

Al- Ishq Relationship Circle

a Jami' Initiative Offering

Some of the skills we intend to learn and practice:

1. Reflective listening – listening deeply and reflecting what we hear in a way that helps deepen connection.
2. Guessing feelings and needs – doing our best to understand the feelings and needs that are moving, both within ourselves and for others.
3. Cultivating curiosity – listening to understand (rather than to respond). This skill is particularly important when what another is saying does not seem to make sense.
4. Making requests – how to make requests that are healthy and lead to positive outcomes. Requests that set us up for success rather than failure. Requests that are specific, measurable, achievable, relevant and timely.
5. How to sit in silence with what Allah moves in or on the outside of us before we speak or respond.
6. To speak consciously, concisely and authentically from our hearts, for our own wellbeing and the benefit of all.
7. To be willing to be with the full spectrum of what Allah sends in our lives and our beings.