

QALB-E-SALEEM

A SOUND HEART



By Hadhrat Maulana Shah Abdul Hamid Is'haq
Sahib Dâmat Barakatuhum



Dua requesting forgiveness, good health, and protection.

اَللّٰهُمَّ اِنِّیْ اَسْئَلُكَ الْعَفْوَ وَالْعَافِیَةَ وَالْمُعَافَاتِ الدَّائِمَةَ فِی الدِّیْنِ وَالدُّنْیَا وَالْاٰخِرَةِ

O Allah! I ask You for forgiveness, and well-being, and perpetual safety in the matters of my Deen, Dunya and Akhirah.

The word “Afwun” is derived from the meaning of “Mahwoon” which means to rub out, therefore supplicate, O Allah! Please rub out, not only my sins, but also the evidence of them. When a person commits a sin there are four witnesses to it (the ground upon which he committed the sin, the limbs of the body, the angels and one’s book of deeds). When one recites this Dua, Allah ﷻ rubs out the Gunah, washes it away and destroys it. Allah ﷻ does not call upon the angels to destroy the evidence, so that, on the day of Qiyaamah, the angels Ihsaan in that they could remind us that they had rubbed our sins out for us.

The second part of the Dua we are asking for A’fiyat which means that we are asking for safety in Deen from all forms of Fitna. Whatever goes wrong in a person’s life is because of the sins he has committed.

The third part of the Dua is asking for perpetual safety which means that you are asking Allah ﷻ to protect you from people causing any difficulty to you.

Finally, you are asking for the above things in Deen, in your worldly life and in the hereafter.

N.B. For further information on various Dua’s refer to the Kitaab titled “Masnoon Duas” which is available from Khanqah Akhtari library

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Title: Qalb-e-Saleem (A sound heart)

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Foreword

In the Quraan Sharif Allah ﷻ mentions the Dua of Ibrahim عليه السلام who is Khalilullah (friend of Allah),

وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ

Do not disgrace me on the day when people will be resurrected.

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ

The day when neither wealth nor sons will be of any benefit

إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ

Except for him who comes to Allah ﷻ with a sound heart.

From these verses we also come to know that there is a sick heart as well. We should do an open heart surgery to check the condition of our heart, just as the heart specialist are able to test our cholesterol levels, the good fats, bad fats, etc. in our body. Hadrat Maulana Abdul Hamid Saheb Daamat Barakaatuhum has explained the signs of a healthy heart which we have transcribed in this Kitaab. After reading this Kitaab one would have a fair idea of the condition of his heart. If one realises that he has a heart that is spiritually sick, then one should consult with the Mashaaikh and get the necessary treatment. May Allah ﷻ grant us the Taufeeq of practising upon Hadrat Maulana's advices. Ameen!

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الحمد لله وكفى وسلام على عباده الذين اصطفى الحمد لله منشاء الخلق من عدم
ثم الصلوة على المختار في القدم يا رب صل وسلم دائما ابدا على بشير نذير محمدا
مولاي صل وسلم دائما ابدا على طه سيد المرسلين بلغ سلامي روضة فيها النبی
اخترم يا خير من دفنت بالقاع اعظمه فطاب من طيبهن القاع والاکم روعي الفداء
لقبر انت ساكنه فيه العفاف وفيه الجود والكرم هو الحبيب الذي ترجى شفاعته
لكل هول من الاهوال مقتحم يا رب بلغ بالمصطفى مقاصدنا واغفر لنا ما مضى يا
واسع الكرم اما بعد فقد قال الله تبارک وتعالی اعوذ بالله من الشيطان الرجيم بسم
الله الرحمن الرحيم

وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ

Importance and value of Sunnats

Before starting our talk, as per the command of our Sheikh Arif Billah, Rumi-e-Waqt, Mujaddid-e-Zamana Hadrat Shah Hakim Muhammad Akhtar Saheb Daamat Barakaatuhum, we will discuss one Sunnat of Rasulullah ﷺ. One poem of Hadrat in regards to Sunnat which Allah ﷻ has made famous throughout the world is,

نقش قدم نبی کے ہیں جنت کے راستے

اللہ سے ملاتے ہیں سنت کے راستے

Whoever follows in the footsteps of Rasulullah ﷺ will reach Jannat

By following the Sunnats of Rasulallah ﷺ one will reach Allah ﷻ

In this world, if a person follows a certain road, he will reach that specific place. Similarly, a person that follows in the footsteps of Rasulallah ﷺ, he will reach Jannat. However, Jannat is still very far. A person will have to live in this world, then remain in the Qabr, pass through the day of Qiyaamah and then finally Allah ﷻ will enter every Muslim into Jannat Insha'Allah. Also, Jannat is a creation of Allah ﷻ and the creation can never compare with the creator (Allah ﷻ).

