

APPLICATION OF IQBAL'S THOUGHT TO
PROMOTE THOUGHTFUL INTELLIGENCE

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ABSTRACT

Thoughtful Intelligence means to locate yourself in the system of humanity as per your *knowledge* of past, -present & future relevant to the situation. It is to locate yourself in the system of humanity as per your *status* relevant to you, to your family and to your community & nation. To begin with, if you want to thrive personally and professionally, and want to enjoy healthy relationships then start treating 'yourself' like you would treat someone you dearly love. How can you expect to rise higher in this life if your inner conversation is impure? Your outer world is a reflection of your inner paradigm. Thoughtful Intelligence is the higher order of thinking to train the mind-set to produce intention and actions. Thoughtful intelligence can be struggled for and acquired. It comprises of capacity to understand and realize the impact of one's thoughts, words and actions on the survival, dignity and development of individuals, groups and nations. The impact can be realized in 'Time' (for how many days, weeks, months or years the impact will continue) and 'Space' (for how far geographical land with or without human beings will be effected). It establishes thoughtful thoughts. There comes a point in life when you have to make a choice. The choice is to greet every day with a compassionate heart, awareness, and an open mindedness. For this purpose, you have to say "YES!" to your life and "YES!" to owning your space here on this planet so that you can attain full potential and make your unique contribution towards this world. Think that what is profitable as per your capacity for the system of humanity should be known to you as your success and purpose of life.

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Thoughtful Intelligence is the higher order of thinking to train the mind-set to produce intention and actions. Thoughtful Intelligence can be struggled for and acquired. It comprises of capacity to understand and realize the impact of one’s thoughts, words and actions on the survival, dignity¹ and development of individuals, groups and nations. The impact can be realized in ‘Time’ (for how many days, weeks, months or years the impact will continue) and ‘Space’ (for how far geographical land with or without human beings will be effected). It establishes thoughtful thoughts. Per the inner paradigm²: Thoughtful intelligence establishes and defends moral values in the individual against internal and external threats. This defense includes detection, prevention and response to threats through the use of moral beliefs, values, rules and practices. Thoughtful intelligence visions the eyes to observe and gives the courage³ to understand befittingly suited to difficult times; and reveals compassion⁴ for moral development.

Khizra’s mentor Qareeb advises, “Take your time, learn how to appreciate, and then go to meet your charismatic ‘Self’. For this purpose you need a thoughtful mind and a grateful heart.” Your evolution over earlier four chapters gives you a choice to assert yourself to protect your mind and being as precious aspects of your identity. This flagship carries the following to supersize your effort:

- I. Manual to operate change
- II. Spiritual self-care
- III. Physical self-care
- IV. Lifestyle self-care

Change is constant and it's one of the only things you can rely on! To vitalize all above 'Self-Cares' you have to operate change.

I. Manual to operate change

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself⁵." Following are the principles of change:

Act upon your knowledge: Everything you've learned in life and read in self-help...practice it. Transformation happens in practice. Act upon the knowledge that will take you into the life you desire.

Face your challenges: Studies show that the more you postpone something, the more anxiety and tension you generate. Write short weekly lists of tasks and complete them.

Start in being proactive mode: There are two ways of operating in your daily life, and this holds true for your personal life and your professional life. The two modes are proactive and reactive. Problems arise when you live predominantly in the reactionary mode. You have to learn: how to operate in the proactive mode.

Practice the art of saying No: Stop saying yes to everyone. If you say yes to everyone and everything out of habit, you leave no space, time or energy to channel into what is the most appropriate. By practicing this habit, you might also become famous for your 'Hypocrisy'. If you are willing to change your rationale about how you live your life, you will find there is far more room for a shift in your experience than you might realize. Each time you stumble, pick yourself up, and practice again, and again, and again. That is the foundation of all sustainable change.

Moral: You are bigger and stronger than the challenge you face!

II. Spiritual self-care

The benchmark is connectivity regarding spiritual dynamic and its intensity. I refer here to the concepts of: purpose of life, prayer and meditation, self-compassion, positive thoughts, and mentorship to approach the objectivity of spiritual self-care.

