

Unlocking the Spiritual Heart

PodSeries - Vol 113



Achieve Noble Character

Unlocking the Spiritual Heart

ShaykhPod Books

Published by ShaykhPod Books, 2023

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Unlocking the Spiritual Heart

First edition. April 05, 2023.

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Acknowledgements

All praises are for Allah, the Exalted, Lord of the worlds, who has given us the inspiration, opportunity and strength to complete this volume. Blessings and peace be upon the Holy Prophet Muhammad whose path has been chosen by Allah, the Exalted, for the salvation of mankind.

We would like to express our deepest appreciation to the entire ShaykhPod family, especially our little star, Yusuf, whose continued support and advice has inspired the development of ShaykhPod Books.

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 be 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.

Introduction

The following short book discusses some aspects of Unlocking the Spiritual Heart. This discussion is based on Chapter 47 Muhammad, Verse 24 of the Holy Quran:

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

Implementing the lessons discussed will aid a Muslim to 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.

Unlocking the Spiritual Heart

Chapter 47 – Muhammad, Verse 24

أَفَلَا يَتَدَبَّرُونَ الْقُرْآنَ أَمْ عَلَى قُلُوبٍ أَقْفَالُهَا ﴿٢٤﴾

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

Reflecting on the Holy Quran is an aspect of fulfilling its rights.

In a Hadith found in Imam Munzari's, Awareness and Apprehension, number 30, the Holy Prophet Muhammad, peace and blessings be upon him, advised that the Holy Quran will intercede on Judgment Day. Those who follow it during their lives on Earth will be led to Paradise on Judgment Day. But those who neglect it during their lives on Earth will find that it pushes them into Hell on Judgment Day.

The Holy Quran is a book of guidance. It is not merely a book of recitation. Muslims must therefore strive to fulfill all aspects of the Holy Quran to ensure that it guides them to success in both worlds. The first aspect is reciting it correctly and regularly. The second aspect is to understand it. And the final aspect is to act on its teachings according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Those who behave in such a manner are the ones who are given glad tidings of right guidance through every difficulty in this world and its intercession on the Day of Judgment. But as warned by this Hadith the Holy Quran is only guidance and a mercy for those who correctly act on its aspects according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. But those who misinterpret it and instead act according to their desires in order to gain worldly things, such as fame, will be deprived of this right guidance and its intercession on Judgment Day. In fact, their complete

loss in both worlds will only increase until they sincerely repent. Chapter 17 Al Isra, verse 82:

“And We send down of the Quran that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.”

Finally, it is important to understand that even though the Holy Quran is a cure for worldly problems a muslim should not only use it for this purpose. Meaning, they should not only recite it in order to fix their worldly problems thereby, treating the Holy Quran like a tool which is removed during a difficulty and then placed back in a toolbox. The main function of the Holy Quran is to guide one to the hereafter safely. Neglecting this main function and only using it to fix one's worldly problems is not correct as it contradicts the behaviour of a true muslim. It is like the one who purchases a car with many different accessories yet, it possesses no engine. There is no doubt that this person is simply foolish.

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

When one understands and acts on the Holy Quran they will recognize its divine origins.

The Holy Quran possesses an uncountable amount of qualities which separates it from any other worldly book. This aspect of the Holy Quran is so intense that it cannot even be explained or discussed over countless lifetimes. But a few of these qualities will be mentioned here. First of all, in the Holy Quran, Allah, the Exalted, has given an open challenge to the entire universe (not just people) and not only a challenge to those who were present when this divine revelation was revealed but to all of creation till the end of time. The challenge being if the people believed the Holy Quran was not a divine revelation from Allah, the Exalted, then they should produce a chapter that can rival a chapter of the Holy Quran. Chapter 2 Al Baqarah, verse 23:

“And if you are in some doubt, concerning what We sent down upon Our special devotee, then bring one chapter like it, and call upon all your helpers beside Allah, if you are truthful.”

There is no book on the entire planet that can and has given this type of open challenge. But over 1400 years ago the Holy Quran gave this

challenge to the entire universe and to this day this challenge has not been won by the non-Muslims nor will it ever be God willing.

Another quality of the Holy Quran is that it stated the outcome of future events. But the more amazing thing about these statements is that the outcomes seemed impossible at the time. For example chapter 48 Al Fath, verse 28:

“It is He Who sent His Messenger with guidance and the religion of truth that he may make it prevail over all other religions And Sufficient is Allah as witness.”