The magnificence of Allah Ta'ala

The creator is alone and has no partner, there is nothing like Allah ﷻ (i.e. He is totally unique). We accept the Jannat that Allah ﷻ has created and make Dua for Jannat. However, Allah ﷻ is that Being who has created this one Jannat and has the ability of creating millions of Jannats that are much more beautiful. Who can compare with Allah ﷻ who is the creator of Jannat. So, by following Sunnats, we will get Jannat, but we will get Allah ﷻ Himself. Allah ﷻ will enter our hearts now, which is cash. When Allah ﷻ enters the heart of a person, the joy experienced by him is known to him. Such a person will then say,

قرب کا مزہ چکھادے اے خدا

Give me a taste of Your closeness O Allah!

We understand what is meant by being close to one's wife, children, grandchildren, etc. but we haven't tasted the closeness of Allah ﷻ as yet. When a person experiences closeness to his wife, children, or

whatever is beloved to him then his heart experiences great joy as the heart is the place of love. Allah ﷻ has created billions of people and created love amongst them, can we then imagine what the love of Allah ﷻ is? When one enjoys this love he expresses his love by saying,

قرب کا مزہ چکھادے اے خدا رنج دوری میں نہ کر مبتلا

Give me a taste of your closeness O Allah!

(Once you have bestowed me with Your closeness), Never involve me in the sorrow of Your separation.

Allah ﷻ never deprives a person of His love but we deprive ourselves of the love of Allah and His closeness because of our sins.

آپ کا قرب اے خدا بہتر از صد سالہ طاعت بے ریا

O Allah, Your closeness is better than hundred years of Ibaadat with sincerity

We have all performed four Rakaats of Esha Salaah now, nobody has performed five or six Rakaats of Salaah. Everyone has performed one Ruku, two Sajdas, behind the same Imaam in the same Masjid. However due to the different level of closeness to Allah ﷻ in our hearts, the quality of our Salaah differ to a great extent even though we may have been standing next to each other in Salaah. This is due to the inner condition of a person. The inner condition of a person has to be developed within a person and this can also be developed by following the Sunnats of Rasulallah ﷺ.

The presence of Allah's love within the heart

We should ask ourselves whether we find this love of Allah ﷻ in our hearts. We possess the love of our families, children, home, gardens, etc. to such an extent that we cannot tolerate these things being harmed in any way. Unfortunately, how many of us have the love of sins in our heart? We should ask ourselves, "Do we have the love of Allah ﷻ in our hearts?" Do we ever feel the love of Allah ﷻ? The love of Allah ﷻ should also be felt as we feel other things. This is what is meant by,

كان شيء وقر في قلب أبي بكر

A thing was placed in the heart of Abu Bakr ﷺ

This was actually the love of Allah ﷻ that made Abu Bakr ﷺ superior to all of mankind after the Ambiya ﷺ. When this love enters the heart of a person, the Salaah of a person becomes different to the Salaah of others. The Ibaadat of such a person is different. The sleep of such a person is better than our Ibaadat. This is what we have to develop by following the Sunnats of Rasulullah ﷺ. This love is developed by following Sunnats as Allah ﷻ states in the Quraan Sharif,

قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي يُحْبِبْكُمُ اللَّهُ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ وَاللَّهُ غَفُورٌ رَحِيمٌ

Say (O Muhammad ﷺ), If you love Allah ﷻ then follow me, Allah will love you and forgive you for your sins, And Allah is most forgiving most merciful.

Where to find the love of Allah ﷻ?

