

## MODULE 5

**Class Title:** Haya - part 2

(2<sup>nd</sup> part of a 5 lesson series)

**Aim of Lesson:** To understand the role & impact of *haya* on all aspects of our lives

**Category:** Scripture/popular culture

**Lesson Format:** Power point presentation & narration. Discussion

(Greeting to students) *Assalam alaikum wa Rahmatullahi wa Barakatuh*

(*Ta'awwudh*) *Aoodhubillahi min AsShaytanir Rajeem*

(*Tasmiyah*) *Bismillahir Rahmanir Raheem*

(*Du'a*) *Rabbish rahli sadri wa yassirli amri wahlul uqdatum millisani yafqahu qawli* (Surah At Ta-Ha 20: Verse 25-28)

Slide 1:

During last week's class, I warned you that we are going to talk about *haya* until it comes out of your ears! Well, I meant it quite literally. You can ask the girls that have been with us for some time as to how serious I am about this topic.

Quick recap of last week:

1. Slide 2: The Prophet (pbuh) said, "Every *deen* [religion] has an innate character and the character of Islam is *haya*."
2. Slide 3: We introduced the concept of *haya* as a seat belt for our thoughts. What does *haya* do? It saves us from accidents. We may think terrible thoughts but the seat belt of *haya* automatically pulls us back. *Gari ko jerk lagta haye* [the car jerks] but you are pulled back. If you don't have your seat belt on, then you get thrown about like a pinball. Do you remember the video clip of an accident from last week? For those who were absent, we saw a video clip last week, of a car accident where this man was not wearing a seat belt. The passenger was bounced around and seriously hurt. He also banged into and badly injured the driver because **he** was all over the place.
3. Slide 4 & 5: So if we are not wearing the seat belt of *haya*, then we are like a pinball. Whatever comes into our head, sinful or otherwise, we just go for it. Without a second thought, we do it. We are out of control and all over the place. That is what happens without *haya*. No control whatsoever. Whatever thought comes to mind, just go ahead and do it! For example, somebody sends you an obscene message on your cell phone in the middle of the night. You reply to it. What difference does it make, after all? Without *haya*, you see a cute guy and decide that it makes no difference to go out with him. Without *haya*, you have mother lecturing you and you answering back rudely. Without *haya*, if you did not study that hard, you peek and cheat a little bit!

4. Slide 6: What *haya* does is that it controls out '*hawa*'. *Hawa* is an Arabic word which means our inner desires.
5. It is Allah (swt)'s mercy on us that we are not going to be held accountable for our thoughts. Can you imagine if we were judged for that? We would all be in big trouble, even the most pious of us. Allah (swt) is *Rehman* and *Rahim* and we come across that *Rehmaniyat* and *Rehm* at every instant and every second of our lives. Isn't it a great mercy that we will not be held accountable for what we are thinking, but only for our actions?
6. Slide 7: What *haya* does is that before those thoughts come out like a monster, it stops you. That is the reason Prophet Muhammad (pbuh) said from the words of the previous Prophets that people still find are that, "If you feel no *haya* then do as you wish." [Bukhari]. Do you understand this *hadith* now?
7. Slide 8: If you feel no *haya* at all then it is like giving yourself on a silver platter with bells ringing to *shaitan* [Satan]. You are offering yourself ...come take me ....when you do not have the seatbelt of *haya* on. You have heard the term: to throw caution to the winds? It applies. Why do you go completely wild? You are out of control.

Slide 9:

*Haya* is a very basic concept. It is not rocket science. Why are the basic concepts of Islam so simple to understand?

Student: They are common sense.

Teacher: Yes. Any other reason?

Student: They are inside of us.

Student: They are for our benefit.

Teacher: They are easy to understand because they are applicable to each and every human being regardless of whether one has an IQ of 2 or 2000.

Actually, if you have an IQ of 2000, you had better be really, really careful!! Let us look at the role of *haya* in our lives.

