

## MODULE 5

**Class Title:** Hijab - Part 4 (4<sup>th</sup> part of a 6 lesson series)

**Category:** Scripture/Popular Culture

**Aim of Lesson:** To understand commandments of *hijab* related to attitude

**Class format:** Power point Presentation & discussion

(Greeting to students) *Assalamu 'alaikum wa Rahmatullahi wa Barakatuh*

(*Ta'awwudh*) *A'oodhu billahi min Ash Shaytaanir Rajeem*

(*Tasmiyah*) *Bismillahir Rahmanir Raheem*

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

I don't know if you have the information fresh in your minds after a week's gap because we've covered quite a bit. I hope we're all on the same page. And that's the reason why I like to reiterate before every class so that it remains fresh in our minds.

Slides 1- 4:

We were talking about the commandments of the *hijab*. We have already looked at what Allah (swt) has asked of us in the Quran. And we said that we are going to break it down into manageable pieces to swallow. Otherwise it gets very overwhelming. We were trying to understand the two verses of *hijab*.

We said that there are these seven commandments within those verses:

- To lower their gazes.
- To guard their modesty.
- Not to display their beauty except what is apparent of it.
- To extend their head covering to cover their bosoms.
- Not to display their beauty except to their husbands, fathers...
- Not to strike their feet so as to make known what they hide.
- Lastly to draw their outer garments close around themselves.

And then four commandments relate to dress which can be expressed as these three rules:

- Not displaying their beauty beyond what is apparent of it, except for the people listed in *Surah Nur* verse 31.
- Extending the head covering over the bosoms.
- Drawing the outer garment close around.

*Alhamdulillah* we are done with all of this. We are done with the commandments that relate to dress.

Slides 5 – 8:

Today we are going to talk about the three commandments that relate to attitude.

Lowering the gaze,  
guarding modesty,  
not striking feet on the ground so as to reveal what is hidden.

I think we have talked over and over again about the meaning of *hijab*. It is clothes plus attitude.

‘And say to the believing women that they should lower their gaze and guard their modesty, that they should not display their beauty and ornaments except what must ordinarily appear thereof; that they must pull their veils over their bosoms and not to reveal their adornment except to..., and let them not stamp their feet so as not to reveal what they hide of their adornment, and all of you beg Allah (swt) to forgive you all, oh believers so that you may be successful’ (Surah Al Nur 24: Verse 31)

It is the Sunnah of Prophet (pbuh) to repeat things several times so that our understanding gets clearer which is why we keep repeating things in class several times. So these three things; lowering gaze, guarding modesty and not stamping feet.

Let’s look at them one at a time.

Slides 9 – 11:

‘Lower their gaze’, what does that mean?

The word *Yaghdudna* in the above Verse comes from the root word *Ghadd* which means to lower, to regulate, to suppress (Mufaradat-ul Quran).

To lower the eyes in this context means to turn away the eyes from everything forbidden (Tafsir Ibn Kathir).

What is ‘Temptation’? Can somebody tell me?

Student: Desire.

Yes, but where does it begin? How does it get to the heart?

Student: When you look at something.

Absolutely, it is eye candy. When you look at someone and you go, ‘oh my gosh, he’s cute’. That’s where it connects to the heart and desire comes. For me I look at a brownie and I start feeling hungry. Seriously, even if you look at food, you’ll get tempted. You look at it and you go like (*gasps*) Oh my God! It’s a fact. You look at something and you desire it. You look at a beautiful outfit and go like, ‘I want it’.

The eyes are a very powerful thing. If looks could kill, wouldn’t they. Do you agree with this expression? It’s a very common expression and it’s absolutely true. If looks could kill, they would.

Slides 12 -16:

This is an interpretation of a *hadith*; Prophet (pbuh) said that,

“Three types of eyes whom Hell fire will not touch, the eye which keeps itself shut from things forbidden by Allah (swt), the eye which guards the frontiers of Islam and remains open to keep vigil over it and the eye which constantly sheds tears out of Allah (swt)’s fear”. [Tirmidhi]

And this is a concept which is present in all wisdoms, religious or not. See no evil, hear no evil, and speak no evil. I think this is a *Confucius* thing, I’m not sure but I do know it’s from the Far East. Because it’s part of the *Zen* philosophy.