Our Sheikh Daamat Barakaatuhum beautifully explains that the Khanqahs are those places where the thirsty will get water (i.e. in the company of the Ahlullah). A person that is craving for the love of Allah ﷻ will acquire the love of Allah ﷻ by remaining in the company of the Ahlullah (friends of Allah). As for those individuals that do not possess any thirst, they will develop a thirst for the love of Allah ﷻ by remaining in the company of the Ahlullah. Once the thirst is created within them, they will also receive water (which is the enjoyment of the love of Allah ﷻ). So, we should ask ourselves seriously, “Do I feel the love of Allah.”

If a person finds a basket of fruit at his door and he eats all the fruit without thanking the person that placed the fruit at his doorstep, would we call such a person a human being? A dog that gets a piece of bread from your door will always remain loyal to you. On the other hand, you get a basket of fruit and you do not even think of the one who had placed it there for you.

If a person deposits ten thousand Rand in your account and you enjoy utilising the funds without even finding out who is the kind person that sent it, and without thinking that I should thank him and express my appreciation, what kind of a person are you?

What is a basket of fruit or what is ten thousand Rand or even ten million Rand? Allah ﷻ is that being who has blessed us with our existence, our hearts, brains, families, businesses, free of charge and in fact much than this yet the thought does not even strike us to find out who our Allah ﷻ is?

Do we ever think where will I find my Allah? A poem says,

اپنے ملنے کا پتہ کوئی نشانتو بتادے مجھ کو اے رب جہاں

Where do I find You O Allah?

Show me some sign where I will find you O Rabb of the universe.

A person that really wants to find Allah ﷻ says, “O Allah! Where are You? I want to make Your Shukr” will find Allah . Allah ﷻ says that We go to those that search for Us, and We are not interested in those that are not interested in us. In the Quraan Sharif Allah ﷻ says,

أَنْزِلْ مُكْمُوها وَأَنْتُمْ هَا كَارِهُونَ

Can We force it upon you whilst you disapprove of it?

If we have an urge and ponder who is our Allah that is blessing us with billions of bounties all the time, Who is keeping our hearts, lungs, brains, eyes, hands, feet, functioning so perfectly all the time then such a person will find Allah ﷻ.

Allah ﷻ is the one that keeps the earth functioning with such perfection, yet He has the ability to cause the earth to cave in at any moment. He is The one Who keeps the skies and roofs above us in order. Allah ﷻ has the ability to send such a storm that will cause the entire sky and roof to come down upon us, and what can happen in a few moments.

What happened to those that were enjoying on the beaches when the Tsunami had struck? First the waters of the ocean withdrew, and

the so called intelligent human went to investigate as to what was happening whereas the animals that are brainless ran away sensing that the Azaab (punishment) of Allah ﷻ is about to approach. When Insaan went to investigate there wasn't anyone left after the Tsunami. How great is the Qudrat of Allah ﷻ?

Allah ﷻ protects us all the time. We have left our homes and come here whilst everything was in order at home, and Insha'Allah everything will be in order when we return. The roads were in order for us to reach here. Who keeps everything perfectly in order? It is only Allah ﷻ protecting us, only Allah. Do we ever think of who is keeping all these systems of the world in place for us? Everything is in the control of Allah ﷻ yet we do not think of Allah ﷻ nor have we recognised Allah ﷻ. A person who hasn't found Allah ﷻ is deprived of the enjoyment of this world and the hereafter, whereas a person that has found Allah ﷻ gets enjoyment in this very world. We think that enjoyment is in nightclubs and others places of entertainment. In such places is filth and destruction and no enjoyment whatsoever. The enjoyment can be achieved by following the Sunnah of Rasulallah ﷺ as Allah ﷻ himself states that follow Rasulallah ﷺ if you want Me. Once you have attached yourself to Sunnats, Allah ﷻ will love you.

