



Ibnu Masood Institute
presents

Heaven on Earth

**A detailed course
on becoming the
Perfect Husband**



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Module One

Introduction

Deen is Complete

1. Our most beautiful deen, Islam, is a complete way of life. It takes into consideration every need of man since it has been designed by our creator Allah Ta'ala.
2. The one who manufactures an item will know the item best. He will be able to outline its weaknesses and distinctions.
3. The manufacturer will guide us with regards to its usage so that we may derive the maximum benefit. He will caution us to avoid certain aspects which will harm or destroy the item.
4. Thus our Allah Ta'ala, who has created us, knows us better than we know our own selves. He fully understands our desires and inclinations.

Love and its Expression

1. Every human being has within himself the natural quality of love which he wishes to express.
2. Allah Ta'ala has beautifully designed the sacred institution of nikaah for expressing love.
3. Nikaah is the best and most pure manner of expressing this love. There is no similitude to nikaah, when it comes to two people expressing their love for each other.
4. Nikaah is the most powerful remedy for the person lost in the passion of love.

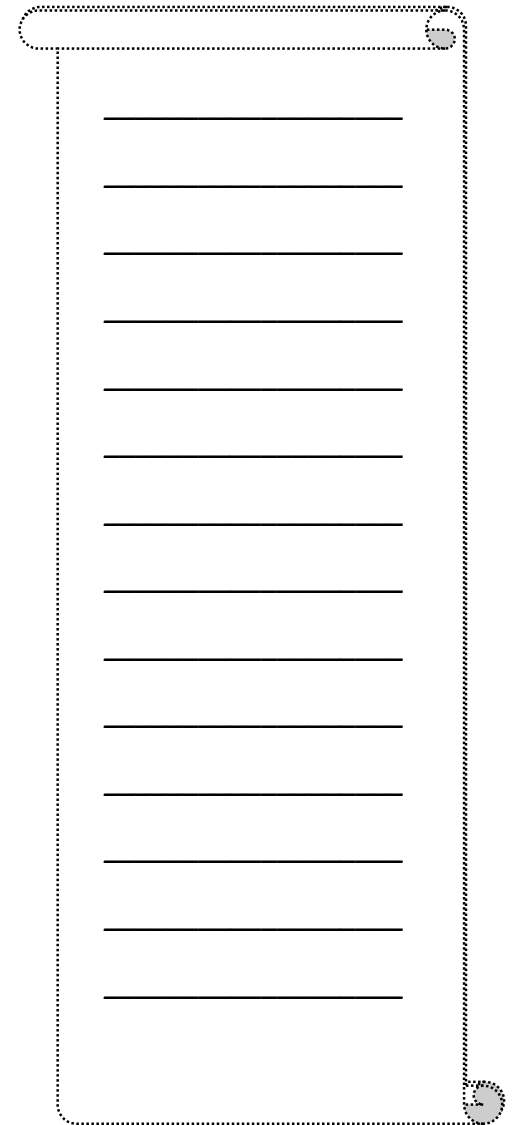
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Virtues of Nikaah

1. Of the countless blessings of Allah Ta'ala, nikaah with the right partner is among the greatest bounties in this world. Rasulullah (sallallahu 'alaihi wasallam) said: "The entire world is for the benefit of man, and the BEST bounty is a pious wife" (Muslim #3649).
2. Nikaah was the sunnah of the Ambiyaa ('alaihimus salaam).
3. As long as a person is in nikaah, he is perpetually engaged in 'ibaadah, whether he may be standing, sitting, talking, relaxing, or in any other condition.
4. "When a person performs nikaah, he has perfected half his religion". (Shu'abul Imaan #5100)
5. The help of Allah Ta'ala is with a person who marries with the intention of protecting his chastity.
6. Perhaps the greatest of all virtues is that Allah Ta'ala has declared nikaah to be a sign of His recognition. (Ar-Room v21) Two complete strangers are bonded together by Allah Ta'ala with such love and attachment that, though they are two distinct people, their hearts are united as one.

Objective of Nikaah

1. Allah Ta'ala has described the extraordinary nature of marriage in the Quraan Majeed in these words: "And among His signs is that He has created spouses for you from among yourselves so that you may find tranquillity with her and He has placed love and mercy between you. There are signs therein for people who contemplate." (Ar-Room v21)



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2. Thus the object of marriage is to obtain tranquillity, peace of mind and comfort of the heart. One needs a partner in life to share ones thoughts with, to express ones feelings to, and someone to raise ones spirits. It is a relationship that is fuelled with love and mercy, which is ultimately controlled by Allah Ta'ala.
3. Consider some of the following statistics:
 - Dr Howlberg, Head of the The New York Mental Hospital, has made the following observation: The ratio of unmarried patients compared to married patients is 4:1. (Tuhfatul 'Aroos, Mahmood Mahdi Istanbuli)
 - Married couples are half as likely to commit suicide as unmarried people. (<http://tinyurl.com/lamfwws>)
 - Mortality rate in married couples is 250% more than unmarried people. (<http://tinyurl.com/lamfwws>)

Attaining Peace of Mind

1. This peace of mind can only be obtained when the basis of the relationship is an Islamic marriage, together with upholding all its commitments.
2. When a person on a hot summer's afternoon is really thirsty, he can only quench his thirst by drinking something. Enjoying a delicious burger at that time is not going to quench his thirst. Likewise, Allah Ta'ala has created an inherent 'thirst' for companionship and peace of mind in the heart of every human. This 'thirst' can only be quenched in the way that Allah Ta'ala has prescribed.
3. Those societies and nations that have opted for relationships in an unlawful way, enjoy no peace of mind, nor do they experience true love. It is a relationship of convenience which seldom lasts. Merely satisfying one's lust and desire like animals is not peace of mind. It is no wonder then that these nations lead the world in depression, suicides, juvenile crime, delinquency, etc!

Heaven on Earth

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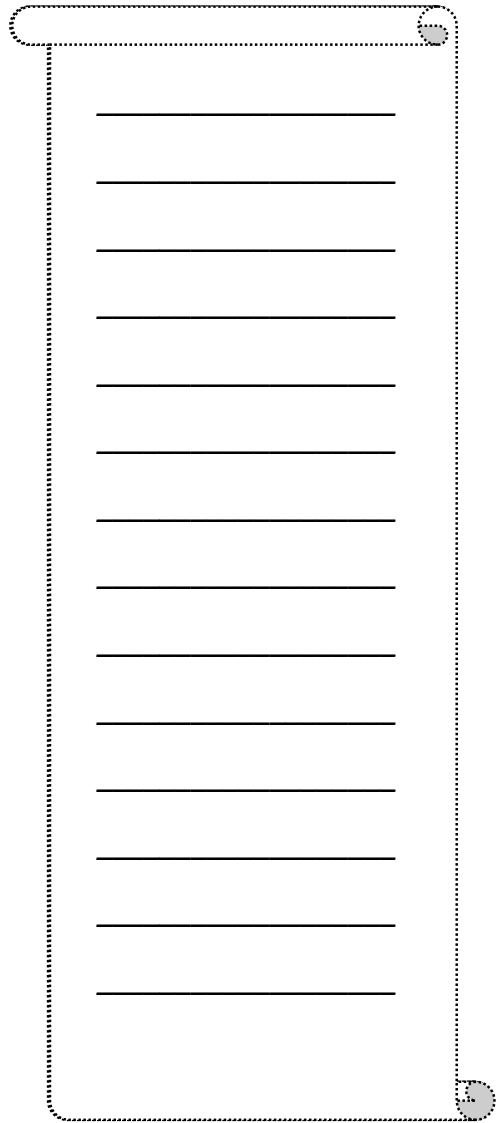
1. Nikaah began in Heaven (Jannah) and will continue in Heaven.
2. If the object of nikaah is achieved, it can become “Heaven on Earth” as well. However one will have to work diligently to make it “Heaven on Earth”. The one who expects that it will automatically become “Heaven on Earth” is living in a fool’s paradise.
3. The only way to make it “Heaven on Earth” is to follow the perfect example, i.e. Rasulallah (sallallahu ‘alaihi wasallam).
4. The life of Rasulallah (sallallahu ‘alaihi wasallam) was full of challenges and engagements. Furthermore, he had nine wives at one time in his marriage. Yet he proved to be the best to his family. Thus our commitments, or the challenges we face, cannot be used as an excuse for not being able to enjoy our married life.

