

# A Sound Heart

**PodSeries - Vol 7**



**Achieve Noble Character**

**A Sound Heart**

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## **Acknowledgements**

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We pray that Allah, the Exalted, completes His favour on us and accepts each letter of this book in His august court and allows it to testify on our behalf on the Last Day.

All praise to Allah, the Exalted, Lord of the worlds and endless blessings and peace by upon the Holy Prophet Muhammad, on his blessed Household and Companions, may Allah be pleased with them all.

## **Compiler's Notes**

We have tried diligently to do justice in this volume however if there are any short falls found then the compiler is personally and solely responsible for them.

We accept the possibility of faults and shortcomings in an effort to complete such a difficult task. We might have unconsciously stumbled and committed errors for which we ask for indulgence and forgiveness of our readers and the drawing of our attention thereto will be appreciated. We earnestly invite constructive suggestions which can be made to [ShaykhPod.Books@gmail.com](mailto:ShaykhPod.Books@gmail.com).

## Introduction

The following is a short book that discusses the hardness and corruption of the spiritual heart and its cures. It is vital for muslims to adopt a sound and pure spiritual heart so that they can Achieve Noble Character.

According to the Hadith found in Jami At Tirmidhi, number 2003, the Holy Prophet Muhammad, peace and blessings be upon him, has advised that the heaviest thing in the Scales of Judgment Day will be Noble Character. It is one of qualities of the Holy Prophet Muhammad, peace and blessings be upon him, which Allah, the Exalted, complimented in Chapter 68 Al Qalam, Verse 4 of the Holy Quran:

*“And indeed, you are of a great moral character.”*

Therefore, it is a duty on all Muslims to gain and act on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, in order to Achieve Noble Character.

## **A Sound Heart**

The corruption and hardness of the spiritual heart is an extremely important matter which has been discussed in a Hadith found in Sahih Bukhari, number 52. The Holy Prophet Muhammad, peace and blessings be upon him, warned that when the spiritual heart becomes corrupt then the whole body becomes corrupt. This corruption is then reflected in one's speech and actions. Similarly, the Holy Quran has highlighted the importance of a soft and sound heart by advising that one will not derive benefit from their possessions or relatives on Judgment Day unless they possess a sound spiritual heart. Chapter 26 Ash Shu'ara, verses 88-89:

*"The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart."*

The one with a hard spiritual heart can be described as a person who rejects the truth when it is presented to them believing they are superior in knowledge. They lack submission and the fear of Allah, the Exalted, which leads to abandoning good deeds, committing sins, excessive love and striving for the material world while remaining heedless to preparing for the eternal hereafter. The hard hearted are easily influenced by the Devil into committing sins and rejecting good deeds. Chapter 22 Al Hajj, verse 53:

*“[That is] so He may make what Satan throws in [i.e., asserts] a trial for those within whose hearts is disease and those hard of heart...”*

Two specific blameworthy characteristics are adopted by the one who possesses a hard spiritual heart. They intentionally misinterpret divine scriptures in order to fulfil their own desires such as obtaining fame. They criticise those who strive to adhere to the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, as they desire people to follow their thinking and love for the material world. The second is that they cherry pick verses and Hadiths which suit their desires. They label those who strive to adopt and act on all verses and Hadiths as extremists thereby making their own attitude seem pleasing to others. Chapter 5 Al Ma'idah, verse 13:

*“So for their breaking of the covenant We cursed them and made their hearts hardened. They distort words from their [proper] places [i.e., usages] and have forgotten a portion of that of which they were reminded. And you will still observe deceit among them, except a few of them...”*

The Holy Prophet Muhammad, peace and blessings be upon him, has warned that those who talk excessively without mentioning Allah, the Exalted, are prone to adopting a spiritual hard heart. The one who possesses a hard spiritual heart is furthest from Allah, the Exalted. This is confirmed in a Hadith found in Jami At Tirmidhi, number 2411.

