

Self-Actualization Through the Quran

Course Outline

Instructor: Mahvish Akhtar

June (2 sessions)

June 22nd 2024 (3pm – 4pm)

Orientation: Introduction to course and Instructor

Student introductions

June 27th 2024

1st class:

1. What makes the best of all creatures?
2. Background and history of atheism.
3. Story of Hadrat Ibrahim explained through Surah Baqarah

July (4 Sessions)

1. Do we deserve the title or is it earned?
 - Entitlement: is that arrogance or knowing your worth?
 - Background of Bani-Israel and through history and the Quran
 - Concept of self-actualization in these two stories.
 - Are we Bani Israel or Musa and Haroon's (RA) few followers?
 - Difference between knowing our worth and abusing our worth
2. Who are we? Understanding us.
 - Surah Al-Khalaq
 - The history of The Prophet Muhammad (PBUH) before this surah was revealed. The condition of the world around the revelation of this surah.
 - What is humanity? Discussion through psychology
 - Historical events and the opinions on Surah Al-Khalaq explored extensively through the eyes of different philosophers to understand the human condition.

August (4 Sessions)

1. Intrinsic selfishness is normal.
2. We are social animals, accepting that and caring for others to fulfill our selfish needs.
3. These are psychological/scientific facts.
4. What is the biggest challenge you face in being your authentic self?

September (4 Sessions)

1. Why did the Arab world change when Islam came? We see examples of that today.
2. What are they? Why are they important to understand?
3. Reality v. illusion
4. What is the Self and how to control it?
 - These topics will be discussed in light of philosophy, The Quran, and the Sunnah of the Prophet (PBUH).
5. Conclusion