The Couple's Real Roles

The basic condition for any institution to function smoothly is that every person must fulfil his role. In the same manner, a happy home can only be achieved when everyone in the home plays his or her role.

Position of Husband and Wife

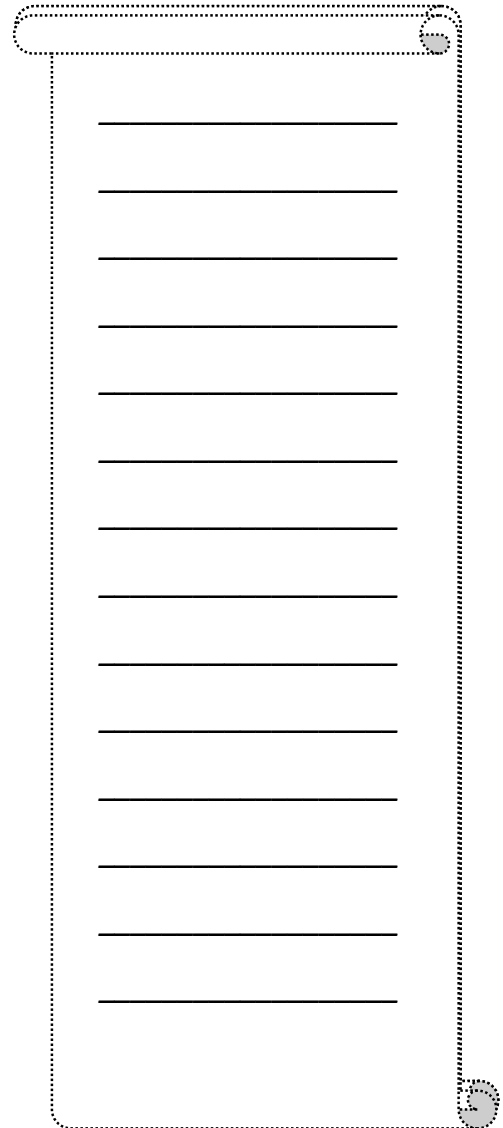
1. In a marriage, both the husband and the wife have been awarded positions so that their home remains a home, and peace and happiness prevails.
2. The choice of position was not left to the discretion of the couple. Instead Allah Ta'ala, who created them and understands best the physical and psychological makeup of both genders, has afforded each one their respective positions.
3. The man was afforded the position of a leader. Allah Ta'ala mentions in the Quran Majeed: "Men have charge over women (as their overseers, guardians and protectors) because of the virtue (distinction) that Allah Ta'ala has (in His wisdom) bestowed some of you with over others; and because of what they (men) spend (on women) from their wealth." (An-Nisaa v34)
4. The woman on the other hand was afforded the protective position of remaining within the confines of her home. Allah Ta'ala mentions in the Quran Majeed: "Remain in your homes." (Al-Ahzaab v33)
5. In the makeup of a healthy home, the husband is the breadwinner whilst the wife is the home maker.
6. Rasulullah (sallallahu 'alaihi wasallam) very clearly outlined these positions when his blessed daughter Faatimah (radhiyallahu 'anha) went to live with her husband 'Ali (radhiyallahu 'anhu), by assigning the duties within the home to Faatimah (radhiyallahu 'anha) and the affairs outside the home to 'Ali (radhiyallahu 'anhu). (Musannaf Ibni Abi Shaybah #29677)



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The 21st Century Woman

1. In the name of freedom and liberation, the woman has been taken out of her home and has become the slave of the material world.
2. It is extremely difficult for a woman to work, then look after her home, children and husband, together with seeing to her needs, as well as dealing with women issues. Western society cries out aloud for gender equality – but burdens the women with a double role. How ironical! This is oppression in the name of rights.
3. Studies indicate that a working woman on average has 7 hours and 36 minutes for herself including time to sleep. After seeing to her needs, she is left with 17 minutes of quality family time (Perestroika, Glasnot and Women). What kind of future can we then hope for! This is all because of the woman being pushed into a role and position that is not meant for her.
4. The children return home tired, hungry and looking for some comfort and moral support. If the mother is absent from the home or she is too tired because of her hard day at work, who will see to these innocent children? The father is definitely not in the position to do so, because he is returning home in a similar condition, and he does not possess those natural feminine qualities and perfect temperament suited for the job.
5. If a woman makes and supports her home, her children will have a sense of direction, a sense of security and stability. They grow up healthy and mentally stable. Her husband is also relaxed. His needs are also seen to and the home runs smoothly.
6. Statistics have shown that there is a 40% greater chance of the marriage ending up in a divorce if the wife is a professional woman and that 57% of professional women prefer to ‘cohabituate’ (live in zina)



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instead of getting married. In fact, many thinkers have clearly linked the increase in divorce to the western concept of gender equality.

7. Russia is one of the leading countries in promoting gender equality, who have the ‘accolades’ for the first woman in space, the first woman ambassador, etc. However as early as 1988, Soviet leader Michel Gorbachev declared the matter of women to be of ‘state importance’. With one in every three Russian women divorced and child delinquency at its peak, he opened up the debate of whether this system was to the benefit or the harm of broader society (Perestroika, Glasnot and Women).
8. Forerunners in gender equality have the highest number of divorces (USA #1, Russia #3 - <http://tinyurl.com/2wu3bq>), highest number of rape (France #1, Russia #3 - <http://tinyurl.com/yrz5h8>), highest number of depressed women (France #1, USA #2 - <http://tinyurl.com/pdchga7>) and the greatest number of delinquents. All these statistics ‘shout out’ clearly that this not the solution for society.
9. Psychologists are admitting that it is inescapable to accept the physical, psychological and emotional differences between men and women. Leading author, marriage counsellor and psychologist, Dr John Gray went as far as to declare that men and women are so different that as though they are from different planets! (Men are from Mars, Women are from Venus)
10. Before Islam, the woman’s value was nothing more than a commodity. In the days of ignorance she was like a normal asset. When the man would die, his children would inherit the wife like any other asset. Islam came to liberate women and offered them unparalleled honour and respect.