We should bear in mind that when Allah ﷻ loves a person then only he gains the love of Allah ﷻ. This is not from our side. When Allah ﷻ opens the door on a person then only he gets the love of Allah ﷻ. A poet says,

یہ قدم اٹھتے نہیں اٹھائے جاتے ہیں

میں آیا نہیں میں لایا گیا ہوں

لاکھ اسرار محبت سمجھا

میں نہیں سمجھا سمجھایا گیا ہوں

These feet do not lift up by themselves, but they are lifted up (by Allah ﷻ)

I have not come on my own accord, I have been brought here

I think that I have understood a lot of secrets of the love of Allah ﷻ

I have not understood, I was made to understand (by Allah ﷻ)

The great bounty of Sunnat

So, through the Sunnats of Rasulullah ﷺ we will get Allah ﷻ, attain the love of Allah ﷻ, and then see the enjoyment in Salaah. Today our hearts do not crave for Ibaadat but we crave for Biryani and food. We look forward to our food, going home but unfortunately we perform Salaah as quick as possible. We do not desire to attain the enjoyment of Tilawaat and Zikrullah, but when a person gets this enjoyment then see the condition of such a person. A person will achieve this by practising upon Sunnat. May Allah ﷻ grant us the Taufeeq to gain the knowledge of every Sunnat then the desire to practise upon every Sunnat and spread every Sunnat and make it alive in the world.

Practising upon Sunnats is easy yet the rewards are tremendous

One simple Sunnat that is absolutely easy to practise upon is recitation of Bismillah Wal Hamdulillah when commencing Wudhu. A person that recites the Dua continuously receives the Dua of the angels and good deeds recorded to his credit as long as he remains in the state of Wudhu. We have all made Wudhu now, some have performed Wudhu since Salaatul Asr or Salaatul Maghrib and our Wudhu might remain for another hour or two, so we will continuously receive the Duas of the angels and good deeds recorded in our book of deeds. There is nothing extra that has to be done except reciting the Dua (بِسْمِ اللَّهِ وَالْحَمْدُ لِلَّهِ) when commencing Wudhu. This is the reward for acting upon the Sunnat of Rasulullah ﷺ. By reciting this Dua you are reviving a Sunnat of Rasulullah ﷺ for which you will get the reward of hundred martyrs, and the reward of Zikrullah because these words are the Zikr of Allah ﷻ. Any person that makes the Zikr of Allah ﷻ becomes the favourite of Allah ﷻ. There is only benefit in acting upon this Sunnat, and there isn't any difficulty or Mujahadah (sacrifice), and it is so easy. May Allah ﷻ give us the Taufeeq to practice. Ameen!

Dua of Ibrahim عليه السلام in regards to the day of Qiyaamah

The Aayat-e-Kareema that I have recited, Allah ﷻ quotes the Dua of Ibrahim عليه السلام which is,

وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ

Do not disgrace me on the day (of Qiyaamah) when people will be resurrected.

In the world a person does not want to be disgraced fearing that his evil actions must not be exposed. On that day everything will be exposed except that person whom Allah ﷻ favours and conceals. Ibrahim ؑ is making Dua to Allah ﷻ not to expose and humiliate him in front of mankind. On the day of Qiyaamah the husband will be in front of his wife, the wife in front of her husband, a father in front of his children, what humiliation and disgrace won't it be? Yes, if a person made Taubah (repented) then not only will he be protected from humiliation but his files will be totally destroyed.

It is of utmost importance that we think of the day of Qiyaamah regularly. We don't think of these things, very seldom do we think of how death will come to me. My death should not come to me whilst I am involved in some form of vice and evil, nor should death come to me in a bad condition in a bad place. How will the life of the Qabr be? May Allah ﷻ let our death and Qabr be good as no one will be with us there.

True results will be shown on the big screen on the day of Qiyaamah.

ہم ایسے رہے کے ویسے رہے وہاں دیکھنا ہے کے کیسے رہے

In this world we may be praised by all, and all the people may say that we are very good people, but it actually depends on what our condition is going to be in the grave. After our demise people may praise, deliver lectures on us, write books in our praises, but the important thing is our condition in the Qabr. So, we should be

worried and concerned of this all the time. We should be worried that all our deeds will be exposed in front of mankind on the big screen just as Allah ﷻ mentions regarding the world,

سُتَرِيهِمْ آيَاتِنَا فِي الْأَفَاقِ وَفِي أَنْفُسِهِمْ حَتَّى يَتَبَيَّنَ لَهُمْ أَنَّهُ الْحَقُّ أَوَلَمْ يَكُنْ بِرَبِّكَ أَنَّهُ عَلَى كُلِّ شَيْءٍ شَهِيدٌ

We shall soon show them Our Aayaat on the horizon and within themselves, until it becomes clear to them that it is certainly the truth. Is it not sufficient that your Rabb is witness over everything?

