Abstract

The first thing I would like to share with you here is that when you help people, you don’t wait around until they say Thank You. Because you didn’t help them so you can hear appreciation. If you make your intentions pure, you help someone, you do something good for someone but you expect and converse only with ALLAH. Then ALLAH will take more care of you than you could ever imagine.

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Introduction:

In Islamic philosophy, the Qalb (Arabic: قلب) or heart, is the origin of intentional activities, the cause behind all of human’s intuitive deeds. While the brain handles the physical impressions, Qalb (the heart) is responsible for apprehending. What will save us on the Day of Judgment? Are we favored based on our race or color? No. Then what is it? It is the place in our body which ALLAH made the location of the most valuable possession of a human being: Emaan (faith). It is your heart.

What favors you in the sight of ALLAH is the state of your heart. What will save you on the Day of Judgment is Qalbun Saleem (a sound heart).

Let’s get started and find out about the amazing position of the heart in Islam and learn the secrets of a productive heart.

The Significance of the Heart:

In order to start moving in life you first need to have knowledge; with that knowledge you can define if something is important or not. Then it is up to you to make the move. The Prophet said about your heart:

Truly in the body there is a morsel of flesh which, if it be sound, all the body is sound and which, if it be diseased, all of it is diseased. Truly it is the heart.

[Al-Bukhari, Muslim]
ALLAH Informed us in the Quran about the “heart” (generally Qalb in Arabic). For example, the word Naas (people, mankind) is used 241 times, but the word “heart” is used no less than 137 times.

A damaged heart:

It was narrated from Abu Hurairah that the messenger of ALLAH said:

“Do not laugh a lot, for laughing a lot deadens the heart”

Sunan e Ibn e Maja # 4193

The state of your heart will decide what you do with your knowledge. Will you benefit from it by practicing it or not? For example, if you hear an ayah of the Quran and a hadith, does it make you feel you want to practice it straight away or does it not have much impact on you? Whatever the answer is, it will tell you about the state of your heart.

Sins have an effect on your heart; they can cause your heart to be sealed so that the light of knowledge doesn’t reach in it. May ALLAH protect us from its bad affects.

There are many diseases in our hearts, like jealousy, envy, greed, lust, and showing off. Our aim should be to strive to purify our hearts and turn back to ALLAH with a sound heart. Once a wise man made this Dua:

‘ O Allah purify my heart from anything but You.’

The Heart and the Mind:

When you say the word ‘Think!’ most of us point to our heads, right? How many of us point to our hearts when we say “Think?” The Messenger of ALLAH said,

“Taqwa is here,” and He pointed to His chest”.

[Muslim, at-Tirmizi, Ahmad]

Subhanallah, One of the functions of the heart is Taw’aqqul (understanding).

IbnTaymiyyah said that many doctors and philosophers have said that the mind is in the brain, so we think and understand with our brains and not with our hearts. He then said that the centre is actually the heart.

IbnKaseer said:

“The arrogant philosophers say that the mind is in the brain.”

[TafsiribnKaseervol 4 p.508]

Different Names for “Heart” in the Quran
In the Quran, ALLAH uses different words to describe the heart; Qalb, Fu’aad and Sadr, In Surah Al-Baqarah, Al-Jasiyah, Aal-Emran, Al-Hood, Al-Qasas, Al-Furqan, AL-Hajj and other many more.

Qalb is the general word for heart and the root word means something that turns around, something that changes easily. When ALLAH refers to Emaan and the diseases of the heart, He uses the word Qalb.

و قالوا قلوبنا غُلفت - بل لَعَنَّهمُ الله بِقَلْبِهِمَا فَقَلَبَتَا ما يُؤْمِنُونَ
And they said, "Our hearts are wrapped." But, [in fact], Allah has cursed them for their disbelief, so little is it that they believe.

[Quran, 2:88]

Fu’aad comes from a root that means “burning” or a flame and is used when the heart is inflamed with emotion. A beautiful example is when ALLAH describes the state of the heart of the mother of Musa.

و أصْبِح فُوَّادَ أَمْ مُوَسَّى فِرْعَوًا
But there came to be a void in the heart (fu’aad) of the mother of Musa.

[Quran, 28:10]

Imagine how her heart was inflamed with emotions while she put her newborn, suckling son in a river!

Sadr means “chest.” When ALLAH refers to secrets or motives, He uses the word Sadr, like in Surah Al-Naas:

الَّذِي يَوْسَعُ فِي صَدْوَرِ النَّاسِ
The one who whispers in the hearts of Mankind.

[Quran, 114: 5]

See how understanding the words of the Quran open a door to a whole new world of meanings for you?

What Do You Do With YOUR Heart?

Now the question is, what is your heart attached to? Is it attached to your house, your money, your favorite TV show, or to those special moments you spend with the Quran and reading about the Prophet says:

لاَّ مِنْ أَنَى اللهٍ يُقَلِّبُ سَلِيمًا
“But only one who comes to ALLAH with a sound heart”
How can you train your heart to become devoted and sound? I came across this beautiful list of the signs of a devoted and sound heart and I pray you will be as inspired as I was!