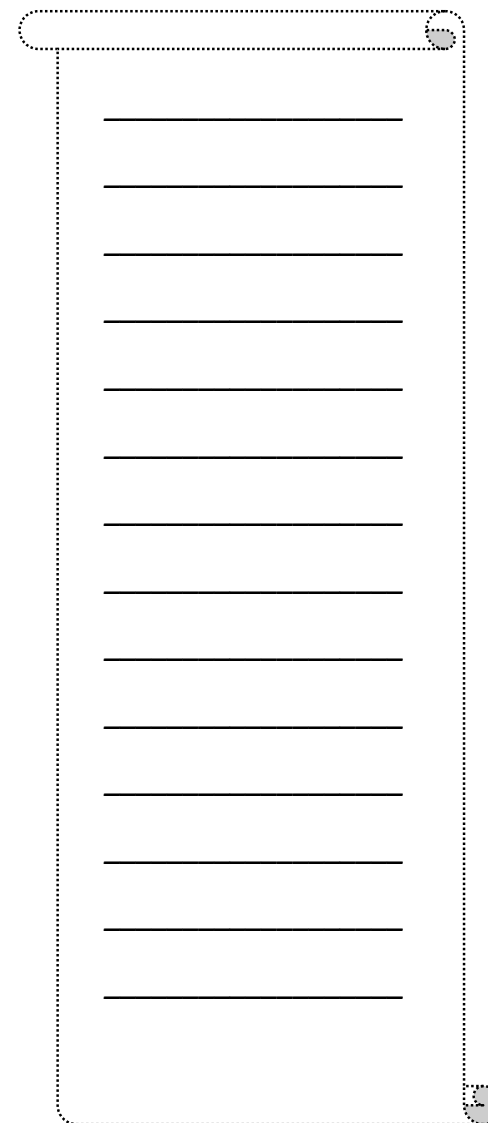
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Clearing up Misconceptions

Multiple Wives of Rasulallah (sallallahu 'alaihi wasallam)

At times we may hear people objecting - may Allah Ta'ala forbid - on the numerous wives of Rasulallah (sallallahu 'alaihi wasallam). Hereunder are a few pertinent points which will assist us in understanding this issue:

1. Rasulallah (sallallahu 'alaihi wasallam) was sent as an embodiment of mercy and a perfect example to mankind till the Day of Qiyaamah. In order for Rasulallah (sallallahu 'alaihi wasallam) to completely demonstrate to the Ummah how to conduct themselves with their families, how to interact with them, support them, guide them and bring up their children and help their families. Also, in order to explain fully the different laws that pertain to women as far as purity, menses, prayer, fasting, dressing, beautification, hajj, 'umrah, etc, Allah Ta'ala allowed Rasulallah (sallallahu 'alaihi wasallam) to have more than four wives, thereby increasing the avenues of passing on his noble teachings to mankind.
2. Some of the marriages of Rasulallah (sallallahu 'alaihi wasallam) had specific reasons and great benefits resulting from them.
3. Beside Sayyidah 'Aaisha (radhiyallahu 'anha), all the other noble wives of Rasulallah (sallallahu 'alaihi wasallam) were widows. Furthermore Rasulallah (sallallahu 'alaihi wasallam) only married the second time after the demise of Sayyidah Khadeejah (radhiyallahu 'anha) when he was already 50 years old. Hence these marriages were not based on lust, Allah Ta'ala forbid.



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Polygamy

Another very common, baseless and unfounded objection is against polygamy in Islam. This is a detailed subject which covers various wisdoms of permitting polygamy, the strict condition of maintaining equality between the multiple wives and the severe warnings for failing to do so, etc. These details are beyond the scope of this discussion. We will suffice here on the following points:

1. Polygamy is not permissible only in Islam, rather it is permitted and was practised until very recently in Judaism and Christianity.
2. Many of the Ambiyaa ('alaihimus salaam) had more than one wife.
3. The greatest irony is that the nations who oppose polygamy so strongly, regard it absolutely normal to engage in 'extra marital affairs'! According to statistics, 60% of men and 40% of women, globally, are involved in extra marital affairs! (<http://tinyurl.com/le43ubh>)

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Module Two

Proposal till Waleemah

Dating

One of the chief contributing factors to breakups in marriages is the haraam relationship which takes place between the boy and girl long before the proposal and marriage.

Zina

This relationship is tantamount to zina (adultery). Hence all the warnings and harms of zina apply to it as well.

Hereunder are but a few ahaadeeth on the disastrous consequences of zina:

1. “The fornicator does not remain a believer when he is committing the act of fornication.” (Saheeh Bukhaari #2475)
2. “I saw (in my dream) an oven-like pit, which was wide at the bottom and narrow at the top, beneath which a fire was burning. There were naked men and women in it who would be flung up when the fire rose and thrown down when it subsided ... they were those men and women who were guilty of fornication.” (Saheeh Bukhaari #1386)
3. “When fornication and usury become prevalent in a city then they have invited the wrath of Allah Ta’ala upon themselves.” (Mustadrak Haakim #2261)

Need to Know Her

The general complaint is that if I don’t know her, how will I spend the rest of my life with her?

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There are two simple answers to this:

1. It is obvious that any person would put up their best front in a love relationship. Hence dating a girl for years does not necessarily expose her true self.
2. Statistics prove that arranged marriages are much more successful than love marriages. In India where 90% of the marriages are arranged, the divorce rate is 1.1%, as opposed to a 40 to 50% divorce rate in America. Furthermore the average divorce rate globally in arranged marriages is 4%. (References: <http://tinyurl.com/pl46gl7>, <http://tinyurl.com/kstl2hf>, <http://tinyurl.com/p9kt287>)

Cannot Resist

Although many people are aware that dating is impermissible, most youngsters are unable to resist their temptations and end up slipping into some type of illicit relationship or behaviour. Hereunder are a few effective ways of resisting this temptation:

1. Keep yourself as far away as possible from all those avenues which lead to you falling prey to temptations.
2. Constantly remain in good company, and keep a strong bond with some pious friend of Allah Ta'ala, as this would motivate you and give you the strength to resist.
3. Get married as soon as you have the basic means to do so. Do not unnecessarily delay in settling down.

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Finding the Right Partner

The importance of choosing the right partner cannot be over emphasized, since she is half the marriage and is going to be the mother of your children.

Rasulullah (sallallahu ‘alaihi wasallam) said: “A woman is married for one of four reasons; for her wealth, for her social standing, for her beauty and for her deen. So be successful by choosing a woman with deen (a pious woman).” (Saheeh Bukhaari #5090)

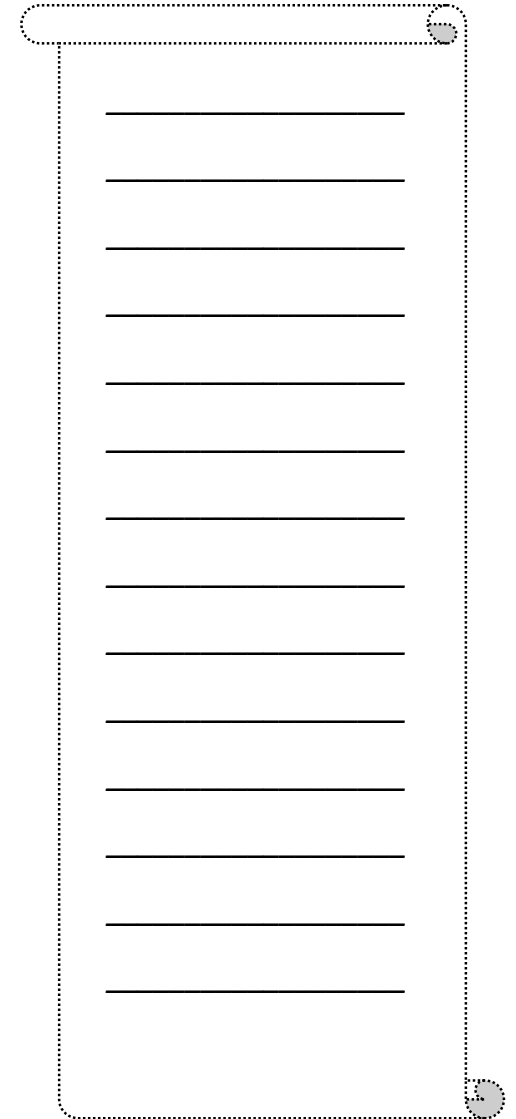
Qualities

We learn from the ahaadeeth that a wife should be:

1. Allah conscious and deeni orientated.
2. Obedient and well-mannered.
3. Homely and motherly.
4. Compatible with the husband in habits and ways.