In the world we notice that when people gather at a function or at a meeting then a camera is focussed upon them. The person upon whom the camera is focussed is seen on the screen. The entire world is watching a soccer or cricket match on TV, the camera is sometimes focussed to a certain spectator and he may be popping peanuts into his mouth with his mouth wide open, this scene is watched by the whole world. In the world the people watch all your funny actions, you are picking your nose and the world is watching you digging diamonds etc., so imagine that on the day of Qiyaamah when everyone from Adam ﷺ till the last human being will be watching our deeds on the big screen then what will our condition be on that day? So this is the concern of Khalilullah Hadrat Ibrahim ﷺ who is the friend of Allah ﷻ, then how much more should we not be concerned of ourselves.




What will really benefit us on the day of Qiyaamah

The day of Qiyaamah is such that Allah ﷻ mentions,

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ

The day when neither wealth nor sons will be of any benefit

The wealth and children of a person will not assist one on the day of Qiyaamah, it is only the actions of a person that will assist him on the day of Qiyaamah. We will have to cross the bridge of Siraat (which is over Jahannam). The journey over this bridge will be a period of 1500 years, five hundred years to get up the bridge, five hundred on the bridge, and five hundred years to descend again. What will our condition be? The bridge is thin like a strand of hair, sharp like a sword and there wouldn't be any light. It is only our A'maal that will assist us.

Hadrat Maulana Zainul Aa'bideen Saheb  used to say that we are already walking on the bridge of Siraat in this very world. According to the laws of Shariah that we practice upon in this world, we will be able to walk straight there. If we do not follow Shariat correctly here, then accordingly we will be shaking there. Imagine what happens when a person's car goes out of control (May Allah  save us), what an experience? The car doesn't have to be travelling at 120 km/h, if he is travelling at 20/30km and loses control the car begins to sway about and the driver becomes totally blank. What will our condition be on the day of Qiyaamah? So, this is the time to prepare for that life. Our condition in the hereafter is dependent on how much we will practice upon Shariat in this world. Rasulullah  is reported to have said,

كما تحيون تموتون وكما تموتون تبعثون او تحشرون

In the manner you will live you will leave this world, in the manner you leave the world you will be raised on the day of Qiyaamah or resurrected.

دو روز زندگی کا یہ قرینہ چاہئے

مرنے کی طرح دنیا میں جینا چاہئے

Is this the way we should lead this life of ours which is really of two days, rather a person should live in this world like a person that is going to die. That is what we have to prepare for. We have not been sent here to build big properties, make big investments, but rather we have been sent here to prepare for our A'khirah and for the day of Qiyaamah.

یہ تیرے بسترے رزین یہ تیرا خانہ رنگین یہ فرش زیر مزار سونا
ہے آخر

The beautiful bed of yours, this beautiful mansion of yours, eventually one day you will have to sleep on the ground on the sand not a bed, not even a blanket or a sheet, forget your posterpeudic mattress, forget your electric blanket, nothing whatsoever and you will have to sleep under the heavy weight of all that sand that will be on top of you. So, what is going to help us there? You might think you can take your lap top there and send e-mails to get some help. Nothing is going to work there except our A'maal and our connection with Allah ﷻ. So that is what we supposed to be preparing for, and not for the worldly possessions. A person that prepares for that life, Allah ﷻ will shower this Dunya with honour at

his feet without him even working for it. This is when a person becomes Allahs.

ایک تو میرا تو ہر شے میری زمین میری آسمان میرا

ایک تو نہیں میرا تو کوئی شے نہیں میری

If you are mine then everything is mine, the earth is mine, the heavens are mine, if you are not mine then nothing is mine.

The investment that one has will not belong to him. His investment will also become a headache; the tenants will become a headache. If Allah becomes yours then Allah ﷻ will give you everything in a plate. You don't have to worry about anything as Allah ﷻ will take care of everything, so we have to try and find Allah ﷻ and worry of the day of Qiyaamah.