But before examining your own heart, take this extremely important step: ask ALLAH by His beautiful names to purify your heart. He is Al-Wahab (The Giver), so ask Him to give you a pure heart. He is Al-Qareeb (The Closest), so ask Him to make your heart close to Him. He is Al-Wadood (The Ever-Loving), so ask Him to fill your heart with love for Him. It’s as simple as that.

Now it’s time to test yourself on the signs of a pure and devoted heart!

- It continues to push its companion until he turns to ALLAH and repents.
- It doesn’t grow tired of the remembrance of ALLAH or His worship.
- If it misses out on an act of obedience it feels a pain that is more severe than the pain felt when losing money.
- It finds sweetness and delight in worship greater than any delight from food and drink.
- If it enters Salah, its worries and troubles from this worldly life leave it.
- It is stingier with its time being wasted than a miser’s stinginess with his money.
- It is more concerned with a good deed being performed correctly and accepted than the actual deed itself.

Memorize and use this beautiful Quran in your daily life:

[Quran, 3:8]

Who say, Our Lord, let not our hearts deviate after you have guided us and grant us from yourself mercy. Indeed, you are the Bestower.

[Quran, 26:89]

4 Diseases of the Heart to Start Healing Today!

When our body is inflicted with a physical illness, we can no longer function as we normally would. Each part of our body plays an integral part in our existence as human beings. Without eyes we cannot see, without limbs, we cannot walk, and without lungs, we cannot breathe. Having an illness puts us into a situation where our routines are turned upside down, and we are no longer able to live comfortably. Every day, we try to avoid danger and protect ourselves in all situations, out of fear that we may become unwell or sick. However, what are we doing to keep our spiritual heart free from illness and disease?

Are we physically fit but spiritually ill?

When contemplating on which bodily organ is the most important, many of us would state it to be the heart. As the organ that dictates the ability for the rest of the human body to function, the death of it leads to the death of the body. Doctors will advise you to eat well and exercise to ensure your heart remains healthy and the advice on the physical health of the heart is vast. The value of a healthy heart is spoken of often, as the Prophet Muhammad ﷺ said,
“Beware, in the body there is a piece of flesh; if it is sound, the whole body is sound and if it is corrupt the whole body is corrupt, and hearken it is the heart.” [Muslim]

1. Laziness:

The state of laziness is mentioned twice in the Qur’an, both in the context of Salah, one of the most important acts of worship, as ALLAH says,

وَمَا مَنَعْتُمْ أَنْ تَقْبَلُنَّ مِنْهُمْ نَفْقَتَيْنِ إِلاَّ أَنْبِيَتْكُمْ كَفَرُواْ بِاللَّهِ
وَلَعَلَّهُمَا لَا يَأْتُونَ الْصِّلَاةَ إِلاَّ وَبِمِّ كُسْتَانِي وَلَا يَنْفَعُونَ إِلاَّ وَبِمِّ كَرِيْبِيَّنَّ

And what prevents their expenditures from being accepted from them but that they have disbelieved in ALLAH and in His Messenger and that they come not to prayer except while they are lazy and that they do not spend except while they are unwilling.

[Qur’an: Chapter 9, Verse 54]

Being lazy in your SALAH is a recipe for disaster; an individual cannot be successful without completing their obligation of the five daily prayers in the correct manners. A heart and mind which are absent when turning up for our prayers cannot reap the benefits of being in conversation with ALLAH. This state will continue outside of SALAH and impact all aspects of our life.

Laziness kills this life and the next – how can we overcome laziness?

- **Dua:**
  
  What do you do after you make a mistake? And by the way, some of our mistakes are small and some of our mistakes are very big. The mistake that Musa made is to take another person’s life; that is not a small mistakes. If you and I made that a kind of mistake, we would have a hard time sleeping for the rest of our lives, concern to ALLAH with Salah and Dua and Trust ALLAH, Trust Me You’ll never Feel Alone.

  As with anything, we cannot hope to accomplish a goal without seeking the help of ALLAH. The following Dua covers all the bases with regards to any spiritual rust that may taint our heart.

  *I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being over powered by men.’* [Bukhari]

- **Pray your Salah on time:**

  *Salah* is the most important commitment in the daily life of the Muslim. Putting it in the position
it deserves will help us maintain strong EMAAN that consequently strengthens our heart. What obstacles do you face that prevent you from performing SALAH in time? Make a list of them and find out how you can overcome them.

- **Disrupt harmful habits:**

Sitting and watching TV, flicking through magazines, swiping through the Instagram, Facebook, Tiktok – these are some typical, unproductive and damaging habits we have in the modern day. Though we can sometimes gain well from media, on the whole, it can be something that makes us lazier towards our acts of worship. What harmful habits do you have? Work to eliminate them by giving yourself a set time to check your social media. Replace mindless entertainment programmes and films with beneficial documentaries and lectures about ALLAH’s creation and Islamic knowledge. And most importantly recite the QURAN daily.

- **Live a healthy life:**

Sometimes, being lazy is not a result of being absentminded out of choice. It can be a reflection of the physical state of your health. Ensure you are eating a healthy diet, maintaining good sleep and exercising regularly. By maintaining good health, you are less likely to find yourself feeling tired and demotivated to do simple, daily tasks. Think about small, healthy habits you can incorporate into your life, like restricting junk and sweet foods, fast food, and eating more fruits and healthy food.