There are many ahaadeeth and incidents that highlight the importance and benefits of choosing a partner based on deen and true values.

Important Note: At times, although a person may have followed the above guidelines, the marriage still does not work out due to incompatibility or other external factors. This is the decision of Allah Ta‘ala. Such situations even occurred in the lives of the Sahaabah (radhiyallahu ‘anhum).



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Duaas for a Good Spouse

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Rabbanaa hab lanaa min azwaajinaa wathurriyyaatinaa qurrata a'yuniw waj'alnaa lilmuttaqeena imaamaa.
O our Rabb! Grant us partners and children who would be the coolness of our eyes (because they are obedient to You) and make us leaders (and examples) to those who fear You. (Al-Furqaan v74)

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Rabbi innee limaa anzalta ilayya min khairin faqeer
O my Rabb! I am in need of whatever good You send down to me. (Al-Qasas v24)

How to Find the right partner?

Generally women understand women better. Hence it is best to allow one's mother or some other family woman to suggest a girl. After following the procedures (mentioned below), the boy can decide to go ahead with the proposal if he feels inclined towards her and is willing to marry her.

Love or Arranged Marriage?

In Islam there is no such thing as a "love marriage". However since this issue is a much debated one in recent times, and even some sectors of Western society are beginning to incline to the benefits of an arranged marriage, we will mention a few quotations below (apart from the statistics mentioned previously):

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1. “It sounds silly but I think it’s better because it tends to last longer. You want to make it work and you know a lot depends on you but you want things to stay happy and together. You get more time with your partner to understand and respect them. **Love can die and fade. Like a flame, one moment it is going strong then the next you are left with nothing but ash and the smell of burning.**” (<http://tinyurl.com/qyt6y23>)
2. “Couples who have their other half chosen for them have a stronger marriage because their love grows over time and **within ten years, the connection felt by those in arranged marriages is said to be around twice as strong.** Relationship experts claim this is because arranged matches are carefully considered, with thought going into whether potential partners’ families interests and life goals are compatible. This means they are more likely to commit for life - and to stick together through rocky patches. Those who marry for love, on the other hand, tend to be blinded by passion and so overlook these crucial details. When the going gets tough, they are more likely to view the situation simply as a natural end to their romantic dream - a way of fate telling them something is wrong with the relationship. **With soaring divorce rates and record numbers of single-parent households in the West, researchers suggest it is time to rethink the Western approach to love.** Harvard academic Dr Robert Epstein has studied the subject of arranged marriages for eight years, looking at the approaches taken in cultural groups including Indian, Pakistani and Orthodox Jewish. He has interviewed more than 100 couples in arranged marriages to assess their strength of feeling and studied his findings against more than 30 years of research into love in Western and arranged marriages. Within ten years those who had their marriage arranged will have a stronger relationship, researchers said. His work suggests that **feelings of love in love matches begin to fade by as much as a half in 18 months,** whereas the love in the arranged marriages tends to grow gradually, surpassing the love in the unarranged marriages at about the five-

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year mark. Ten years on, the affection felt by those in arranged marriages is typically twice as strong. Dr Epstein believes this is because Westerners leave their love lives to chance, or fate, **often confusing love with lust**, whereas those in other cultures look for more than just passion. ... 'In arranged marriages, thought goes into the matching. In the West, physical attraction is important. But people must be able to distinguish lust from love. Strong physical attraction is very dangerous, it can be blinding.' (<http://tinyurl.com/ccqr23e>)

3.

- In an arranged marriage, the first few years of the marriage are spent in knowing and understanding the person. There is a sense and demand of spending more time with each other.
- In a love marriage, before the marriage, the couple share a very different level of understanding. This understanding when tied to social obligations expected once married, are difficult to obey.
- It is easy to adjust with the partner in an arranged marriage as compared to a love marriage. This is because in a love marriage things may often be taken for granted.
- Since the partners have never met before, in an arranged marriage, they care more about each other's needs.
- Arranged marriages help resolve domestic issues faster. There is a sense of fear of losing the partner.
- If for some unforeseen reason the marriage does not work, there are many people who will support more.
- In most cases, love marriages force the couple to stay away from family. This leaves them with no choice but to tackle their own problems. (<http://tinyurl.com/mc3uqx7>)

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Proposal

Finding out

Once a prospective girl is suggested, enquiries and investigations should be carried out regarding her deen, habits, character, looks, etc. If everything seems positive, one should go to see her.

Seeing the Girl

Rasulullah (sallallahu 'alaihi wasallam) encouraged seeing the girl before marriage, since the chances of the marriage lasting will be greater. (Sunan Tirmizi #1087)

However the following important points must be adhered to:

1. It is only permissible to see those parts of her body that are not satr (i.e. face, palms and feet)
2. It is not permissible for the boy and girl to be in seclusion without the presence of a male mahram of the girl or female mahram of the boy.
3. This meeting should be short and to the extent of need.

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Istikhaarah and Deciding

After following these steps one will seek blessings from Allah Ta'ala by means of istikhaarah. Thereafter, if he finds his heart inclined towards her, he should proceed with the proposal. Seeing a dream is not a pre-requisite of istikhaarah.

Only a Promise

We need to remind ourselves that the acceptance of the proposal is only a promise to make nikaah. **It is NOT nikaah itself.** Hence, as long as the nikaah has not been performed, the girl and boy still remain strangers to each other. Thus any form of association/communication between them will be tantamount to zina (fornication).

The situation becomes even worse when one begins to justify the sin and feels that there is nothing wrong in such contact.

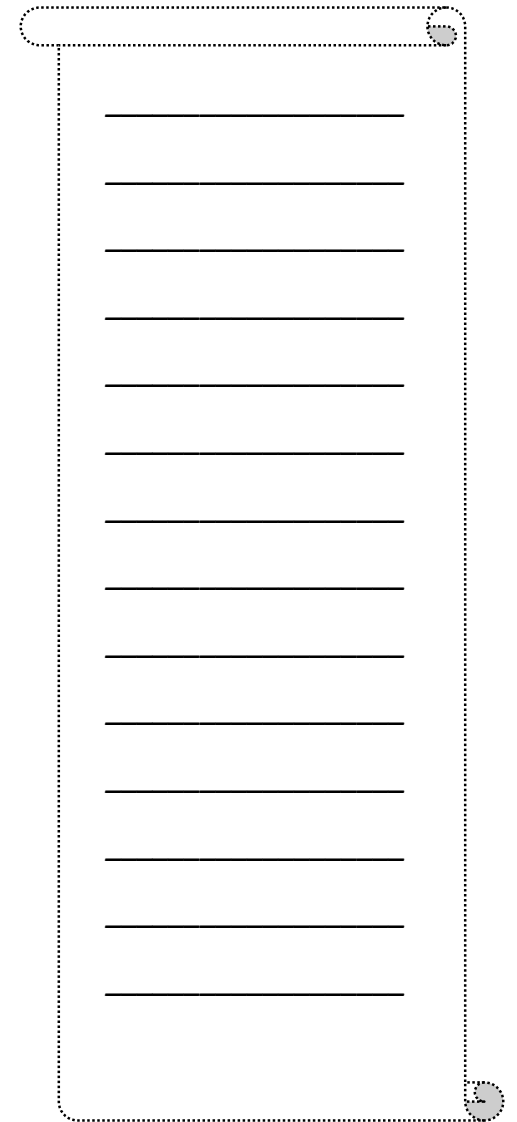
Engagement

In the sharee'ah, the proposal is a verbal arrangement and a promise to accept the prospective spouse in one's nikaah. The next step thereafter is the performance of the nikaah. There are no other formalities in between, such as engagements, parties, etc.