Benefits of a safe heart

A person with a spiritually healthy heart will be saved on the day of Qiyaamah, such a person will have no horror on the day of Qiyaamah. Today, we are concerned of the physical condition of the heart that the valves and arteries should not be blocked or I must not have a leaking heart. If I got a hole in my heart or my heart is enlarged then we become extremely worried, yet the worst that can happen is that one would die. If the heart is spiritually unhealthy then such a person will be involved in such a punishment that neither will he die nor live in such a punishment. Allah ﷻ says,

لَا يَمُوتُ فِيهَا وَلَا يَحْيَى

He will not die in it nor will he live

In another verse Allah ﷻ mentions,

وَيَأْتِيهِ الْمَوْتُ مِنْ كُلِّ مَكَانٍ وَمَا هُوَ بِمَيِّتٍ

The causes of death will come to him from every side but he will not die

Allah ﷻ explains the scenario of the Jahannami's been thrown in Jahannam,

وَإِذَا أُلْفُوا مِنْهَا مَكَانًا ضَيِّقًا مُقَرَّرِينَ دَعَوْا هُنَالِكَ ثُبُورًا

When they are flung into a narrow place (in Jahannam) with their hands and feet in shackles, they will cry out for destruction (they will plead for death to come to them)

Imagine if any one of us were to be caught up in a cramped place in a train or car whereby you can't even move your leg, or turn your head, how difficult wont it be? The people of Jahannam will be in a such a terrible condition and they will be chained up. They will cry out, we rather die instead of undergoing this. Allah ﷻ will respond by saying that you can call out for a thousand more deaths, but it will not be of any avail. Their suffering will be such that Allah ﷻ says,

لَهُمْ مِنْ فَوْقِهِمْ ظُلَلٌ مِنَ النَّارِ وَمِنْ تَحْتِهِمْ ظُلَلٌ ذَلِكَ يُخَوِّفُ اللَّهَ بِهِ عِبَادَهُ يَا عِبَادِ فَاتَّقُونِ

They shall have flames (of clouds) above them and flames beneath them (in Jahannam). It is with these things that Allah ﷻ warns His bondsmen. O my bondsmen! Fear Me!

There will be snakes and scorpions with such poison and magnitude that is unimaginable. The mala'ikah will be hitting them from all

sides, the water that will be given to them for drinking will be the matter of the people of Jahannam due to which their tongues will come out of their mouths and hang till their chest. May Allah ﷻ protect us all! However, the person that comes before Allah ﷻ with a spiritually healthy heart will be protected. What is a spiritually healthy heart?

What is Qalb-e-Saleem?

May Allah ﷻ reward our honourable Sheikh Arif Billah Hadrat Shah Hakeem Muhammad Akhtar Saheb Daamat Barakaatuhum, who has taught us from the Tafseer Ruhul Ma'aani what is Qalb-e-Saleem.

Nowadays people check their cholesterol level, sugar level, blood pressure, and then treat themselves accordingly as they are worried. Similarly, we should be concerned and do regular check-up to gauge whether our hearts are spiritually healthy or not, and receive treatment accordingly. A person may need a by-pass or a double or triple by-pass or stents in the arteries, so such a person should undergo an operation and act upon the treatment prescribed. Similarly, one should take the treatment for a healthy heart so that we can be spiritually healthy in the Dunya, Qabr and A'khirat. From here we also understand that either a person's heart can be spiritually healthy or sick. How do we know what is the meter reading of a healthy heart?

Signs of Qalb-e-Saleem

The first sign according to the Tafseer Kitaabs which the Mufasssireen have beautifully explained is,

1.A person with a healthy heart will spend his wealth in good courses,

الذى ينفق ماله فى البر

The one who spends his wealth in good and virtuous courses.

If a person is utilising his wealth in useless and futile things that is a sign that such a person has a sick heart, and how bad is the heart of a person, if he spends his wealth in acts of sin. We've got to see where and how are we spending our money. Are we always renovating our homes, or are we replacing the paving un-necessarily which cost thousands of Rands? After a few years we feel that maintaining the lawn is too difficult, so it should be replaced with tar or the paving that was removed must be put in again, and we waste ten to twenty thousand Rand.