Self assertion-Finding your purpose of life: Listen to what yours being needs and nourish it. Listen to what your intuition tells you and act upon it to find out the purpose of your life. You have to start to watch your thoughts, and to witness your feelings and notice how they impact your choices. You have to notice your decision making process and rationale. Once you understand that how you have been operating, with clarity. You can confidently make better choices, with

new tools to exercise your courage muscle to go for self assertion. Being assertive helps to improve yours self-thought.

You can only solve a problem by assessing it, understanding it, and through bringing a *different thinking*, energy and intention to it, in comparison to the thinking that created it in the first place. You must *adopt resolving attitude to reach the purpose of life*. Talk about the problem by all means: but for two reasons only; firstly, to see what you can learn from it and secondly to devise a solution for it.

There comes a point in life when you have to make a choice. The choice is to greet every day with a compassionate heart, awareness, and an open mindedness. For this purpose, you have to say “YES!” to your life and “YES!” to owning your space here on this planet so that you can attain full potential and make your unique contribution towards this world. Think that what is profitable as per your capacity for the system of humanity should be known to you as your success and purpose of life.

Moral: You are unique with a unique purpose of life.

Exercise

Be assertive, ask what you want and say what you think.

Prayer and meditation: Prayer is the expression of thanks addressed to God. We have clear advice to pray to Allah. Quran says, “[O Prophet], recite that has been revealed to you of the scripture; keep up the prayer: prayer restrains outrageous and unacceptable behavior. Remembering God is greater. God knows everything you are doing⁶.”

Meditation: Meditation is contemplation and thinking. Night prayer has depth because you listen as well, what you speak to your Lord. We have been advised to offer *Tabajjad*. Quran says, “And during the night wake up and pray, as an extra offering of your own, so that your Lord raise you to highly praised status⁷.”

Iqbal says:

جب عشق سکھاتا ہے آدابِ خود آگاہی
کھلتے ہیں غلاموں پر اسرارِ شہنشاہی
عطار ہو، رومی ہو، رازی ہو، غزالی ہو
کچھ ہاتھ نہیں آتا بے آہ سحر گاہی

When man grows self-awareness, he learns the kingly deeds. Like Rumi, Attar, Ghazzali and Razi, none can achieve the objective without the help of the morning sighs⁸.

Iqbal says:

زمستانی ہوا میں گرچہ تھی شمشیر کی تیزی
نہ چھوٹے مجھ سے لندن میں بھی آداب سحر نیزی

Though at London, winter wind was sharp like sword, but my rise at early morning didn't miss out⁹.

Exercise

Offer five times prayer daily and Tahajjud at least once in a week on every Friday.

Self-compassion: Compassion is sympathetic pity and concern for the sufferings or misfortunes of others. Self should be treated with compassion as well with the application of self forgiveness, self helping, positive self talk, and friendship with yourself. "Self-compassion involves treating yourself with the same kindness, concern, and support you'd show to a good friend. When faced with difficult life struggle, or confronting personal mistakes, failures, and inadequacies. Self-compassion responds with kindness rather than harsh self-judgment, recognizing that imperfection is part of the shared human experience."¹⁰ To become more self-compassionate, try the following 7 steps:

1. Recognize that you are experiencing self-distress: adopt an attitude in which you deliberately pay attention to your inner experience so that you can notice when you began to shift into a negative state.

2. Accept that the feeling is there: make a conscious decision to sit with whatever negative feeling is there and try to accept it.

3. Imagine what you might feel if you saw a loved one experiencing this feeling: in your mind's eye, imagine your loved ones being scared or sad or feeling bad about themselves. Then think about what you might feel. Perhaps you would feel the urge to help or comfort them. Try to direct this compassionate mind-set towards yourself. If you notice any resistance or thoughts of "I don't deserve compassion," acknowledge them, and try to direct compassion to yourself anyway.

4. Challenge your negative story about yourself: the ways to challenge the story are to ask yourself if you're being too judgmental,

or if you're seeing the situation from only one perspective. Are there any other, kinder ways to view the situation? Are you expecting yourself to be without mistake?

5. Think about how everybody messes up sometimes: In fact, even the most successful people make serious mistakes. Think about all the mistakes politicians make. But making a mistake doesn't undo all of your accomplishments and successes. Neff¹¹ cites "common humanity" as an aspect of self-compassion: Humans are learning, developing beings rather than finished products. We're all works in progress.