Slide 10-12:

Remember, *haya* is not a one-dimensional, simple, straight forward thing. It has various different aspects. One aspect is that *haya* differentiates us from animals. Tell me, how do you yawn? Don't you cover your mouth when you yawn or cough? The basic difference between a human being

and an animal is *haya*. Animals have no *haya*. Animals eat as they like. When an animal needs to go, it goes regardless of where it is.

Student: Not cats! They go in their litter place.

Teacher: What, except cats?? But only house-trained, pet cats.

Animals do a lot of stuff that we only do behind closed doors. Even little children have *haya*. For example, if there is a little child, he is not going to take his clothes off in front of everybody; he will feel shy about it.

I remember my daughter, who is seven years old and going to be eight soon, *inshAllah*. She had gone to a very dear friend's place. I called her up to say that can you please ask her to go to the toilet? When you are little [You guys are not that age anymore], you are so involved in playing that you forget to go till the last second and then you run. It has happened to you as well so there is no need to make fun. So I called up my friend and told her to just remind my daughter to go. When my daughter came to know, she was so upset! She said why did you have to call up aunty and remind her to tell me to go to the toilet! She was offended and embarrassed. I remember thinking, "Oh my God, my little baby has grown up!" she was seriously offended because of her *haya*. I had discussed her personal business with somebody else and she did not appreciate that. I did it out of concern. If she was a cat, would I need to do that? No!

We can house-train our animals but they have no issues doing things in public. You said that not cats but if you put their litter somewhere in public view, they don't have a problem.

**So *haya* is what makes us different from animals. If *haya* goes then we become like animals!**

Slide 13:

One of the worst things that happen when we let go of *haya* is that we fall from the position that Allah (swt) has given us. We fall from the position of *ashraful makhlooqat* (the best of creation) to *asfala safilin*, the lowest of the low. Imagine that you don't have the seatbelt of *haya* on. You are falling. You are falling and you are falling in every area of your life. That is what happens.

Think of a braying donkey. Do you bray when you want to? A donkey brays whenever it wants to. What stops you from doing the same?

Some of you might be so bored right now that you want to go home and scream in the bathroom! Are you actually going to do that? You might be bored, but are you actively doing something about it? Imagine a donkey sitting here, in this classroom. What would the donkey do if he were bored out of his skull? No, seriously think about it. The donkey will not just sit there. He would do something about it. Something stops you from behaving like that donkey and that something is *haya*. You hear about certain universities, in our country and abroad as well, that people walk

into class chewing gum and they sit with their feet up on desks. That is supposed to be cool when it is actually ridiculous. This class gave nothing to me so I am getting up and leaving. What is that? That is simply lack of *haya*, a lack of shame, shameless behavior. It is *haya* that keeps us in a state higher than that of animals.

Slide 14:

**Another thing: *haya* makes us good mannered.** *Haya* makes us say 'thank you', 'please' and 'excuse me'.

Slide 15:

***Haya* stops us from making an absolute fool of ourselves in public.** Imagine that you are walking down a street and you get a wedgy, what are you going to do? Will you fix it there and then?

Students: No!

Teacher: Why not? What is the reason?

Student: Because people will be watching.

Teacher: Exactly. You will be conscious of doing something personal like fixing your wedgy because of people around you in a public place.

Will you pick your nose in public? Sometimes, you are stuck in traffic and you see an uncle, just sitting there and digging for gold. He does not realize that people are watching! What stops you from making an absolute fool of yourself in public? Sometimes you see people making complete idiots of themselves in public and you feel like making a video to show them later and saying that this is what you actually looked like! Particularly when there is a bunch of young people acting like idiots. I do not want to sound biased. It could be older people. Let's not be bigots so a group of people of any age and without *haya* can end up behaving in a very silly manner. Have you ever noticed, when out at a restaurant, people being loud and silly for no reason? They think that they are having lot of fun but what do they look like from an outsider's point of view? They look like idiots.