Similarly, we say that the curtains don't look nice anymore because the neighbours have just changed their curtains, or your sister-in-law has changed her curtains, so we will also change our curtains even though the curtains are perfectly in order.

We spend ten, twenty, thirty thousand Rands on the holidays that we undertake. If we had left out the holiday and spent that money to build a Masjid, or contributed it towards a Madressa, or towards the digging of a well, it would have benefitted us tremendously as people would perform Salaah in the Masjid and the underprivileged that do not have water would make Dua for you.

Remember, today everybody does not have money to spend, but when it comes to other things then we have enough money to spend. How much don't we spend on our children? How many people purchase quad bikes and motor bikes for their children. In reality they are purchasing death for their children. Many children lose their lives on these bikes, we know how many cases are in front of us all the time.

How to invest our money?

Our Sheikh Daamat Barakaatuhum says it so beautifully that when a person spends his money in the path of Allah ﷻ, he has actually transferred his wealth from one account into another account. Many people have various bank accounts in different banks and countries. If a person transfers his money from a bank here in South Africa to a bank in Jeddah, he does not feel sad that he has given his money. In fact, if the South African economy is low he feels happy that he had transferred his money. If the economy continues deteriorating he says Alhamdulillah I had managed to transfer my finances in good time. Similarly we should transfer our money from the bank of this Dunya to the bank of the hereafter, which is a much more solid bank that will never experience bankruptcy. The returns of such a bank are also 100% Halaal.

The returns on our investments in the Aakhirah

The returns that we will receive in the hereafter on our investments are not 7,8,10 or 20% but starts at 700 percent. Allah ﷻ multiplies for whomsoever he wishes.

وَاللَّهُ يُضَاعِفُ لِمَنْ يَشَاءُ

Allah increases for those whom he wills

Many a times the thought crosses my mind in regards to Darul Uloom Deoband, when building the Madressa the person that gave just one Paisa (which is not even equivalent to a single cent), what rewards won't he be accumulating when the Darul Uloom has not just produced so many great Ulema but Darul Uloom Deoband has produced the entire Tabligh Jamaat, Khanqahs, Masajid, Madressas. His investment is increasing on a daily basis in the Qabr. A person that invested a single cent at that time, what returns will he be receiving in the Qabr. This is what is termed as investment and spending your wealth in good causes. Unfortunately we have become slaves of fashions,

یہی تجھ کو دھن ہے کے رہوں سب سے بالا

You are only concerned of remaining unique

This desire is generally more in women that they should be different from all other women.

Deception of Dunya

یہی تجھ کو دھن ہے کے رہوں سب سے بالا

ہو زینت نرالی ہو فیشن نرالا

This is your concern that my beauty must be the best, there shouldn't be anyone like me. My fashion must be such that only I am supposed to wear this dress, or I am only supposed to have this shoe. If anyone else has it, there is big trouble.

کیا یوں ہی جیتا ہے مرنے والا

Does a person that is going to leave this world live in this manner.

حسن ظاہر نے تجھ کو دھوکا میں ڈالا

The outward glitter and glamour of this world has plunged you into deception.

The outward beauty of this world is like a snake that has a beautiful skin with a beautiful design. You say Ho! Ho! How beautiful is it? Don't remain unmindful as this snake will bite you and if you get overtaken by its beauty, embrace it and place it around your neck, you will be ever so sorry after that. This is what this Dunya is.

The Dunya with all its beauty, glitter, glamour, temptation, fashion, brand names, will destroy you completely, which is worse and more harmful than the poison of the snake. So, don't fall into this trap. Nevertheless, the first sign that we must all check is that how am I spending my money, and am I spending it in good causes? Do I have a specific allowance in my monthly budget to spend in good causes, or am I a person that says that I have certain commitment to meet?

A good loan and how to manage our budgets?