When this verse was revealed the entire city of Mecca was Islam so when the people of Mecca heard this verse, unfortunately for them, they believed that Islam was too feeble and would therefore not survive long and certainly would not spread beyond the borders of Mecca let alone the entire world. But within a some years Allah, the Exalted, fulfilled this promise.

Another example of how the Holy Quran prophesied a future event which was unimaginable at the time is found in chapter 30 Ar Rum, verses 2-5:

“The Romans have been subdued. In the nearby land and after their subjugation they will soon overcome. In a few years. The command is of Allah only before and after. And on that day the believers shall rejoice. With the help of Allah, He helps whom He pleases. And He is the Might, and Merciful.”

These verses of the Holy Quran were revealed during a time where the Romans (Christians) were at war with the Persians (Fire worshippers). This war has been confirmed by many authentic historic books. At this particular time the Persians were on the verge of winning the war. At one point Rome itself was surrounded by the Persians. But Allah, the Exalted, stated that the Romans would eventually reign victorious. The non-Muslims of Mecca who themselves were idol worshippers favoured the Persians and agreed with the majority that it was impossible for the Romans to win. But Allah, the Exalted, as always proved these verses true and allowed the Romans victory.

A final example which appeals to the scientists of the world is seen in chapter 21 Al Anbiya, verse 33:

“And it is He Who created the night and the day and the sun and the moon. Each one is floating in a circumference.”

For centuries scientists have fought over theories on how exactly the solar system is arranged e.g. whether the sun remains still and the Earth rotates around or vice versa. Only relatively recently it has been proven by scientists from all different faiths and backgrounds that each object; sun, moon and the Earth all rotate on their own axes and rotate around each other in a set orbit. But Allah, the Exalted, declared this over 1400 years ago. All the science related verses of the Holy Quran are slowly being proven by scientists today. This is a huge piece of evidence that proves that the Holy Quran are the words of the One and only true God, Allah, the Exalted, who has created this universe and everything in it, because only a Creator can truly explain his creations.

Even though many commands of the Holy Quran may not be understood by people does not mean they are incorrect. Certain verses of the Holy Quran whose wisdom was hidden to man became apparent when society reached a certain level of development. As the whole Holy Quran is a book of wisdom and guidance it must be accepted irrespective if one understands its commands or not. This situation is just like a child who is suffering from a cold and desires ice cream but is not given it by their parent. The child will continue to cry without understanding the wisdom behind but those that possess knowledge will agree with the parent even though outwardly it appears as if the decision of the parent is wronging the child.

When studying the Holy Quran one will realize that it contains different levels of superiority through both obvious and subtle meanings that it discusses. Chapter 11 Hud, verse 1:

“...[This is] a Book whose verses are perfected and then presented in detail from [one who is] Wise and Aware.”

The expressions in it are unparalleled and its meanings are explained in a simple straight forward way. Its verses are extremely eloquent and no other text can surpass it. The Holy Quran also mentioned the stories of the previous nations in detail even though the Holy Prophet Muhammad, peace and blessings be upon him, was not educated in history. It commanded every type of good and forbade every type of evil, those that affect an individual and those that affect an entire society so that peace and security can spread throughout homes and society. The Holy Quran is free from exaggerations, lies or falsehood unlike poems and stories. All the verses, whether short or long, in the Holy Quran are beneficial. Even when the same story is repeated in the Holy Quran different important lessons can be learned from it. Unlike all other books the Holy Quran does not become boring when it is repeatedly recited and a seeker of truth never gets fed up of studying it. The Holy Quran not only provides warnings and promises but supports them with unshakeable and clear proofs. When the Holy Quran discusses anything which can seem abstract, such as adopting patience, it always provides an easy and practical way of implementing it. It encourages one to fulfil the purpose of their creation and prepare for the eternal hereafter in a simple yet profound way. It makes the straight path clear and appealing to the one who desires true success in both worlds. The knowledge within it is timeless and can be applied to every society and age. It is a healing for every emotional, economical and physical difficulty when it is understood and applied correctly. It is the cure for every problem an individual or an entire society can ever encounter. One only needs to turn the pages of history to observe the societies which implemented the teachings of the Holy Quran correctly in order to understand its all encompassing benefits. Centuries have passed yet not even a single letter

has been edited in the Holy Quran as Allah, the Exalted, promised to safeguard it. No other book in history possesses this quality. Chapter 15 Al Hijr, verse 9:

“Indeed, it is We who sent down the message [i.e., the Quran], and indeed, We will be its guardian.”