So, see no evil, why? Because if you see it, it effects you. In Urdu we say ‘*aankh matakka*’. Have you heard that? You’ve never heard that word? Oh my God! You guys are such *burgers*! So sad! So anyway it begins with the eyes, you go like uh-huh. How do you check somebody out? C’mon tell me. How do you check out a cute guy? Using what? You’re not going to go and start feeling him are you? What are you going to do? Well one hopes not! So what is it that you use?

Student: Your eyes.

And a lot of times even between friends what happens, you don’t say a word about somebody and you do *gheebah* (backbiting) about them through your eyes. Somebody walks in, you exchange looks and go like mm hmm. You don’t even have to say a word! Just your eyes do it.

It makes perfect sense what Allah (swt) says, guard what you see, lower your gaze because this is where it begins. And we have to be honest with ourselves because Quran teaches us honesty first and foremost. If we aren’t honest and if we don’t go back to our *fitrah* {how Allah (swt) has created us}, then we can never get what Allah (swt) is saying. It makes sense. You all know that too. So now you all know what the expression *aankh matakka* means.

And do you know that Prophet (pbuh) warned Ali (ra),

“Do not look once after another, for the first look is for you since it happens accidentally while the second is against you” [Ahmed, Abu Dawood and Tirmidhi]

you hear people making such fun of this *hadith*. ‘*Lets check her out in the first glance, 2nd is not allowed*’, they say with a smirk. *Na’oozu billah*. Unfortunately that’s what ignorance does to us.

They don’t understand the significance of what Prophet (pbuh) is saying over here. And it happens, you’re driving by and you’ve got a billboard in your face, what do you do? Then if you keep on staring at it...then that’s your issue! Accidentally if something comes in front of you, there is no accountability for that, Allah (swt) is not going to hold you responsible for that. But if you keep on looking, then that’s your choice. So accidental look is not what we are talking about here.

Jurayr (ra) said, “I asked Prophet (pbuh) about accidentally looking at something that is not allowed. He said turn away your eyes.” [Muslim]

If something comes in front of you, it could be nudity and unfortunately we are living in a time where nudity is rampant. Whether you like it or not. We are not talking about what we make a choice of looking at but something that is out there, like a billboard, something inappropriate around which you accidentally look at. Then what do you do? Turn your eyes away. So ‘lowering your gaze’.

Slides 17 – 21:

This applies when you are surfing the net, it applies when you are watching TV or a movie, wherever you are using your eyes, this “lower your gaze” command applies. Whether you are looking at an image or you are looking at a written word. Similarly, to peek into people's houses and to use the eyes in seeing all such things that the religion has forbidden are included under this Commandment.

Why am I saying a written word? Because a lot of times even that can be pornography. Even a written word would be included in this! Whether it's a magazine or dirty jokes, SMS a lot of times people think its cute sending really filthy jokes on SMS. Have you ever experienced that? So what are you supposed to do? Sit and laugh over it? Guard your eyes against what Allah (swt) has prohibited! Like I said don't just relate to it as a picture only, it could be a word. It could be lots of words put together like a dirty joke. Guard your eyes.

Not staring at non *mehrams*. And as it is, staring is very uncool isn't it? We have been told as young kids not to stare at people. Isn't that true? Its bad manners, particularly if you find somebody attractive.

A lot of times people make jokes about women who do *purda*. They go like you can't be seen but you're checking everyone out. So is that the thing that Allah (swt) is saying? Now that you're covered you can check everyone out! Hmm, cutie pie.... No, that s not *hijab* anymore because your attitude sucks. That's not why you're covered so that you can go about and do whatever without anybody recognizing you. A lot times if a person is not covered perhaps they might have this fear that if I'm going to check out somebody they might notice, so here you are all covered. But no, you have to guard what you are looking at.

So does that mean you're going to look at the floor all the time? No, absolutely not! That's not true. You find a balance. You need to find a balance and be normal.

And this is something which nobody can actually teach you. It's something which is inside of us. We know when we cross the lines. I know what is tempting for me. When something is getting to be ‘eye candy’ for me, I know it. It's when I'm getting cheap thrills out of it.

Whether it's from a scene from a movie, ‘Oh it's a clean movie *just one or two* intimate scenes! We say that a lot.

So we might get cheap thrills from anything and it'll be different for different people. So Allah (swt), has given us clear parameters. Guard our eyes against temptation.

Slides 22 – 27:

Stamping feet on the ground, anybody has an idea what that is?

Student: Attention.