Einstein said “that the difference between genius and stupidity is that genius has its limits.”

Without *haya*, without limits, we can reach high levels of stupidity. You are not going to have a food fight in whatever restaurant or Hotspot you are in. You simply won't and all because of *haya*.

Slide 16:

**Another aspect, *Haya* makes us feel guilty when we do something wrong!** That feeling of guilt is from *haya*. If you don't feel guilty after doing bad things then there is something seriously wrong. It means that the seat belt is not on properly.

You have been rude to your mother. She is telling you off and you are just standing there insolently and answering back. If you are not even feeling guilty about it ....that is problematic. Sometimes we are rude to our parents. Everybody does that. We are human beings. What you feel afterwards depends on your level of *haya*. Some of you will feel a tinge immediately and you will instantly go to her and say, “*Amma* [mother], I am sorry.” Others will walk out of the room, bang the door and think, 'ughh! why did I do that.' Some of you might sleep over it and decide to do something nice for her tomorrow. Your reaction shows what your level of *haya* is!

Slide 17:

You have spoken ill of a friend of yours i.e. backbiting or *gheebat*. You did *gheebat* and then you felt remorse. When you do something wrong you get that guilty feeling. When you cheat in exams, later you are on pins about it. You keep thinking, why did I do that and was it really worth it?

You have made fun of somebody. A lot of times, when we are in a gang situation and everybody is making fun of some kid or a teacher, we do it also and don't think about it twice. If your level of *haya* is high you would stop immediately. It depends what your level is. If you are not feeling bad about it at all, then that is problematic.

Slide 18:

So it's *haya* that makes us feel that tinge of guilt when we break somebody's heart, when we say something awful and nasty to somebody. That's a good thing. Unfortunately modern western culture tells us that there is no need to feel guilty; guilt is not a good thing. Often people will say things like, “There is no need to feel so guilty all the time, you are just 15 years old. This is how kids are.”

No, that is not how kids are, that is a lack of *haya*. *Haya* makes us say “I'm sorry”. What *haya* does, when you have your *haya* seat belt on, it takes a hammer and it bashes your pride and ego down. Why? Well, look at the example of being rude to your mom. Sometimes it's your pride and ego that stops you. You're feeling bad and you actually want to go and give her a hug and say “I'm sorry” but something keeps you from doing that. It is your ego getting in the way. Now if your *haya* level is high, you just squish that ego, and say sorry immediately.

Slide 19-21:

***Haya* also calms us down in anger.** Say you're fuming about something. You're very angry and it could be over anything. Your *haya* soothes and cools you. When in a rage, you can have terrible, terrible thoughts. For example, you've had a fight with your brother and you think "I'm going to kill him tonight!!!" Have you ever felt like that about your siblings? I know I have. I have felt like that about my sister when I was younger. Even now, I sometimes feel that way. Say your sister has messed up your homework or whatever. You've had a big fight with your siblings and you think, "I'm going to push her down the stairs!" Do you actually do it? Do you actually physically harm somebody?

You might have very violent thoughts about people, that I'm going to just 'aaghhhh,' Do you actually carry them out? It's very possible that that person has done something awful to you. It's quite possible that somebody has hurt you, harmed you, or treated you unfairly. It's natural to be very upset. You might feel that next time you are to going to box his ears. You feel that urge to go and smack somebody one. But you don't do it.