6. Decide what it would take to *forgive* yourself: if your behavior hurt you or another person, ask yourself what it would take to forgive yourself. Think about whether you want to apologize and make amends to the person you hurt. If you hurt *yourself* through addictive behavior, avoidance, ruining relationships, or otherwise behaving unwisely, make a coping plan for the next time you are in a similar situation so that you can begin to act differently.

7. Use self-talk to encourage yourself: you may say something like, "It doesn't help to beat yourself up," or, "Everybody makes mistakes sometimes." You may want to acknowledge yourself for trying, even if you weren't successful. You may tell yourself to focus on the positive aspects of what you did as well as the negative ones, or that behavior change is a process, and you need to keep trying.

Exercise

Learn to celebrate failure.

Cultivate positive thoughts

Find Mentorship: Mentorship is the guidance provided by a mentor, especially an experienced person in a company or an educational institution. The benchmark is connectivity with a thoughtful community and the intensity of the same. Here I refer to three groups in order to find mentorship; family, friends and teachers.

III. Physical self-care

Always prioritize wellness because Physical health is critical for the overall well-being. It is the most visible of the various dimensions of health including social, intellectual, emotional, and the spiritual health. Some of the most obvious and serious indications of our unhealthiness appear physically. I refer the following for physical self-care.

Regular activity: should be maintained as the only way for physical self-care.

- a. Practice of physical activity helps to improve mood. Spending 40 minutes in walk/exercise every day is the best antidote against sadness and stress.
- b. Take care of your posture. Walk straight with your shoulders slightly backwards. The front view helps to maintain a good mood.
- c. Practice swimming if you get the opportunity
- d. Practice horse riding. Our Prophet Muhammad (PBUH) was a very good horse rider, and Prophet Soleman had great liking for the horses.

Dietary patterns: One will be healthy if he follows the middle course regarding the desire for food. The middle course in eating means eating the necessary amount and variety of food. The Quran orders, "Eat and drink, but do not be excessive"¹². The Holy Prophet Muhammad (PBUH) advises, "One should not eat until one is hungry and should stop eating before one is full."¹³ The poet S'adi has wrote a poem in this regards: "Do not eat so much so that food falls out of your mouth and do not eat so little so that you die of weakness."¹⁴ Never become accustomed to eating all kinds of different food at once. The more kinds of food that man eats the more health problems he will have.

One who is used to eating different kind of foods will also spend a lot of money. For this reason it is possible for him to commit any crime in order to provide his stomach with what it wants. But when one is satisfied with whatever is brought to him, and does not care to eat different kinds of food then he will not commit these crimes; instead he will fight against his '*nafs*'. Abu Dharr fought against his personal desires and did not accept Mu'āwīyah's elaborate dinner invitations or pouches of gold. Instead, he was satisfied with barley bread. One who is satisfied is honored. He pays attention to what is allowed and what is forbidden.

Exercise

- a. Drink eight glasses of water daily. Learn from Quran, "We made every living thing from water."¹⁵
- b. Eat all things advised Halal by Holy Prophet Muhammad (PBUH) available in relevant seasons and geographical areas.
- c. Have Breakfast. Some people miss breakfast due to the lack of time or not to get fat. Studies show that breakfast gives

- you energy, helps you think and perform your activities successfully.
- d. What you eat has an impact on your mood - Do not skip meals, eat lightly every 3 to 4 hours and keep glucose levels stable. Avoid excessive white flour and sugar. Eat everything but eat healthy.
 - e. Plan your diet that if you may get delicious healthy food then it should contain all the necessary medicinal and nutritional values.
 - f. Do not eat in reclining position or when lying prone on one's stomach
 - g. When it is time for prayer and the food is being served, eat first and then pray
 - h. Wash your hands before and after a meal
 - i. Mention Allah's name before eating or drinking and praise Allah afterwards
 - j. Eat with the right hand.
 - k. Eat from what is next or nearest to you.
 - l. Eat from the sides of a dish, and not from its middle or upper top
 - m. Do not find fault with the food.
 - n. While drinking, pause three times in order to breathe.