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Some of the wrongs that are associated with these kinds of parties are:

1. Wastage of huge sums of monies.
2. Intermingling of sexes.
3. The boy coming into close contact with the girl and some of her female relatives (mother, etc.) who are all still strangers to him.
4. Display of pomp and show.



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Nikaah

Don't Delay

Once the proposal is accepted, the nikaah should be performed as quickly as possible. Apart from it being an instruction of Rasulallah (sallallahu 'alaihi wasallam), it is a way of protecting the spouses-to-be from impermissible interaction and it is a way of avoiding all unnecessary formalities.

Announce

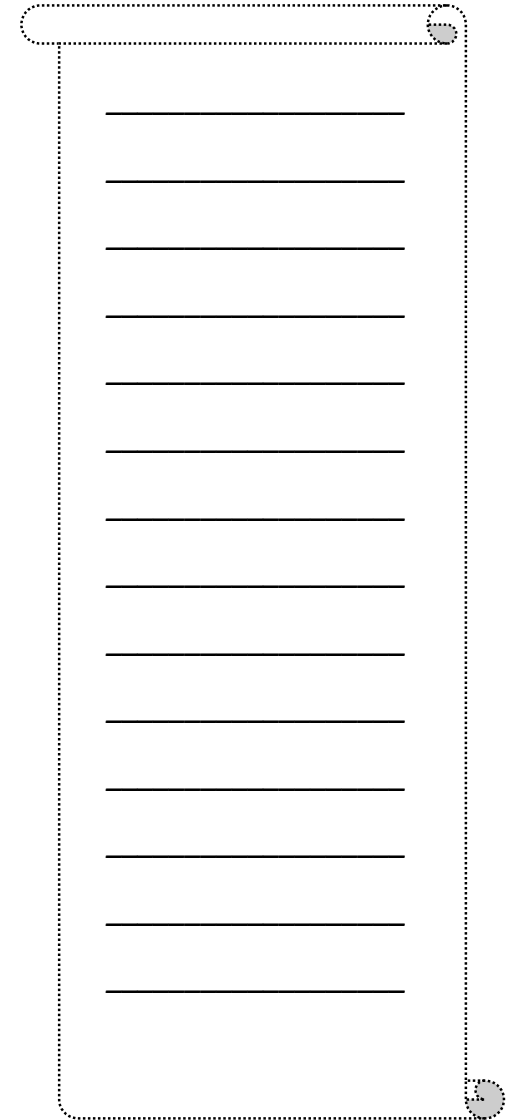
Rasulallah (sallallahu 'alaihi wasallam) has said: "Announce the nikaah and conduct it in the Masaajid." (Sunan Tirmizi #1089)

If a nikaah is performed secretly without the consent of the parents, although it will be valid with certain conditions, it lacks blessings, which is one of the most fundamental ingredients of a happy marriage. It is also against the spirit of deen, which emphasises the announcement of the nikaah.

Mahr

Mahr is the right of the wife. Hence it is incumbent on the husband to discharge the mahr amount which they both had decided upon at the time of the nikaah, as long as it is more than the minimum amount of mahr.

There are many detailed rulings on this topic, which could be enquired from the Ulama.



First Meeting

Salaam and Du'aa

When the couple meet for the first time, after greeting with salaam, the husband should place his hand on the wife's forelock and recite the following du'aa:

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا وَخَيْرَ مَا جَبَلْتَهَا عَلَيْهِ ، وَأَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ مَا جَبَلْتَهَا عَلَيْهِ

Allahumma inni as'aluka khairaha wa khaira ma jabaltaha 'alaih, wa a'oozubika min sharriha wa sharri ma jabaltaha 'alaih

O Allah! I ask You the good of her and the good with which You have created her, and I seek refuge in You from the evil in her and the evil with which You have created her. (Sunan Abi Dawood #2160)

Complete Privacy

The couple should spend their first night in complete privacy. It is absolutely wrong for the husband's friends or others to invade their privacy in any way.

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Salaah

When they go into complete seclusion, it is preferable for them to offer two rakaats of salaah in congregation, and beg Allah Ta'ala to bless their union with goodness, prosperity, mutual love and the birth of pious offspring.

Breaking the Ice

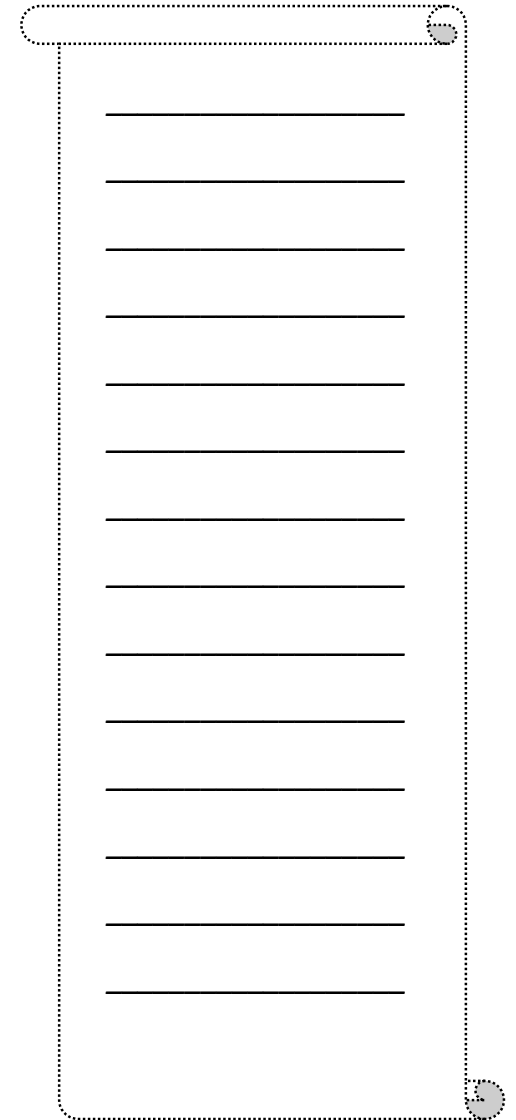
The couple should then try to get to know each other more closely and assess each other's feelings by initiating a light-hearted discussion. It is obvious that the wife would naturally be more bashful, nervous and reserved, hence the husband would have to make her extremely comfortable and "break the ice" slowly.

No Rush

It is not necessary to engage in sexual relations on the first night. The husband should not hasten into it. Rather he should approach the matter with extreme calmness and care, keeping her completely comfortable and at ease. They may however become intimate with one another if they feel comfortable.

