

DR. ALI ALBARGHOUTH

THIS IS LOVE

**How loving Allah and
His Prophet ﷺ can change your life**



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LOVE
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LOVE

Lectures by Dr. Ali Albarghouthi

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PUBLISHER'S NOTE

All Praise be to Allah the Almighty, and peace and blessings be upon the Messenger of Allah and upon his family and companions.

It is easy to talk lyrical about love and passion, but the path of true love is more often difficult and demanding. Walking the talk is not easy and love is not a bed of roses as many portray. The great English writer, William Shakespeare once said, “The course of true love never did run smooth.”

Volumes upon volumes of books have traversed the axis of the emotion of love in all forms. Theologians and philosophers from different faiths and ideologies had a principal role in this endeavour and have addressed the phenomenon of love throughout centuries. Some have praised it, some have hated it, and some disapprove of it.

When we look at Islamic revealed knowledge, our pious predecessors and the generations who followed their footsteps, we find that they have left us with rich literary masterpieces to explain passion and love in all their respective shades and forms in light of the authentic teaching of Islam. Their legacy and heritage shows us how Islam considers the emotion of love as a sacred and an utmost important element in human life; so much so that Islam has placed having sincere and true love as a condition to succeed in attaining the pleasure of Allah and a precursor of gaining acceptance of any acts devoted to Him.

On the other hand, we find certain individuals within this caravan of Islam who mixed the truth with falsehood and explaining this powerful emotion of love in a tainted manner, heavily influenced by the wayward thoughts of logicians as well as Persian and Greek philosophies in addressing the matter. But the glorious scholars of Islam have exposed these individuals and their misguided works from time to time and warned the Ummah regarding their evil actions and intentions.

Today we are in dire need of restoring this priceless, intellectual, and authentic heritages. We need to shed light on the literary body of work that can show us how to look at this immensely powerful emotion of passion and love in light of authentic prophetic teachings.

Dr. Ali AlBarghouthi (author of the bestselling title, *The Heart Therapy*)

PUBLISHER'S NOTE

provides us with another valuable contribution to the Islamic publishing industry under the title, 'This Is Love' by linking the emotion of love to the divine wisdom to stimulate the noble intentions upon which the creation was established, and creatures naturally believed in. He also talks, in his initial lines, about the different kinds of lovers and their situations. He has explained this matter to the public as well as the advanced readers in a way that suits everyone's taste, is easy to understand, rectify one's actions, and apply what they read in their daily lives.

We at Dakwah Corner Bookstore Malaysia believe that this work will help everyone to understand this powerful emotion that many human minds find hard to fathom instead of just relegating it to being very complicated. If one devotes this emotion of love to one who is truly deserving it, a very positive transformation can be achieved. Indeed this can only happen when the direction of our love compass is directed to our Creator, Allah The Almighty and to love Him according to His revealed guidelines.

As the saying goes, "Every true love is a story of unexpected transformation. If we are the same person before and after we loved, that means we haven't loved enough..."

Allah said in the Quran:

قُلْ إِنْ كَانَ آبَاؤُكُمْ وَأَبْنَاؤُكُمْ وَإِخْوَانُكُمْ وَأَزْوَاجُكُمْ وَعَشِيرَتُكُمْ
وَأَمْوَالٌ اقْتَرَفْتُمُوهَا وَتِجَارَةٌ تَخْشَوْنَ كَسَادَهَا وَمَسَاكِينُ تَرْضَوْنَهَا أَحَبَّ
إِلَيْكُمْ مِنْ آلِهِ وَرُسُولِهِ وَجِهَادٍ فِي سَبِيلِهِ فَتَرَبَّصُوا حَتَّى يَأْتِيَ اللَّهُ
بِأَمْرِهِ ۗ وَاللَّهُ لَا يَهْدِي الْقَوْمَ الْفَاسِقِينَ ﴿٩٤﴾

Say, [O Prophet], “If your parents and children and siblings and spouses and extended family and the wealth you have acquired and the trade you fear will decline and the homes you cherish (if all these) are more beloved to you than Allah and His Messenger and struggling in His Way, then wait until Allah brings about His Will. Allah does not guide the rebellious people.

At-Tawbah (Q9:24)

Farid Ullah bin Ahmed Hussain
Chief Executive Officer



INTRODUCTION

Love is complicated. It is our most powerful emotion, yet we do not understand it. We give it to those who do not deserve it, and deny it those who do. Some spend their whole lives looking for it, while others run away from it when it finds them. We feel this basic need to love and be loved but do not know whom to love, how, and to what end. It has the power to make us the happiest and the saddest, and gives us the greatest hope and the bleakest despair. Poems were written to extol it as the noblest pursuit, while others ended their lives because of it. Love is, indeed, complicated.