Bathroom and rest room manners: One of the least discussed etiquette topics is bathroom etiquette, but it's the one that needs to be addressed. Whether you need to use the bathroom while visiting a friend or you're using a public restroom, follow these guidelines for good restroom manners.

- Close the door, avoid chatter, ignore cell phone, flush the toilet and cover the evidence, dispose of personal hygiene products, wash your hands.
- Leave the restroom or bathroom in as good of condition as you found it or you desire to find. This means that men should check the floor around the toilet and wipe up splatters.
- Say Alhamdulillah after sneezing, and try to keep the sound of sneeze as low as possible.

Take adequate sleep: Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, skin and more. A person should get 6-7 hours of daily sleep. The ritual of getting a proper *sleep is being* ignored these days due to today's materialistic lifestyle. Quran advises, "We made the night as cover, and the day for your livelihood."¹⁶

Exercise

- Before going to sleep, close and lock the doors and extinguish the fire lamp
- Dusting off the bed before lying down on it
- Sleep on your right side and place your cheek on your right hand
- Recite something from the Quran

Weekly beauty care: We are advised by Holy Prophet Muhammad (PBUH) to have thorough cleaning and cleansing of body on every Friday by trimming nails as well.

Exercise

Give yourself scalp massage at least once a week for 10 minutes to increase blood flow to the scalp and promote hair growth. Skin should be cared through scrubbing and toning. They are important to balance excessive oil, refining pores and providing nourishment to skin.

IV. Lifestyle self-care

Here I refer to the dynamic life balance among self, nature, and society.

Regular routines and structures: Regular routines and structures depend on the punctuality component of the individual. Punctuality does not mean only to organize your daily tasks around the 24 hours clock, but it also means:

- a. That you punctuate your thoughts with the belief in oneness of Allah and Holy Prophet Muhammad Holy Prophet Muhammad (PBUH) as his last messenger.
- b. That you punctuate your thoughts to righteousness
- c. That you punctuate your deeds to have compatibility with nature, and seasons
- d. That you punctuate your rights to duties
- e. That you punctuate your vision to create profitability in the system of humanity
- f. That you punctuate your deeds to facilitate the others
- g. That you punctuate your deeds by counting their impact on the life hereafter

Book reading: *Reading* requires one to identify and understand strings of words in a fluid manner. It is a detailed process that includes comprehension, word recognition, engagement, and fluency.

Exercise

- Read the translation of Quran and learn Hadith. Read the governance system of Madina established by Holy Prophet Muhammad (PBUH) and followed by four Caliphs of Islam.

- Indulge into literature, history and biographies of heroes like, Quaid-e-Azam, Allama Iqbal, Abraham Lincoln and Nelson Mandela.

Take time in nature: Spending time in nature isn't just a “nice to have activity,” but it's actually really important for your optimal health. The sounds of nature shift your nervous system into a relaxed state. Being closer to the nature is associated with healthier blood pressure levels.

In Quran, nature is presented as the precise gift of the Lord. “With shading branches’ which, then, of your Lord’s blessing do you both deny? With a pair of flowing springs which, then, of your Lord’s blessing do you both deny?”¹⁷

Travelling: *Travel* is the movement of people between relatively distant geographical locations, and can involve *travel* by foot, bicycle, automobile, train, boat, bus, airplane, or other means, with or without luggage, and can be one way or round trip. The Holy Prophet Muhammad (PBUH) has admired travelling. He advised to travel to obtain knowledge even if you have to go to China.¹⁸

Exercise

- Bid farewell to wife, relatives and friends before commencing the journey.
- Start your travel at the beginning of the day.
- Supplicate that are relevant to travel.

Dressing: A thoughtfully intelligent person dresses decently to provide a decent outlook. He/she reflects wisdom with a combination of his/her sensible social role, by decently covering the body and the body contours. Decent dressing is the Universal value; therefore decent dressing should be promoted to format civilized identity and dignity. Holy Prophet Muhammad (PBUH) says, “If Allah blesses one with wealth, the effects of that blessing should be seen in his clothes.”¹⁹

Decent sense of dressing surrounds the following thoughts:

1. Assigned role (student/teacher/manager)
2. Social role (Daughter/Son, Mother/Father)
3. Weather situation (summer/winter)
4. Impact on others glancing at the wearer
5. No negative dressing²⁰