Yes. Seeking attention, drawing attention by the way you walk. And can that happen? Absolutely. If you walk with the swish and swish and swish then you are done for. And you could be covered from head to toe by the way!

That is why attitude commandments are there... because a woman can be covered head to toe and yet draw attention to herself to such an extent it isn't funny. In fact some people joke about it that a covered woman is so sensuous because she makes herself sensuous by her attitude. And that is really regrettable. Because then you are making a mockery of Allah (swt)'s commandments. You put on these layers of clothes for what? For nothing perhaps? Perhaps to make yourself more alluring.

So the way you walk; that is the reason that women in the days of *jaahilya* used to wear these trinkets that made a jingling sound when they walked. They used to wear it and when they would pass by a guy they would deliberately walk like that to draw attention to themselves. And it's absolutely not allowed.

So if any of you do wear a *paazeb* (anklet) or something please don't wear it if it has bells on it. You have those anklets which just have strings, they don't make noise. So if any shoes make noise, be careful about *khussas*, which have bells on. And a lot of shoes have it you know, when you walk they go like *chun chun chun*. Or clicking your heels in such a way; wearing heels is not an issue, clicking your heels in such a way that you are drawing attention to yourself is. And you know the strut you have; it's called strutting isn't it? There is a particular word for it and where is this strutting most obvious? Where is this particular place where this strutting business is most obvious? On a catwalk. Do not walk like models. Just don't because it's a particular strut.

It is possible to do that even if you wear an *abaya* or cover your face. So you can walk like this and still look very provocative. Like I said, don't think if you're covered, your attitude is not of *haya* doesn't have *hijab*, then wearing pieces of cloth will not make you a *hijabi*. It just doesn't. If you are covering your face and you are doing that 'Cleopatra eye makeup' to draw attention because that's all that's visible, then there's something wrong here. Something is not connecting. Therefore one needs to be very careful about drawing attention. So is everybody clear on stamping feet?

Slides 28 – 30:

Now wearing perfume which is 'over powering' will fall in this category as well. Of attitude, rather than dress. Why do you wear perfume?

Student: To smell nice.

And do you know that women dress for other women and they smell nice for other men? Yes it is a fact. You can say *astaghfirullah* all you like but that is a fact of life! You can keep doing all your *astaghfirullahs* but women dress for other women because men never remember what you are wearing until you take it off. Simple as that. And *InshaAllah* we will talk about that next time. But a woman smells nice for a man.

You can wear perfume but it should not be smelled by other people. So you can wear it for yourself or perhaps you are going to a gathering but make sure if you are going to a women gathering, you are sitting with your driver and he's like uhh. Yeah he's a human being and he's a man. Let's not forget that.

Incidentally, perfume ads are very provocative. Have you noticed that? In fact some ads are so awful that one can't even think about posting a picture of them anywhere. They are terrible. There is a reason for that. Who are they selling it to?

Student: Perfume ads for women are worse than perfume ads for guys.

Because they aren't selling the perfume to women but to the man by putting these provocative ads. Simple!

Prophet (pbuh) said,

“A woman who perfumes herself and passes through a gathering is an adulteress” [Abu Dawud, Tirmidhi]

So if you can feel the whiff of your perfume somewhere, that's a bad idea. Don't wear such overpowering perfume that the fumes are everywhere. And generally we see that in ads, you pick up the bottle and you go like splash splash all over the place. Even though you are wearing an *abaya* people turn around and go like, 'Oh my God what was that?' Because you are smelling all over the place. So you should not be stinking nor smelling very nice either. Both are bad. Strong odor in a woman and particularly perfume odor, absolutely not. Are we clear on these three things? Any issues?

Slides 31 – 32:

The thing is that these *hijab* commandments are part of a bigger picture. All the systems that Allah (swt) has given us, are all inter-connected. They can't be taken in one vacuum thing. And that is exactly what we do, particularly for *hijab* that we pick up one thing and say this is what Allah (swt) says in the Quran without looking at the context, without looking at *why* it is said. It is all part of this beautiful system, if you take one of these things away the whole picture will be distorted.

All these seven commandments go hand in hand; the covering of the head, the *haya*, the covering, the attitude and they are all part of a larger picture. And that's what we are going to look at.

We have seen **what** Allah (swt) is asking us, now next time, *inshaAllah*, we will analyze **why** He (swt) has given us these commandments.

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*