

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?



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



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 *jalal*
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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