This is undoubtedly the greatest and timeless miracle of Allah, the Exalted, granted to His final Holy Prophet Muhammad, peace and blessings be upon him. But the only one who will benefit from it is the one who seeks the truth whereas the seekers of their desires will only find it difficult to hear and follow. Chapter 17 Al Isra, verse 82:

“And We send down of the Quran that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.”

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

When one understands and acts on the Holy Quran they will obtain certainty of faith. Ignorance prevents one from achieving this.

A great distraction which prevents one from submitting to the obedience of Allah, the Exalted, is ignorance. It can be argued that it is the origin of every sin as the one who truly knows the consequences of sins would never commit them. This refers to true beneficial knowledge which is knowledge that is acted upon. In reality, all knowledge which is not acted on is not beneficial knowledge. The example of the one who behaves in this manner is described in the Holy Quran as a donkey which carries books of knowledge which do not benefit it. Chapter 62 Al Jumu'ah, verse 5:

“...and then did not take it on (did not act upon knowledge) is like that of a donkey who carries volumes [of books]...”

A person who acts on their knowledge rarely slips up and commits sins intentionally. In fact, when this occurs it is only caused by a moment of ignorance where a person forgets to act on their knowledge which results in them sinning.

The Holy Prophet Muhammad, peace and blessings be upon him, once highlighted the seriousness of ignorance in a Hadith found in Jami At Tirmidhi, number 2322. He declared that everything in the material world is cursed except for the remembrance of Allah, the Exalted, whatever is connected to this remembrance, the scholar and the student of knowledge. This means that all the blessings in the material world will become a curse for the one who is ignorant as they will misuse them thereby committing sins.

In fact, ignorance can be considered a person's worse enemy as it prevents them from protecting themselves from harm and gaining benefit all of which can only be achieved through acting on knowledge. The ignorant commits sins without being aware of them. How can one avoid a sin if they do not know what is considered a sin? Ignorance causes one to neglect their obligatory duties. How can one fulfil their duties if they are unaware of what their duties are?

It is therefore a duty on all Muslims to gain enough knowledge to fulfil all their obligatory duties and avoid sins. This is confirmed in a Hadith found in Sunan Ibn Majah, number 224.

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

When one understands and acts on the Holy Quran they will obtain certainty of faith.

All muslims have faith in Islam but the strength of their faith varies from person to person. For example, the one who follows the teachings of Islam because their family told them to is not the same as the one who believes in it through evidence. A person who has heard about something will not believe in it in the same way as the one who has witnessed the thing with their own eyes.

As confirmed in a Hadith found in Sunan Ibn Majah, number 224, gaining useful knowledge is a duty on all muslims. One of the reasons for this is that it is the best way a muslim can strengthen their faith in Islam. This is important to pursue as the stronger one's certainty of faith the greater the chance they will remain steadfast on the correct path, especially when facing difficulties. In addition, having certainty of faith has been described as one of the best things one can possess in a Hadith found in Sunan Ibn Majah, number 3849. This knowledge should be obtained by studying the Holy Quran and the Hadith of the Holy Prophet Muhammad, peace and blessings be upon him, through a reliable source.

Allah, the Exalted, did not only declare a truth in the Holy Quran but He also provided evidence for it through examples. Not only examples which are to be found in the past nations but examples which have been placed in one's very own life. For example, in the Holy Quran Allah, the Exalted, advises that sometimes a person loves a thing even though it will cause them trouble if they obtained it. Similarly, they might hate a thing while there is much hidden good in it for them. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

There are many examples of this truth in history such as the Pact of Hudaiba. Some muslims believed this pact, which was made with the non-muslims of Mecca, would completely favour the latter group. Yet, history clearly shows that it favoured Islam and the muslims. This event is discussed in the Hadiths found in Sahih Bukhari, numbers 2731 and 2732.

If one reflects on their own life they will find many examples when they believed something was good when it was actually bad for them and vice versa. These examples prove the authenticity of this verse and help one's faith strengthen.