Divulging

The hadeeth very strongly forbids the spouses from exposing their bedroom secrets to others. Rasulullah (sallallahu 'alaihi wasallam) has said: "Among the people who would be in the worst

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positions in the sight of Allah Ta'ala on the Day of Judgement is that man who has relations with his wife and then divulges her secrets.” (Saheeh Muslim #3542)

Fajr Salaah

It is extremely important for the couple to perform their fajr salaah the next morning as this is the foundation of their salaah for the rest of their lives.

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Waleemah

Sunnah

After the couple have spent time in seclusion, it is a sunnah for the bridegroom's party to serve food to their family and friends and to the poor. Whatever is easily available should be served.

Simplicity

Marriage and waleemah are simple affairs and need to be kept simple. The marriages of Rasulullah (sallallahu 'alaihi wasallam) and the Sahaabah (radhiyallahu 'anhum) are clear examples of this.

Rasulullah (sallallahu 'alaihi wasallam) is reported to have said: "Indeed, the nikaah with the greatest amount of blessings is the one with the least amount of expenses." (Musnad Ahmad #24529)

One of the most important things we need in our marriages is the blessing of Allah Ta'ala, and this hadeeth clearly explains to us the simple method of securing it i.e. "Keep it simple". Not abiding by this has opened the doors of zina, since it seems to be the cheaper option. Simplicity in weddings will once again open the doors of nikaah and blessings.

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Impermissible Practices

Unfortunately there are many practices that have become prevalent in Muslim marriages which are purely un-Islamic, and in fact impermissible as well. Some of these are the free mixing between males and females, music, photography, wastage, etc. In order to secure the blessings of Allah Ta'ala, we need to ensure that our marriages are free of such impermissible practices.

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Module Three

Being the Ideal Husband

Introduction

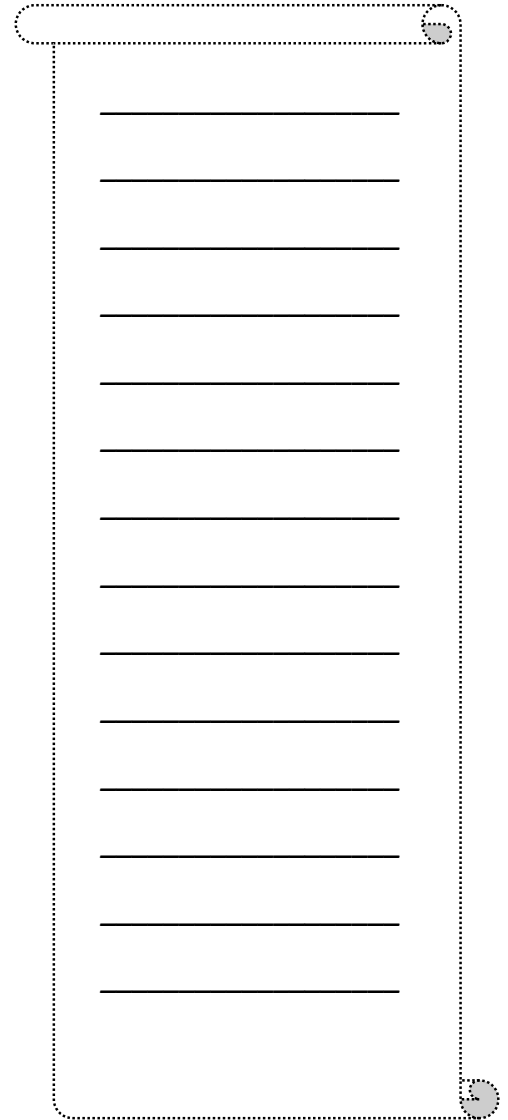
Being the ideal husband is dependent on the manner in which a husband conducts himself, treats his wife and deals with her.

This manner has been encapsulated in a few words of the Quraan Majeed. Allah Ta'ala says: "And live with them with kindness." (An-Nisaa v19)

Furthermore, Rasulullah (sallallahu 'alaihi wasallam) has interceded on behalf of the wives of the Ummah. He (sallallahu 'alaihi wasallam) said: "Accept my advice of treating the women well." (Saheeh Bukhaari #3331)

Golden Rule

Conduct yourself with your wife and deal with her in the manner that you would want someone else to treat your own daughter. You would understand the next person better when "you put yourself in their shoes."



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Correct Mindset

1. In Islam, we are taught to show importance to fulfil our obligations and the next person's rights, and not to focus on what we are supposed to be receiving. We need to fulfil our duties and not demand our rights.
2. Regard all the chores of the home that she fulfils as a favour upon you, and not as her duty. In this way you will become more appreciative of her.
3. Your wife is not your slave or servant. She is not there just to see to your needs or to clean up after you. Hence she should be treated with respect and honour, and should not be harmed whether physically, verbally, psychologically or emotionally.
4. Do not regard seeing to her or her needs as a burden.

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General Conduct

In a marriage, there is much more interaction between the husband and wife compared to any other relationship. Thus our day to day conduct and behaviour can have a big impact on the success or failure of our marriages. Hereunder are a few basic guidelines:

1. Laugh and joke with her within the limits of sharee‘ah. Engage in light-hearted conversations and look for ways and opportunities to bring happiness to her heart.
2. Make her feel extremely comfortable. She should not feel difficult to discuss any issue with you.
3. Do not be a “bully” husband. Rather use love and affection to win her heart.
4. Create such a loving presence at home that your family members look forward to see you. They should not be dreading your presence.
5. Spend quality time with your wife and children.

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Good Character

Great emphasis has been laid in the sharee'ah upon a person possessing good character. In the hadeeth, Rasulallah (sallallahu 'alaihi wasallam) has explained that the weightiest action on the scales of good deeds on the Day of Judgement is good character (Sunan Abi Dawood #4801).

Often outside the home the husband is regarded as a person of outstanding character and morals. However, remember that the best judge of a person's character and conduct is none other than his wife. Hence, Rasulallah (sallallahu 'alaihi wasallam) has said: "The most perfect of believers is the one who is best in character, and the best of you is he who is best to his wives." (Tirmizi #1162)

Hereunder are three basic components of good character:

1. Forgive your wife and overlook her shortcomings, such as if the salt is less or if the food is not prepared on time. Remember the adage: 'To err is human, to forgive is Divine.'
2. Admit your mistakes as this is a sign of humility. Do not attempt to justify your mistakes with lame excuses.
3. Exercise patience. Never make hasty decisions which you will regret later.

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Entering the Home

The manner in which the husband enters the home is extremely important, as it sets the tone and mood for the rest of the night. Some important points in this regard are:

1. Upon entering and leaving the home, make it a point of making salaam. Salaam is a guaranteed method of bringing blessings into the home.
2. No matter how difficult your day may have been, try to appear cheerful and warm to your family. Do not dump the entire day's frustration on your innocent household members.
3. Return home on time. If you will be delayed for some reason, notify your household members in advance. Making them wait without letting them know what has happened can be traumatic.

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Spending and Giving Gifts

1. The obligation of supporting the family lies on your shoulders. Never shirk in your responsibility and unduly burden your wife with this onerous task.
2. Provide her with her own monthly allowance (according to your means) over and above your household expenses.
3. Be moderate in your expenditure and never waste money by spending on things that are impermissible in Islam.
4. Spending on bare necessities is not sufficient to engender true love and a happy home. Occasionally bringing a gift home will assist in engendering mutual love between the spouses.