As mentioned earlier those who abandon the obedience of Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience, will be cursed with a hard heart. Chapter 5 Al Ma'idah, verse 13:

*“So for their breaking of the covenant We cursed them and made their hearts hardened...”*

In a Hadith found in Jami At Tirmidhi, number 2305, the Holy Prophet Muhammad, peace and blessings be upon him, warned that the one who laughs excessively will become hard hearted. It is important to understand this does not mean one cannot smile as this has been classified as an act of charity by the Holy Prophet Muhammad, peace and blessings be upon him. This is confirmed in a Hadith found in Jami At Tirmidhi, number 1970. Laughing excessively causes one to adopt a mentality whereby they only discuss funny issues. This causes one to avoid serious issues such as death and Judgment Day. If one avoids these important issues how can they prepare for them? A lack of preparation will lead to one's spiritual heart becoming hard.

Some say over eating can cause hardness of the spiritual heart. This is because over eating causes one to become lazy. Laziness leads to a reduction in good deeds which can cause the spiritual heart to become hard.

As warned by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Jami At Tirmidhi, number 3334, when a

person sins a black spot is etched on their spiritual heart. If the number of sins increases then this blackness increases which leads to a hard spiritual heart. Chapter 83 Al Mutaaffifin, verse 14:

*“No! Rather, the stain has covered their hearts of that which they were earning.”*

This is why it has been said persistently sinning can cause the spiritual heart to die.

It is important for muslims to strive to soften their heart as it leads to its purification. As advised by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Sahih Muslim, number 4094, when the spiritual heart is purified all the limbs of the body become purified also. This purification will encourage one to perform righteous deeds and abandon sins for the sake of Allah, the Exalted.

There are many ways to soften the spiritual heart, such as spending time remembering Allah, the Exalted, via the tongue and heart. It is important to involve one's heart by concentrating on what is being recited so that it can become softened. But even if one fails to constantly involve the heart they should never give up. As remembering Allah, the Exalted, only via the tongue is much better than not remembering Him at all. The most superior form of remembering Allah, the Exalted, is reciting the Holy Quran. In order for one to involve their heart in the recitation they should strive to understand what they are reciting by either learning

Arabic or by studying the Holy Quran in a language they understand.  
Chapter 39 Az Zumar, verse 23:

*“Allah has sent down the best statement: a consistent Book wherein is reiteration. The skins shiver therefrom of those who fear their Lord; then their skins and their hearts relax at the remembrance [i.e., mention] of Allah...”*

The next action which can lead to a soft spiritual heart is being kind to the poor, such as poor orphans and widows. Aiding the poor reminds one of the countless blessings Allah, the Exalted, has bestowed on them. The fact that Allah, the Exalted, has made a person self-sufficient and the helper of others can soften the heart as long as the muslim has a good intention.

Pondering about death often can cause the spiritual heart to become soft. This is why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Sunan Ibn Majah, number 4258, that muslims should often remember the destroyer of pleasures meaning, death. This will cause one to take things seriously as they know they must prepare for death and the hereafter. This preparation will lead to a soft spiritual heart.

Muslims can also soften their spiritual heart by visiting graves regularly. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Sunan Ibn Majah, number 1569, that muslims should visit graves as it will remind them of the hereafter. But it

is important to note, that this deed will only cause one's spiritual heart to become soft if they ponder over their death, grave and hereafter. Merely visiting graves will make a person's mood more serious but it will not soften their spiritual heart until this self-reflection is done.

Muslims can also contemplate on the past nations who were destroyed by Allah, the Exalted, because of their persistent disobedience. As discussed extensively throughout the Holy Quran and Hadith of the Holy Prophet Muhammad, peace and blessings be upon him, the past nations were more powerful, lived longer and obtained more worldly blessings than the people of the modern world yet, as they disobeyed Allah, the Exalted, none of these things benefited them. Their massive and unparalleled empires faded away leaving only a few signs behind in order to warn those who came after them. When a muslim truly reflects on these things their spiritual heart will soften which will encourage them to prepare for the hereafter before their time runs out.

Muslims must strive to soften their hearts through the advice given. Only then will they be able to focus on the hereafter and adequately prepare for it. The person whose spiritual heart is cured of hardness becomes one whose heart is soft, pure and strong. This means that its purity recognises the difference between truth and falsehood. Its softness encourages the person to act on the truth. Its strength allows one to reject falsehood through struggle and effort. When all these combine within a person through the mercy of Allah, the Exalted, they will obtain success in this world and the next. Chapter 26 Ash Shu'ara, verses 88-89:

*"The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart."*

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