Another example is found in chapter 79 An Naziat, verse 46:

“It will be, on the Day they see it (Judgement Day) as though they had not remained [in the world] except for an afternoon or a morning thereof.”

If one turns the pages of history they will clearly observe how great empires came and went. But when they left they passed away in such a way as if they were only on Earth for a moment. All but a few of their signs have faded away as if they were never present on Earth in the first place. Similarly, when one reflects on their own life they will realise that no matter how old they are and no matter how slow certain days might have felt overall their life so far has passed in a flash. Understanding the truthfulness of this verse strengthens one's certainty of faith and this inspires them to prepare for the hereafter before their time runs out.

The Holy Quran and the Hadith of the Holy Prophet Muhammad, peace and blessings be upon him, are full of such examples. Therefore, one should strive to learn and act on these divine teachings so that they adopt certainty of faith. The one who achieves this will not be shaken by any difficulty they face and will remain steadfast on the path which leads to the gates of Paradise. Chapter 41 Fussilat, verse 53:

“We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth...”

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

When one understands and acts on the Holy Quran they will obtain certainty of faith. A corrupt spiritual heart can prevent this from occurring.

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 Mutaffifin, 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.

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

When one understands and acts on the Holy Quran they will obtain certainty of faith. A corrupt spiritual heart can prevent this from occurring.

In a Hadith found in Sahih Bukhari, number 52, the Holy Prophet Muhammad, peace and blessings be upon him, advised that if one's spiritual heart is sound the whole body will become sound but if their spiritual heart is corrupt then the whole body will become corrupt.

First of all, this Hadith refutes the foolish belief where one claims to have a purified heart even though their speech and actions are bad. This is because what is inside will eventually manifest outwardly.

The purification of the spiritual heart is only possible when one eliminates evil characteristics from themselves and replaces them with good characteristics discussed in Islamic teachings. This is only possible when one learns and acts on Islamic teachings so that they can sincerely fulfill the commands of Allah, the Exalted, refrain from His prohibitions and face destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Behaving in this manner will lead to a purified spiritual heart. This purification will then reflect in the outward limbs of the body, such as one's tongue and eyes. Meaning, they

will only use their organs in ways pleasing to Allah, the Exalted. This is in fact a sign showing the love Allah, the Exalted, has for His righteous servant according to a Hadith found in Sahih Bukhari, number 6502.

It is important to note, that this purification will guide one through all worldly difficulties successfully so that they achieve both worldly and religious success.

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

When one understands and acts on the Holy Quran they will obtain certainty of faith. Preferring one's desires over the truth can act as a barrier from benefiting from the Holy Quran.

First of all, it is important to understand, that the major thing which separates a human from an animal is the fact that people live by a higher moral code. If people abandoned this and simply acted on their desires then they would be no difference between them and animals. In fact, people would be worse as they possess the higher level of thinking yet, still choose to live like animals.

Secondly, whether people want to admit it or not in reality, every person is a servant of something or someone. Some are servants of others, such as Hollywood executives and do whatever they command them to do even if it challenges modesty and shame. Others are servants of their relatives and friends and do whatever it takes to please them. Others are the worse by being servants of their own desires as this is the attitude of animals who generally act to please themselves. The best and highest form of servanthood is being a servant of Allah, the Exalted. This is quite evident if one turns the pages of history which clearly shows that those who were the servants of Allah, the Exalted, such as the Holy Prophets, peace be upon them, were granted the highest honour and respect in this world and will be granted this in the next. Centuries and millennia have passed yet their names are remembered as the pillars and beacons of history. Whereas those who

became servants of others especially, their own desires were eventually disgraced in this world even if they achieved some worldly status and they became mere footnotes in history. The media barely remembers those who pass away for more than a few days before moving onto the next person to report on. During their lives these people eventually become sad, lonely, depressed and even suicidal as selling their souls and decency to their worldly masters did not grant them the contentment they were looking for. One does not need to be a scholar to understand this obvious truth. So if people must be servants they should be the servants of Allah, the Exalted, as lasting honour, greatness and true success lies only in this.

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

When one understands and acts on the Holy Quran they will obtain certainty of faith. Preferring one's desires over the truth can act as a barrier from benefiting from the Holy Quran.