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Encouraging and Complimenting

Marriage is a team effort and every now and again we need to remind our spouses about how special they are to us. The wife should not feel that with the passage of time his feelings for her have been lost. Always keep her positive and happy. Here are some simple ways of doing this:

1. Compliment your wife often on her dressing and cooking.
2. Express your love to your wife often and make her feel wanted.
3. If your wife is not feeling well or troubled with worries, then be even more sympathetic towards her. Encourage her to discuss the problem with you. Be an anchor of support and a pillar of strength for her.
4. Encourage and motivate each other to do good deeds and to please Allah Ta'ala. It would be very tragic if the wife wants to take steps to rectify herself, but the biggest barrier on her path to piety is her husband.

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Family Relations

Once a person marries, his family commitments increase. On the one hand he has his own parents and family, and on the other hand he has his wife and her entire family. Many husbands tend to take one extreme or the other. Bearing in mind the following points will assist in maintaining the balance:

1. Remember that your in-laws were responsible for the upbringing of your wife. Just as you respect and honour your parents who were responsible for bringing you up, out of love for your wife, you should respect and honour her parents as well.
2. If you want her to be good to your family and take them as her own, you will have to do the same with hers.
3. Just as you cannot tolerate someone picking on your family, she cannot bear her family being picked on.
4. As a boy you are so attached to your mother and family. Imagine how much more attached she will be to her mother and family. Hence it will be extremely cruel and hard-hearted on your part to distance her from her family and not allow her to visit them often.
5. Fulfil the rights of your parents as well as your wife.
6. Do not neglect spending on your wife due to your parents, and vice-versa.
7. Serving your parents is YOUR responsibility. Out of love a wife will generally assist in this duty. However, do not impose anything on her.
8. In any issue be totally impartial but never be disrespectful.

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9. Issues between one's wife and parents can sometimes become complicated. It is best to take advice from an experienced 'Aalim in such matters.

Trust and Transparency

An essential ingredient in a marriage is loyalty and trust. This will create confidence in the spouse and bring security in the marriage. At times this can take years to build, but can be smashed in a few seconds. Therefore, the husband needs to be careful at all times and ensure he does not break her trust and confidence in him. The following are some of the common ways in which this trust is broken.

1. Do not mingle with or speak to strange women. In fact, you should not even look at them.
2. Never compare nor mention the beauty or qualities of other women to your wife. This is extremely insensitive and may cause jealousy, suspicion, and unnecessary doubts in her mind. Accept your wife for what she is.
3. Do not keep in touch or communicate with any female acquaintances from the past, even if they are 'just good friends'. This is forbidden and also extremely detrimental to the marriage. Make taubah from this sin, and delete all traces of it.
4. Do not behave in a way that creates suspicion. E.g. hiding your cell phone from your wife, blocking it with passwords, etc.

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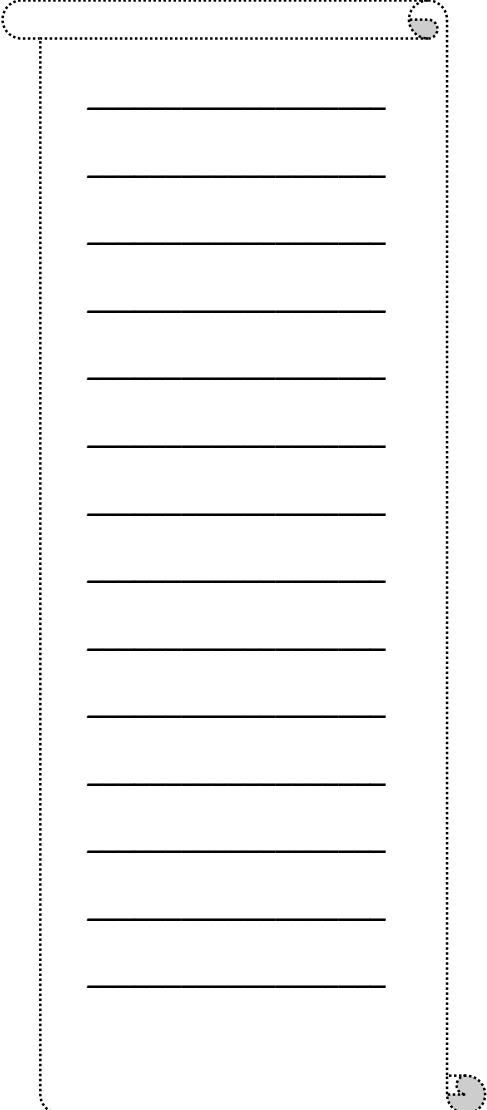
Controlling the Tongue and Anger Management

1. Think before speaking. Remember that wounds afflicted by swords may heal, but the wounds afflicted by the tongue very seldom heal.
2. Control your tongue at all times. One of the main reasons for the breakup of marriages is the misuse of the tongue. Sometimes you will regret the slip of the tongue for the rest of your life.
3. Avoid raising your voice and NEVER yell at your wife.
4. When angry, do not say anything. Rather, immediately move away from that place, drink water, and recite “*a’oozu billahi minash shaitaanir rajeem*”. If possible, make wudhu. Remember, that after the expression of every bout of anger, there is regret.
5. When you are overcome by anger and wish to physically or verbally abuse her, then remember that Allah Ta’ala, whose trust she is, possesses greater power than you do.

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Communication and Dealing with Problems

1. Communication is essential in a marriage. Most of the time misunderstandings and problems arise due to a lack of communication. Hence, learn to communicate constructively.
2. Make a resolution that at the time of a problem you would sit down with her and discuss your problems in a dignified manner, without raising voices or being abusive; or you will seek advice from someone you both can confide in.
3. NEVER discuss a problem in the state of anger. Calm down first.
4. NEVER argue in public or in front of the children. This will affect the children psychologically and could prove detrimental to the marriage.
5. NEVER use the word 'talaq' or 'divorce', either in jest or in anger. Don't threaten her with divorce. If the relationship totally breaks down, seek the advice of a learned and experienced 'Aalim before resorting to divorce.
6. If there is a problem, do not 'air her dirty laundry in public' and publicize her faults.



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Marriage Destroyers

Some of the main marriage destroyers are the following:

Bad Character: Being mean, inconsiderate, vengeful, abusive, etc, are all potential marriage destroyers. Some issues may seem trivial, but repeated acts of bad character add up and sometimes result in explosions that destroy the marriage. One very widespread but extremely evil aspect is that of swearing at the wife and using vulgar languages against her. This is a major sin and also a potential marriage destroyer.

Infidelity: This has become the scourge of society. Beware; it will destroy your marriage, family, dunya and most of your deen. Uphold the laws of hijab. Remember well that the sister-in-law is not a mahram and purdah must be observed from her. Also DO NOT CHAT TO NON-MAHRAM WOMEN on social media or in any other manner. This is totally impermissible and disastrous to your marriage.

Pornography: One of the worst poisons that has killed many marriages. It is filthy, nauseating and utterly disgusting. Like many other evils, it is also very addictive. After getting hooked onto it, many stoop to the shocking level of even watching porn in the presence of their wives. Some try to subject their wives to the animal behaviour they have picked up from watching porn. Many wives cover up many faults of the husband. However, they often break-down at some point and spill out everything.

Oppression: Many husbands oppress their wives in various ways. Oppression draws down the wrath of Allah Ta'ala in this world. The punishment in the Hereafter is much worse. Always remember that Allah

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Ta'ala is watching. The effects of the tears of the oppressed wife will bring its negative consequences on the oppressive husband.

