. Typologies of the *nafs*
 - a) Hedonistic Self
 - b) Predacious Self
 - c) Satanic Self
 - d) Angelic Self
- 3. Marriage as a sum of selves



A character-grounded paradigm to marriage

- 1. The place of *akhlaq* in Islam
- 2. Typologies of the *nafs* and diseases of the heart
- 3. *Akhlaq* that build, *akhlaq* that break
- 4. Secular marriage therapy and *akhlaq*
 - Eg. Languages of love. Eg. Translating communication



Spiritual intimacy as foundational intimacy

- 1. Essential intimacy: Spiritual intimacy
- 2. *Akhlaq* and spiritual intimacy
 - a) Eg. *Rahma*
 - b) Marriages with *akhlaq* last
 - c) Deepening intimacy: Spiritualization of *akhlaq*
 - d) Rasulullah ﷺ and Syeda Khadija



The *akhlaq* of marriage

- 1. *Rahma* — Compassionate Love
- 2. *Sabr/Hilm* — Patient Forbearance
- 3. *Shukr/Qana'a* — Grateful Contentment
- 4. *Karam/Jud* — Generous Giving
- 5. *Lin/Rifq* — Easy-Going Gentleness



The *akhlaq* of marriage

- 6. *Iqtisad/I'tidal* — Balanced Moderation
- 7. *Haya'/Iffah* — Sensitive Modesty
- 8. *Ithar/Khidma* — Selfless Service
- 9. *Shurah/Hikma* — Collaborative Wisdom
- 10. *Unuthah/Ta'ah* — *Muru'ah/Qawwama*:
Femininity & Loving Obedience /
Masculinity & Responsible Leadership



A five-step Character Mindfulness program

'Ilm & *'amal*, and basic principles

- 1. Practice character-mindfulness
- 2. Be *ihsan*-centred, not *'adl*-driven
- 3. Do the opposite of a vice
- 4. Seek strength in *du'a*
- 5. Have both an individual and shared *wird*



Ten Golden Rules of Marriage

- 1. Marriage reflects Allah's *jamal* and *jalah*
- 2. I know Allah through marriage
- 3. A good marriage is "happy enough"
- 4. Marriage is a training field for my *nafs* and *akhlaq*
- 5. My marriage is a reflection of me and my choices



Ten Golden Rules of Marriage

- 6. Changing my marriage starts with me
- 7. To stop marital entropy, I must stop my entropy with a *wird*
- 8. *Ihsan* is the best offence and defence in marriage
- 9. Focus especially on the *akhlaq* I was born to manifest
- 10. Make 70 excuses for your spouse

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