Those who disbelieve or avoid acting on their faith in Islam do so out of love for the material world and the things within it. They believe that believing or acting on their faith will prevent them from enjoying worldly blessings meaning, for them faith is something that restricts their desires and therefore they turn away from it either literally or practically. Instead they turn towards the material world and strive to fulfill their desires without restrictions believing that true peace lies in this. They look down at those who accept and actualize their faith by controlling their actions and using their worldly blessings in ways pleasing to Allah, the Exalted. They believe that these pious Muslims are lowly slaves who been restricted from enjoying themselves whereas they, the disbelievers and the misguided, are free. But in actual fact this could not be further from the truth as the real slaves are those who fail to accept and submit to Allah, the Exalted, and the superior ones are those who have done this as they become free of slavery to the world. This can be understood by an example. A good parent will restrict the type of food their child eats meaning, they will only let them eat junk and unhealthy food once in a while and instead force them to follow a healthy diet. This child therefore believes that their parent has placed undesirable restrictions on them and that they have become slaves to their parent and their healthy diet. On the other hand another child has been given permission from their parent to eat whatever they desire, whenever they desire and how much they desire. So this child believes that

they are completely free of all restrictions. When these children come together the child who has been given complete freedom criticizes and looks down on the child who has been restricted by their parent. The latter child will also feel sorry for themselves when they observe the other child has been given free reign to behave however they wish. Outwardly it appears the child who has been granted freedom has obtained happiness whereas the other child is too tied up with restrictions to enjoy life. But years down the line the truth will become manifest. The child who had no restrictions grows up to become extremely unhealthy e.g. obesity, diabetes, high blood pressure, etc. As a result of this they even become mentally unhealthy as they lose confidence in their body and the way they look. Because of this they become a slave of medications, diseases, mental and social problems. All these things restrict their happiness and life. Whereas, the child who was restricted by their parent grows up healthy in mind and body. As a result they become confident in their body and ability, which aids them to succeed in life. They become free of any slavery to medications, diseases, mental and social problems as they grew up with the correct balance and guidance. So the child who had no restrictions grew up becoming a slave to many things, whereas the child who had restrictions grew up independent of all restrictions.

To conclude, the real slave is the one who becomes a slave to all other things except Allah, the Exalted, such as social media, society, fashion and culture, and this leads to mental, physical and social problems, whereas the real free person is the one who submits only to Allah, the Exalted, thereby achieving peace of mind and body.

“Then do they not reflect upon the Quran, or are there locks upon [their] hearts?”

When one understands and acts on the Holy Quran they will obtain certainty of faith. Preferring one's desires over the truth can act as a barrier from benefiting from the Holy Quran.

Disbelief can be a literal rejecting of Islam or through actions, which involves disobeying Allah, the Exalted, even though one believes in Him. This can be clearly understood by an example. If an unaware person is warned by another of an approaching lion and the unaware person takes practical steps to obtain safety they will be considered someone who believed in the warning given to them as they adapted their behaviour based on the warning. Whereas, if the unaware person does not practically change their behaviour after being warned, people will suspect that they do not believe in the warning given to them even if the unaware person verbally claims belief in the warning given to them.

Some people claim that their belief and obedience to their God is in their hearts and they therefore do not need to demonstrate it practically. Unfortunately, this foolish mentality has infected many Muslims who believe they possess a pure faithful heart even though they fail to fulfil the obligatory duties of Islam. The Holy Prophet Muhammad, peace and blessings be upon him, has clearly declared in a Hadith found in Sunan Ibn Majah, number 3984, that when one's heart is pure the body becomes pure which means their actions become correct. But if one's heart is corrupt the body becomes corrupt which means their actions will be corrupt and incorrect. Therefore, the one who does not obey Allah,

the Exalted, by fulfilling their duties practically can never have a pure heart.

In addition, demonstrating one's faith in Allah, the Exalted, practically is their proof and evidence which is required on Judgment Day in order to be granted Paradise. Not having this practical evidence is as silly as a student who hands back a blank exam paper to their teacher claiming their knowledge is in their mind so they therefore do not need to write it down by answering the exam questions. The same way this student would undoubtedly fail so will a person who reaches Judgment Day without the obedience of Allah, the Exalted, in the form of fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, even if they possess faith in their heart.

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