Simple Recipe for Happiness

1. Adopt taqwa. If you please Allah Ta'ala, He will keep you happy.
2. Set some time for the family to engage in Quraan recitation, zikr and du'aa. Beg Allah Ta'ala to grant happiness and peace in the home.
3. Conduct ta'leem daily in the home. Keep it simple. Apart from the ta'leem of the fazaail kitaabs, consult an experienced 'Aalim with regard to what else should be read.

Food for Thought

Your wife has made the great sacrifice of leaving the sanctuary of her parents' home and her near and dear ones to come and spend the rest of her life with you. She does this with great hopes and expectations. Do not be selfish and destroy them.

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Module Four

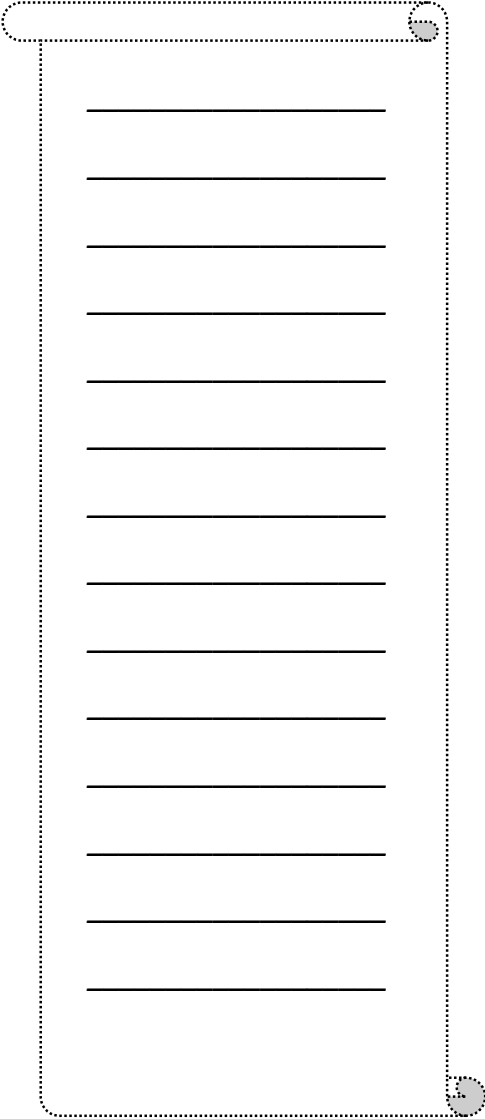
Fiqh of Intimacy

Introduction

1. Deen is a complete code of life. It has laid down guidelines for every sphere and walk of life. From prayer to purity, from eating to meeting, from the correct way of dealing to the harm of stealing, every aspect has been dealt with in our deen. Intimacy between spouses has also been dealt with in detail.
2. The disbelievers of Makkah mockingly remarked at Salmaan (radhiyallahu ‘anhu): “Your Prophet has taught you every aspect of life, to the extent of how to relieve yourself.” Salmaan (radhiyallahu ‘anhu) replied with a sense of honour and dignity, “Yes.” (Saheeh Muslim #606)
3. Rasulullah (sallallahu ‘alaihi wasallam) discussed this aspect of marriage with the Sahaabah (radhiyallahu ‘anhum) and offered necessary guidance. Therefore, it is not against bashfulness to discuss this aspect of marriage, for Rasulullah (sallallahu ‘alaihi wasallam) was the fountainhead of bashfulness. Allah Ta‘ala mentions in the Quraan Majeed: “Verily Allah Ta‘ala does not shy away from the truth.” (Al-Ahzaab v53)

Importance

1. A healthy bedroom relationship sustains a healthy marriage. On the flipside, many divorces are due to dissatisfaction in the bedroom relationship.



2. This is a topic which we are introduced to very early on in life, from school days. Therefore, it is vital for us to understand the Islamic viewpoint, so that we appreciate our deen and equip ourselves with the correct Islamic stance.

Intention

1. It is an act of worship. Therefore, make an intention of ibaadat just as you would do before other acts of worship.
2. With the correct intention it becomes an act of charity.
3. Make the intention of protecting your gaze, remaining chaste, fulfilling the right of your spouse and increasing the Ummah of Rasulallah (sallallahu 'alaihi wasallam).

Need of both Spouses

1. Sexual satisfaction is a natural need of both spouses.
2. Just as the husband is negatively affected if he does not gain sexual satisfaction, the wife is also negatively affected.
3. Due to inherent modesty the wife may not make an approach despite her need being aroused. The husband should nevertheless lookout for the tell tale signs and indications and respond positively.
4. It is highly selfish to only consider one's own need.

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Preparation

1. It is vital for the spouses to prepare psychologically and physically for sexual relations.
2. Engage in sexual activity through mutual agreement and when both of you are at ease. Do not be selfish as to only being concerned about your desire and not being considerate about her situation.
3. Adopt a high level of cleanliness. It is extremely insensitive to approach her with an offensive smell emanating from your mouth, clothing or body.
4. Wear attractive clothing. She also needs to be attracted.
5. Apply scents that are appealing to her. Her taste matters.
6. Set the mood with loving words.

Foreplay

1. Foreplay is imperative for a happy marriage.
2. Women generally take longer to become fully sexually aroused and to climax.
3. The husband must take time in arousing his wife.

Actual Play

1. Privacy is extremely important. It is absolutely forbidden to make a public display of any act of intimacy, even in front of young children who are of a discerning age.

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2. The following du'aa should be recited:

بِسْمِ اللَّهِ الَّذِي جَبَبْنَا الشَّيْطَانَ وَجَبَبِ الشَّيْطَانَ مَا رَزَقْتَنَا

Bismillah, Allahumma jannibnash shaitaana wa jannibish shaitaana ma razaqtana

In the name of Allah. O Allah! Protect us from Shaitaan and protect what you grant us from Shaitaan.

(Saheeh Bukhaari #141)

3. There is general permission to choose whatever position the couple mutually agree upon, provided it is vaginal and not anal.
4. It is extremely unfair and selfish for the husband to fulfil his own sexual need and leave his wife unsatisfied.
5. Dissatisfaction in the bedroom opens cans of worms, while happiness of both the spouses in the bedroom can smooth sail a marriage into bliss and harmony.

Menstrual Cycle

1. It is absolutely and emphatically impermissible to have sexual relations with one's wife during her menstrual cycle or postnatal bleeding.
2. It is permissible for the husband to derive sexual pleasure from his wife through direct skin-to-skin contact of the area above her navel and below her knees. Direct skin-to-skin contact of that area is impermissible.
3. If she bleeds according to her habit, then intercourse is not permissible until she has a bath or one salaah becomes qadha upon her.

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4. If she has bled less than her habit and has started performing salaah, then intercourse is not permissible until the number of days of her habit has passed.

Zero Tolerance

1. Oral is totally forbidden. It is an absolutely FILTHY act. Insisting on ones wife to do such a filthy act is really disgusting.
2. Anal is categorically IMPERMISSIBLE. There is also grave spiritual and health related harms in it. It is an act of those whose nature has been distorted to filth.
3. It is impermissible to drink the milk of one's wife.
4. To fantasise about someone else during intimacy with one's wife is impermissible. This is tantamount to zina.
5. Taking pictures is totally impermissible.
6. Pornography is without doubt unlawful, shameful and sinful. Pornographic films don't help a couple's sexual life, rather they destroy it. It is highly addictive and has a negative effect on their capability of being aroused naturally.

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