

Diseases of the Heart and Their Cure

Amradul Quoloobi wa Islahu'hah

By

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Background:

We begin by defining what is meant by the heart (qalb), spirit (rooh), soul (nafs), and mind (aql) from an Islamic perspective. This would be followed by a discussion of actions of the different limbs or body organs serving the heart (jawarih such as the hands, legs, eyes, tongue, etc.) that cause a believer to commit sins, which is displeasing to Allah (swt). We then describe the various diseases of the heart that lead people to deviate from the path of righteousness. Finally, we present ways and tools to be used to mend our heart (islahul quoloob) and cure it from its ailments insha Allah. The Sunnah and example of prophet Muhammad (s) will be followed in outlining these cures. The subject we are dealing with is vast and so the course is ambitious and covers a lot of material. We ask Allah (swt) to teach us what is beneficial to us and to help us benefit from what we learn.

Our ultimate goal in this class is to prepare ourselves and participants to achieve the state of “wholesome or sound heart” or “qalbun saleem” as described in the Holy Qur’an: “On a day in which neither wealth nor children would be of benefit but only he (will prosper) that brings to Allah a sound heart” Ash-shur’aa (26:89). This state of the heart and then the mercy of Allah (swt) would ensure our entrance into paradise insha Allah.

We will use multiple sources including volume 3 and parts of volume 4 of “Ihya Uloomu Eddeen” or Revival of the Sciences of the Religion by Hujjatul Islam Imam Abu Hamid M. Al-Ghazali, “Riyaadul Saliheen” or Gardens of the Righteous by Imam An’ nawawi and modern tapes by Mr. Amr Khalid and Dr. Tariq Sweedan, and other material as needed. Following is a brief outline of the course’s content.

Outline

Volume 3 of Al Ghazali’s Book

- Basic definitions of: Nafs (Soul), rooh (spirit), qalb (heart), and aql (mind)
- Parts of the body (jawarih) that serve the heart: eyes, tongue, hands, feet, etc.
- Satan’s attacks on our hearts through “wasswassah”
- Ways for Satan to enter the heart
- Speed by which hearts can flip or change (taqalobul quoloob)
- Good character vs. bad character & role of training to change character
- Ways to refine manners or akhlaq
- Signs of diseases of the heart
- Signs of good moral character
- Importance of moderating eating and sexual desires
- Gravity of the dangers of the tongue and benefits of silence
- Anger, envy, and jealousy
- Dunia (this life) and its dangers

- Miserliness (stinginess) and the love of wealth or money vs., generosity
- Fame and showing off (riya'a) and the love of praise
- Performing righteous deeds in secret and when to make them known or public
- Necessity for concealing sins and not letting people know about them
- Modesty and its benefits vs. arrogance and its harm

Volume 3 of Al Ghazali's Book

- Repentance, its conditions, and importance of doing it soon after committing a sin
- Repentance from minor sins and from enormities or kaba'er
- When do minor sins become major ones?
- Types of servants regarding tawbah
- Patience (sabre) and Gratefulness (shukre)
- Fear of Allah and raj'aa (hoping for His mercy) (*use item 7 below first*)
- What is the meaning of "bad ending" or suo'ol khatimah
- The truth about contentment or ridd'aa
- Intention, sincerity, and truthfulness
- Remembering death
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Ways for mending of the hearts (condensed from tapes by Mr. Amr Khalid)

- Sincerity (ikhlas) in every thing we do
- Repentance (tawbah)
- Tawakul or reliance on Allah (swt)
- Reflecting (tafakur) and thinking about the heavens and earth
- Reflecting (tafakur) about the innsan (humans)
- The way to paradise
- Fear (khashiatul Allah) of Allah (swt) (*do before item 6 in Vol. 4 above*)
- The love of Allah (swt) to His servant
- The love of the servant to Allah (swt) (*may use pages 252 – 294 from vol. 4 above*)
- Striving with our souls (mujahadatul nafs)
- Description of Hell (jahanam)
- Description of Paradise (jannah)