

MIFTAAH SEMINAR

EMOTIONAL INTELLIGENCE



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SESSION 1

The Intelligence of the Prophet SAW

- Imam Ghazali said, "The Prophet SAW was the most intelligent of God's creation."
- Today, if we are asked who the most intelligent person is, we do not think of the Prophet SAW. We do not correlate intelligence with religion anymore.
- What is the function of a messenger?
 - The messenger is not just sending the message, he *is* the message
 - Think about the sunnah we have from him
- Imam Suhrawardi said, "Whoever contemplates the Prophet's excellent management of the Arabs, who were like wild and scattered beasts, who had repulsive and aloof natures, and how he led them and bore patiently with their boorishness and harms until they began to follow him and rally under him and fight against their own families and sons for his sake, and how they preferred him over their own selves and emigrated from their homelands and beloveds for his pleasure...Indeed, if you contemplate these things, you will come to the realization that he is the most intelligent of all creation!"

- The sign of the Prophet's SAW intelligence was how much he was able to impact and transform people, not just his knowledge
- Intelligence is your ability to bring the best out in people
- Emotional intelligence is transformation through connection
- Allah says:

وَلَوْ كُنْتَ فَظًا غَلِيظَ الْقَلْبِ لَانْفَضُّوا مِنْ حَوْلِكَ

Had you been harsh, hardhearted, they would have dispersed from around you.

- This ayah teaches the Prophet SAW that he has the responsibility to connect to people.
- In this ayah, Allah was telling the Prophet SAW that he had a role in people's receptivity to the message.
- We need to connect to people. That is part of the message.
- Give advice to people the way you would to your own mother
- Rapport must be built to actually get the message across and not just give advice
- Why was it necessary for the Prophet SAW to teach us to connect to people?
 - Our connection with people is what shapes them
 - Every moment in the life of the Prophet SAW displays him establishing a connection with Allah or with another person.
- The deepest sunnah that the Prophet SAW had was connecting to other human beings because he knew that, deep down, that is what every human truly desires.
- When the Prophet SAW entered into Madinah, which was the beginning of a new Islamic society, the first words he said were, "Spread peace, connect the families, feed people, and pray at night while others are sleeping."

- This highlights our needs as human beings. What are they?
 - Peace and security
 - Food
 - Prayer (we all desire a connection with Allah)
 - Connection
- If you take away food or peace and security from someone, then that is considered oppression. If you do not give someone the connection they desire, that is oppressive as well.
- We are all searching for connection from the moment we are born.
- You come into this world literally connected to another human being. Right when that method of connection is severed, the mother and child instantly seek another way to connect. The mother is ready to nurse and the baby is ready to latch.
- As the baby grows up, another moment of severance takes place through weaning.
- When we do not have connection, we feel malnourished and lonely
- We often feel that if you become pious, then you do not need to have a connection with other people and you only need a connection with Allah. So, if people come to us seeking a connection, we tell them to go to Allah instead. But, that is not the correct way of thinking. That is the mentality that the disbelievers from Quraysh had. Allah mentions this in Surah Yasin:

قَالَ الَّذِينَ كَفَرُوا لِلَّذِينَ آمَنُوا أَنْطَعِمُ مَنْ لَوْ يَشَاءُ اللَّهُ أَطْعَمَهُ

those who disbelieve say to those who believe, "Shall we feed someone whom God could feed, if He so willed? (36:47)

- The prophetic message is that you are the source of nourishment for others
- Prophet Muhammad SAW emotionally invested in the people around him, and when that connection was established, they transformed and loved him more than anything
- We all shape each other's ability to connect.
- When you connect to another person, you enable them with the ability to connect with others.

Attachment Theory

- Inside each of us is an attachment behavioral system, which is a system that desires something, just like other systems in the body
- Every human being has desire to connect to other human beings
- From the moment we are born, we are always searching for physical proximity to a caring person that will respond to us
 - We have a desire to be understood and we send out signals hoping that there are people out there who care enough about us to interpret those signals and understand
 - Response is essential because that will establish trust between you and the person sending out the signals.
- The relationship that you have with your caregiver creates models of attachment. Children that are cared about develop trust. From a young age, they learn that they can trust that people will care enough about them to understand what they feel. Children that are not responded to either doubt their ability to be loved or doubt that others can love them.
 - If you can't even trust people in your life, it may become harder to trust Allah
 - Primary connections with individuals follow us in our lives
- It is not about whether or not a child is loved. It is about whether or not the child *feels* loved.

- People that you interact with later can further shape your attachments and teach you to trust again.
 - Fredrick Douglas said, "It is easier to raise healthy children than to fix broken men."
 - Your job is to be able to understand and respond to the signals of the people around you.
 - When no one responds to you, you stop saying anything because you have learned that it does not bring a response. That is part of the damage that can be caused to a person. But, you can learn to be loved and nurtured again later in your life. Why? Because we are made of clay, so we are moldable and shapeable by hands that are gentle and warm.
 - The clay is soft until we die. All it takes is warm and gentle hands that want to put some time in and that clay can be molded to love again.
- Our secure attachment figures never leave us
 - Even when you're separated, you still get inspiration from the person that gave you strength.
 - Secure attachment figures never leave us despite the lack of physical proximity
 - Prophet Yusuf AS was faced with a big trial when Zulaykha attempted to seduce him. Allah says about this moment:

وَلَقَدْ هَمَّتْ بِهِ^ط وَهَمَّ بِهَا لَوْلَا أَنْ رَأَى بُرْهَانَ رَبِّهِ

She desired him, and he desired her, had he not seen the proof of his Lord. (12:24)

- Prophet Yusuf AS thought about it, but he saw a sign from his Lord that stopped him in this moment of fitnah.
- Ibn Abbas says that Prophet Yusuf AS saw an image of his father, Yaqub AS, telling him not to do that.

- Because the physical proximity built such a strong relationship, now when there is separation, you still get inspiration thinking about the person that is giving you strength.
- When the Prophet SAW passed away, Bilal RA could not live in Madinah anymore and he moved to Shaam. While he was there, he saw a dream in which the Prophet SAW asked him, "What is this harshness?" Bilal RA woke up and decided to go back to Madinah.
- This is what the connection between them created
- If you do not have a Yaqub, then maybe you can have a Khadijah.
- You need to be hopeful that Allah will give you someone that will give you the love that you need.
- Maybe you need to be someone's Khadijah
- You can leave such a strong impact on others if you invest in them and show that you love them