These complications grow more serious when it comes to our conception of the divine. Some religious paths ignore love to produce a harsh and distant Creator, while others exaggerate love to undermine the transcendence of the Creator and His laws. Both create an imbalance with grave consequences for individuals and society. The first brings draconian laws and promotes cruelty, while the second is overly permissive. Avoiding these extremes demands that we understand the place of love in Islam. This need grows direr with the assumption some non-Muslims have that Islam is a violent religion without love and compassion. Unfortunately, some Muslims believe this to be the case too. Growing up, those Muslims were introduced to the fear of Allah but not His love. They have also seen terrible violence committed and justified in the name of Islam. This has led to a rift between their experience of Islam and their need for a loving Creator. And they are right to feel this rift. But as shall become clear in this book insha-Allah, loving Allah is the most important motivation to worship Him. There is no Islam without love, and there is no complete love without Islam.

The modern search for love

The world today is desperately seeking love. Collectively, we are experiencing stubborn systemic problems that are plunging the world into greater uncertainty and chaos. Economic inequality, racial discrimination, political corruption, and social alienation have planted the seeds of suspicion and hostility in the world. We are witnessing the growth of

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xenophobia and populism, and the collapse of trust. There is an almost complete breakdown of communication between people on opposite sides of an issue. We demonize each other and are uninterested in listening to anyone but ourselves. We are at the point of not knowing what news to believe anymore. Information-manipulation (i.e. deception) has made the world more cynical, more divided, and more dangerous. We have made significant technological and scientific advances but seem to have lost ourselves along the way.

Individually, we are also looking for love. More of us today feel alone, disconnected, and misunderstood. The social bonds that offered emotional and social support in the past have evaporated. The demands of modern life distance us from our loved ones and exact psychological and physical tolls. We work longer hours, hop from one city or country to the next, and feel the pressure to prioritize the material over everything else. On top of that, technology made us more solitary and devoured time that used to go to family and friends. All of this has left a gaping hole in our lives and hearts.

We are living in a love-deficient world. Our desperate need for love pushes us to look for it wherever we can find it, sometimes in all the wrong places. Songs and movies offer us constant doses of love stories because they know it sells. Novels make romantic love the purpose of life itself, creating a fantasy destined to make real-life seem disappointing and empty. They distort love, demean it, and turn it into a cheap commodity. Their flawed conception of love seeps into our hearts and minds. When the love they sell us disappoints us—and disappoint it must—we fill the emptiness with anything at hand. We feed the body to drown out the cries of the soul. We eat, we travel, we shop, and collect more money. Some numb the pain with intoxicants (alcohol and drugs), while some mistake illicit sex for an emotional connection. But our need for love remains, stubbornly unwilling to disappear, reminding us that we need more.

We require comprehensive solutions that address all of our needs. Partial and temporary answers will not do. Our problems originate from a lack of love and compassion in our lives and the broader systems around

The centrality of love in Islam

us (economic, political, and social). And no matter how hard we try, we will not find love unless we go back to its source: Allah. When we removed the divine from our life, we impoverished it. We lost the very thing that gave it meaning and direction. When Allah is absent, love is absent too (this is one of the main points of the book). Many accuse religion—especially Islam—of spreading hate, and may be incredulous to hear of love’s dependence on Allah. But it is Allah who grants us all that we have, including and especially love. Humanity’s medicine is to understand the meaning of love as Allah intended and to reestablish it in our lives. Our need for love beckons us to Allah.

We may have heard the shibboleth that “love is the answer.” It is attractive and catchy. Yet, when some point to love as “the answer,” they do not explain it. What does it mean for love to be an answer? What do we mean by love? Is loving another a blanket approval of their beliefs and actions? Does love have its own moral compass, or does it need guidance and parameters? Is love a destination or a vehicle? The slogan may give us fuzzy feelings, but it says nothing concrete. It is sparse on details to accommodate any conception of a solution. Since it is ambiguous, it can encompass good as well as bad means and ends. Love cannot be an absolute good that justifies everything in its path (see *Hadith Thirty-One*). It is one answer that—when combined with other answers—guides us to Allah and a nobler life.

The centrality of love in Islam

This may come as a surprise to some. But as love is central to life itself, it is central to Islam. Allah’s creation and revelation are connected since they both come from the same source. Allah joined the two when He said:

...أَلَا لَهُ الْخَلْقُ وَالْأَمْرُ... ﴿٥٤﴾

Indeed, all creation and command belong to Him.

Al-A'raf (Q7:54)

Since Allah created all, He knows what is best for His creation. And He commands them with the best. The link between creation and reve-