



Diseases of the Heart & Their Cures

TZK 101 | Summer, 2023

Instructor: Shaykh Arsalan Haque

Office Hours: By appointment only

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Class Times: Thursdays, 6:00 – 9:00 PM

Class Location: Quad Room, Plano Masjid

Zoom Meeting ID: 856 1080 5317

Zoom Password: marifa

PREREQUISITES

Successful completion of *MRF 101 - Introduction to Learning the Sacred Sciences*. Students who have not fulfilled the prerequisite are welcome to audit this class. To see the audit policy, please visit the web site: <http://planomasjid.org/marifa/marifa-audit-policy>.

COURSE DESCRIPTION

Muslim scholars have classified the Islamic Sciences into three spheres:

1. The sphere of *islām*: This is represented by the legal sciences, studied under the umbrella of Fiqh
2. The sphere of *īmān*: This is represented by the theological sciences, studied under the umbrella of Aqida
3. The sphere of *iḥsān*: This is represented by the spiritual sciences, studied under the umbrella of Tazkiya

Tazkiya is the discipline that is concerned with cleansing [*takḥliya*] and adorning [*taḥliya*] the inner character [*bāṭin*] of the human being, in compliance with the divine commands.

- How do you reach the level where you can “worship Allah as though you see Him, for if you don’t see Him, He sees you?”
- How do you reach the level of *mushābada* (witnessing), where you witness Allah in everything that happens within you, to you, and around you?
- How do you reach the level of *murāqaba* (watchfulness), where you are acutely aware of Allah’s watch over your inner states and outer actions?

The science of Tazkiya teaches us about those levels, how to reach them, and the stations that we must traverse before we can get to them.

COURSE OBJECTIVES

1. To be introduced to the wonders of the spiritual heart
2. To learn the relationship between the *rūḥ*, *nafs*, *‘aql* and *qalb*
3. To explore the major diseases that plague the heart: their significance, causes, symptoms & cures

REQUIRED TEXTBOOK

al-Maqdisi, Ibn Qudamah. *Discipline: The Path to Spiritual Growth*. Dar as-Sunnah Publishers.

CLASS POLICIES

1. Make every possible effort to be on time! Coming late or leaving early can leave you with misunderstandings about what is discussed during class. If you are late or absent, be sure to listen to the class recording before the next class.
2. You are expected to read the assigned portion of the textbook before coming to class. Not doing so will disqualify you from asking questions during class.
3. You may use electronic devices in exclusively for class-related purposes. Cell phones must be silenced during class.
4. Use your full name during all Zoom sessions. Do not use nicknames or fake names. Names that are not on the roster will be removed from the meeting.
5. All assignments must be submitted on time. No exceptions allowed.
6. No make-up exams will be permitted without a documented excuse. Students who miss an exam with a legitimate excuse must email me as soon as possible.

TENTATIVE COURSE OUTLINE & READING ASSIGNMENTS

Date	Lecture	Reading Assignment Due
May 25	1: Marvels of the Heart	pp. 10-18
Jun. 1	2: Disciplining the <i>Nafs</i>	pp. 19-40
Jun. 8	3: Gluttony & Lust	pp. 41-44
Jun. 15	4: Dangers of the Tongue	pp. 45-68
Jun. 22	5: Anger, Malice & Envy	pp. 69-87
Jun. 29	** No class (Eid Break) **	None
Jul. 6	6: Love of the World	pp. 88-96
Jul. 13	7: Miserliness, Covetousness & Greed	pp. 97-115
Jul. 20	8: Seeking Fame & Ostentation	pp. 116-142
Jul. 27	9: Pride, Self-Admiration & Delusion	pp. 143-175
Aug. 3	10: Student Presentations & Concluding Remarks	None

COURSE ASSESSMENT & GRADING

Weekly Reflective Summaries (Qty: 8)	40%
Final Project <u>OR</u> Online Exam	60%

Note: Your final grade must be higher than 70% in order to receive credit for this course.

FINAL PROJECT & PRESENTATION

You may work individually or in groups of up to four people for the final project. The project must creatively summarize all the material that was taught in this course. If you were to give someone an overview or summary of what was learned in this course, on a poster, through a 3d model, or other learning tool, how would you do so?

Each group must then give a brief presentation (5 minutes long) explaining their project on the last day of class, which will be on Thursday, August 3, at 6:00 PM, *inshaAllah*.

Some examples:

- A brief PowerPoint presentation
- Poster board(s) with clear illustrations and charts
- A 3D model or visual diagram (Ex. each spiritual disease being the different branch of a tree.)
- Booklets or handouts
- A poem or other creative short writing summarizing the material
- Etc.

Points will be given for:

- Correct Understanding of the Material
- Conciseness
- Comprehensiveness
- Clear Explanations
- Use of Creativity
- Organization and Layout

* The best projects will be showcased in the Plano Masjid at a Marifa Table for a short time.