None of you drive yet but you will. Sometimes I get enraged when driving. A cow will come and stand in the middle of the road or someone will strike your car and run off. *Bhai* hello, what is the matter. Sometimes you do feel like pulling your car over, taking that person out, getting a gun and just killing him. Sometimes you get that feeling, and particularly in *Ramadan*. If it was legal so that everyone had guns and there was no *haya*, then everybody would be dead in *Ramadan*. Nobody would make it home with *Jalebi and Samosas* [snacks popular in *Ramadan*]. No, seriously. Because, for some strange reason, temperatures run high in that month. So what controls our impulsiveness when we have these violent thoughts? *Haya!*

Slide 22:

***Haya* makes our relationships pleasant and friendly.** Sometimes you want to curse somebody so badly that you have to bite your tongue to stop yourself. When you're feeling upset and want to scream and howl, something stops you. That is *haya*. See, if your violent and unruly thoughts are being controlled and you are consciously making an effort to be nice, then obviously your relationships are going to be pleasant. Isn't that true? It's very simple, isn't it? Your mom is upset with you about something and you just listen politely. She'll be fine after a while, because that's how moms usually are. That will be the end of the story. However, if you turn it into a big confrontation then what happens? Your relationship with your mom is affected, isn't it? You are upset, your mom is unhappy and all for what? Because you could not control yourself! Thus, when we have our *haya* level high, all our relationships are better, friendlier ....and more positive.

Slide 23:

The Prophet Muhammad (pbuh) said that, "... *Haya* does not produce anything, but goodness....." and this is one good that comes from it.

Slide 24:

***Haya stops us from showing off ourselves*** It is a natural thing within us to want to show off. Even if we start covering, our brains are working on the problem of: now how do I show off? When you wear something nice, you want people to appreciate it. Isn't that true? When you are wearing something pretty and someone says, "Ohh! How beautiful.", you feel really good about it. This does not mean that you should not wear anything pretty. However, if we dress up and our main goal is to have everyone look at us, to have everyone's attention, that is problematic. You only do that when you have absolutely no shame. Once we lose all shame, we can take this showing off to whatever level we want.

Think of a red carpet; what happens on a red carpet?

Student: Celebrities walk on a red carpet.

Teacher: Yes but celebrities go on a red carpet to do what? To show off! That is the sole purpose of a red carpet-showing off, big time. The carpet is laid out. Cameras click. Smile. Celebrities walk wearing all sorts of weird, strange and indecent clothes. They are willing to go to any extent to attract attention. Its shameless behavior, absolutely shameless behavior and its only purpose is showing off. *Haya* is something that stops us from behaving like that.

Slide 25 & 26:

***Haya is something that keeps us from showing off our piety or our stuff!*** I read the Qur'an everyday, do you? You poor, pathetic creature, not reading Qur'an! Be careful. Often, we show off our piety without even realizing it. That is very scary. We sometimes feel that now that we cover, fast and pray, so we are the good guys. Even if you don't say anything; you just look at others and think, poor things, all going to Hell. This is something that we all tend to do. It is *haya* that stops us from this.

Are you wondering as to why I am talking about things that you already know? The thing is, we need to keep reminding ourselves because we forget very easily, particularly about *haya* because it covers so many different aspects of our lives.

Slide 27:

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

ثُمَّ رَدَدْنَاهُ أَسْفَلَ سَافِلِينَ

Allah (swt) says, “Surely we have created the human being in the best of moulds” (Surah At-Tin 95: verses 4-5). *Haya* is what makes us the best of creation

*Asfala safilin* is what happens when you open the seat belt.

Allah (swt) wants us to have our seat belt on at all times. When responsible parents place a small child in a car, they make sure that she is belted in. It is a proven fact that seat belts save lives. You might choose to sit without a seat belt and say, “It makes no difference to me. I am sixteen years old.” You might say that. After all, there are people who smoke and say that I am 75 years old and I have not died. It is a ridiculous attitude. The fact is that smoking is bad for you. Similarly, when not wearing seat belts, the possibility of accidents and serious injuries is very high.

Allah (swt) wants us to have the seat belt of *haya* on at all times ....

*InshaAllah* we will continue with our discussion next week.

Du’a for end of a gathering) *Subhana Rabbika Rabbul Izzati ‘amma yasifun wa salamun ‘alal mursaleen, walhamdulillahi Rabbil ‘alameen*

(Parting salutation to students) *Assalam alaikum wa rahmatullahi wa Barakatuh*