6. Dupatta (Pakistani scarf) is mandatory in women wear. At the very least it must be hanging on the shoulders.
7. Wear comfortable shoes because if your feet hurt you will become moody, says Dr. Keinth Wapner.²¹

Exercise

- Do not drag your garment on the ground with a feeling of haughtiness and self-conceit
- Do not wear extravagant clothes to gain fame or to draw the attention of others
- Wear fragrance
- Man should not wear lethargy beard, he should refine his beard

Comedy: Comedy is a play characterized by its humorous or satirical tone and its depiction of amusing people or incidents, in which the characters ultimately triumph over adversity.²²

Exercise

- Read comedy
- Watch comedy of Moeen Akhtar and Anwar Maqsood²³ or comedy created through decency.

Music: Listen to music. It is proven that listening to music awakens you to but the words and rhymes in music should contain effective poetry following the morals.

Exercise

- Listen to the music which takes you near to the Lord.

Moral: Inner 'Goodness' glows the 'Exterior' of the individual and radiates his thoughtful aura in the society.

Please rise to say:

لب پہ آتی ہے دعا بن کے تمنا میری

My longing comes to my lips as supplication of mine
O God! May like the candle be the life of mine!

May the world's darkness disappear through the life of mine!
May every place light up with the sparkling light of mine!

May my homeland through me attain elegance
As the garden through flowers attains elegance

May my life like that of the moth be, O Lord!
May I love the lamp of knowledge, O Lord!

May supportive of the poor my life's way be
May loving the old, the suffering my way be

O God! Protect me from the evil ways
Show me the path leading to the good ways²⁴

Notes and References

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- ¹ Al-Quran, Bani Israel, Ayat: 70 'And We have certainly honored the children of Adam.'
 - ² The inner paradigm is a framework containing all the accepted views of an individual about human life (past, present, and future); inclusive social, economic, political, and security dimensions.
 - ³ Courage is the ability to do something that frightens one: bravery.
 - ⁴ Compassion is the ability to give and to forgive.
 - ⁵ Rumi, "Theosophy World," accessed March 3, 2018, <https://www.theosophy.world/resource/quotes/quotes-rumi>
 - ⁶ Al-Quran, Al-Ankabut, Ayat:45
 - ⁷ Al-Quran, Al-Isra, Ayat:79
 - ⁸ Muhammad. Iqbal, accessed Sep 2, 2017, <https://www.iap.gov.pk/>
 - ⁹ Muhammad. Iqbal, accessed Sep 2, 2017, <https://www.iap.gov.pk/>
 - ¹⁰ "Self-Compassion: What It Is, What It Does, and How It Relates to Mindfulness," accessed Sep 28, 2018, <http://citeseerx.ist.psu.edu/viewdoc/> Kristin D. Neff , Katie A. Dahm , B. Meier
 - ¹¹ Ibid
 - ¹² Islamic Ethics, accessed on Oct 31, 2017, <https://www.al-islam.org>
 - ¹³ Ibid
 - ¹⁴ Ibid
 - ¹⁵ Al-Quran, Al-Anbiya, Ayat:30
 - ¹⁶ Al-Quran, Al-Naba, Ayat:10-11
 - ¹⁷ Al-Quran, Al-Rehman, Ayat:48-51
 - ¹⁸ "Seek Knowledge Even If You Have To Go To China.", accessed January 3, 2018, <http://www.al-mawrid.org>
 - ¹⁹ Islamic Ethics, accessed on Oct 31, 2017, <https://www.al-islam.org>
 - ²⁰ Negative dressing includes skin tights, see through outfits and sleeveless shirts.
 - ²¹ "Orthopedic Surgery" accessed Sep 28, 2018, <https://health.usnews.com/doctors/keith-wapner>
 - ²² "Shakespeare's comedies" Bloom, Harold. William Shakespeare: The Comedies. Blooms Critical Views, 2009.
 - ²³ Moin Akhtar, was a Pakistani television, film, stage actor, humorist, comedian, impersonator, and a host, writer, singer, director and producer who rose to fame in era of Radio Pakistan along with his co-actors Anwer Maqsood and Bushra Ansari.
 - ²⁴ Muhammad. Iqbal, accessed Sep 2, 2017, <https://www.iap.gov.pk/>