2. Hastiness:

Lacking patience with ALLAH’s Will, being quick when making DUA, and wanting things to be in your hands immediately is the definition of being hasty. It was narrated from AbuHurairah رضي الله عنه at the Messenger of Allah ﷺ:

“It is necessary that you do not become hasty.” It was said: “What does being hasty mean, O Messenger of ALLAH?” He replied: “When one says ‘I supplicated to ALLAH but ALLAH did not answer me.’” [IbnMajah]

- **Have patience**

Practice having patience. By being patient you are much more likely to contemplate and think about a situation, rather than heading straight in. Nothing comes instantly and, unless we practice patience, we will only find ourselves living in distress.

“Silence and Patience Is the Most Powerful Weapon for Happy Life”

ALLAH mentioned in the Holy Quran and said:
And you do not resent us except because we believed in the signs of our Lord when they came to us. Our Lord, pour upon us patience and let us die as Muslims [in submission to You].”
[Qur'an: Chapter 7, Verse 126]

Be grateful:

Look at what you have and say Alhamdulilah. We often find ourselves being hasty because we want more. We forget to acknowledge and be happy with the things that we are blessed with because we constantly want more. Stop and contemplate about what is in your life and sincerely thank ALLAH for it, before seeking more.

Contemplate the pros and cons:

Before entering into a situation, purchase or complaint, think of the positives and negatives of your potential action.

Will it benefit me? Does it cause harm to myself or anyone else? What will I achieve from this? Are all the terms HALAL? Is there any sin in this?

This is a case of using the AQL (intellect) that ALLAH as bestowed upon us. Ponder the situation beforehand, pray Istikhara, then practice patience by leaving it to the Will of Allah. Taking these steps is a smart way of reducing your hastiness, and ending up in a situation you may later regret.

3. Misplaced Love:

IbnTaymiyyah describes ‘Ishq, passionate love, as:

“Passionate love is a psychological sickness, and when its effects become noticeable on the body, it becomes a sickness that afflicts the mind also. Either by afflicting the mind by the likes of melancholy, or afflicting the body through weakness and emaciation.”

Having a strong love for that other than Allah ads the heart to turn away from His remembrance and for the individual to be at risk of being hurt from the one he loves other than Allah. Our hearts are yearning for a connection; passionate love causes us to connect and love something that does not belong in our heart. This could be another person, a job, a country, even a football team! This causes humans to find happiness in things other than ALLAH many expect to be fulfilled after getting married or getting their dream job.
But when we find true contentment and peace from knowing and loving Allah, nothing can disappoint us.

Irrational love is dangerous – how can we love correctly?

- **Fear and know Allah**

Fill your heart with Allah. Remembrance and knowledge of Him, love for Him and fear of Him. Acknowledging what His position should be in your life is key. Understanding Tawheed and the position Allah holds in relation to mankind is essential in tackling the issue of passionate love. When we know Allah and His Attributes, His Power and His Mercy, we become in awe of Him and that gives us a special kind of strength and serenity.

- **Notice the faults of creation:**

When you love something or someone other than Allah, constantly remind yourself of the faults they have. This is a constant reminder of how the creation is not perfect and the Creator is. This removes infatuation and the blinded vision we may have when feeling love towards something – this brings us back to reality!

4. Anger:

ALLAH says in the Holy Quran,

> "And heal the breasts of a believing people, and remove the anger of their hearts."

*[Qur’an: Chapter 9, Verse 14-15]*

Anger is a dangerous emotion that can lead a person to commit actions they deeply regret later on. It is the product of a heart that has become weakened and detached from Allah. A person can react, say and do things that are harmful to themselves and to others. The whispers of Shaytan can find anger rips through a person like a fire – it is destructive, leaving scars and wounds behind.

Fight the fire – how can we cool down anger?

- **Sit down**
The first piece of advice that Rasul Allah gave us was to sit down when feeling angry,

*Narrated AbuZAR: The Messenger of Allah said to us:*

“When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down.”

*Abu Dawud*

When you find yourself overcome by anger, practice the guidance given by the Prophet Muhammad This will help prevent the anger from progressing and help to calm yourself down.

- **Ask yourself why**

Pondering why you may find yourself angry in a particular situation can help you target how to prevent it occurring again. Once you have found the cause, remove it by staying away from that particular trigger or dealing with the predisposing factor.

- **Find alternative challenges**

Anger is an emotion; when exhibited in its true form it can be disastrous. However, emotion can be challenged into productive and valuable tasks and projects. If something, in particular, makes you angry, such as the state of your community or relationship problems, use your emotions to rectify the issues and, In Shaa ALLAH, you will find your anger begin to subside.

**Conclusion**

These are just a few of the illnesses of the heart that the scholars have discussed. Is much better to revive a broken heart than to have a sound heart. A sound heart is the source of well-being, contentment and productivity, and we should aim to work on our hearts as much, if not more, as we do our physical hearts.

**References:**