Rasulullah ﷺ used to take loans from jews to assist and help out people. Who amongst us are prepared to take such loans? Forget taking loans, if we have ten investments we are not even prepared to part with one by donating it to a certain Masjid, Madressa, orphans etc. We take all the liquid that we have and invest it in further investments to such an extent that we do not have any

liquids remaining with us any longer. We say sorry, I can't help you now as I do not have any money to spend in the path of Allah ﷻ. Our way of life is according to the Western capitalistic system, we just don't have any money to give. How many people are such that their Zakaat is overdue but they just can't take it out as it is in their business. Whatever money they make is put back into their business or used in renovating their homes, or buying a new vehicle, so they do not have any money to pay their Zakaat. On the other hand the Islamic system is such (which many of us may remember) that the elderly people always had cash with them, yet nobody has cash today. The Western capitalistic system have worked things in such a way that even if you have cash but kept in the bank, its just figures, when they want they just subtract the zeros. For example, we were recently in Mozambique, if you had 30 million, they would subtract three or four zeros and you will be left with 30 thousand. In Zimbabwe its even worse they subtract eighteen zeros and this happens all the time. This happens so often that you think that you got money today but tomorrow you realise that you got nothing. In Zimbabwe, a person thought that he has a huge pension saving and he is set for life. When he retired, he received a letter from the bank requesting him to come in so that the saving funds can be sorted out. The currency was already de-valued, when they had subtracted all the bank charges he was left with that amount of money that he was only able to purchase a banana without any exaggeration. He thought that he will retire now and have a huge pension saving upon which he will have a good comfortable life, yet he was only able to purchase a banana. What is this Dunya? We should rather invest the wealth of the Dunya for our Aakhirat and we will start getting the

returns in this world. Actually the commission you will get here and the returns you will get there.

The reality of worldly investments

The governments can devalue their money or they can nationalise and take over the currency overnight. Look at what happened in Rangoon, the government had changed overnight and the new government took over all the businesses. They came in the morning and demanded the shop keys and claimed that the businesses belong to them. The earning of the shoemaker, barber, etc. will all go to the government. A similar situation occurred in Mozambique. When we had visited Mozambique the first or perhaps the second time, the people showed us buildings that were eighteen storeys high and said, "this had belonged to our uncle and it was taken away by the government." So this is the reality of the Dunya.

جکھ جی لگانے کی دنیا نہیں ہے

یہ عبرت کی جاہ ہے تماشا نہیں ہیں

The world is not a place to attach the heart to

This is a place to take lesson, not a place of entertainment

جہاں ہر خوشی ہے مبدل بصد غم

Places of happiness have now changed with thousands of grievances,

جہاں شادیاں تھی اب وہی ہے ماتم

Where weddings had taken place, it is now a place of funerals.

یہ سب ہر طرف ہے انقلاب عالم

All the time, changes are taking place in the world

تیری ذات ہی میں تغیر ہے ہر دم

In your own body there are changes taking place all the time

تجھے پہلے بچپن نے برسوں کھلایا

Initially childhood had played with you

You were a toy for your parents, grandparents. They had played with you like a toy in childhood days.

جوانی نے آکر تجھے مجنوں بنایا

Youth had caused you to become insane

When you had become a teenager, you became a juvenile, then you became like a mad person driving around in cars, walking in the streets at two o' clock in the morning without any worry and fear like an insane person.

بڑھاپے نے آکر پھر کیا کیا ستایا

Then old age had arrived and how didn't it trouble?

In old age, now it takes you five minutes to get out of bed, it takes half an hour in the toilet. The entire family is waiting to go out and the grandchildren are calling out to the Nani to hasten, yet Nani is

taking so long that she cannot even bend to fasten her shoes. When you are coughing throughout the night they say that the old man is coughing again continuously. What happens to a person in old age?

اجل تیری کر دیگی بلکل صفایا

Finally death will appear and finish you from the roots.

This is the world that we placing our trust upon. So, we should get our money matters in order.

What is the second sign of a spiritually healthy heart?

2. The second quality of a healthy heart is,

الذى يرشد بنیه الى الحق

The one who guides his children towards the truth.

A person guides his children towards Deen, towards Allah ﷻ. If we have to dress our six month or year old child in Islamic attire, (with a Kurta and Topi for a boy or with a Burqa for a girl), then all the people including the grand parents will say that you are making the child like a Sufi from this age. On the other hand, if the child is adorned with Christian clothing, nobody comments by saying that you are making the child a Jew or Christian, yet every one comments when a child is dressed in an Islamic dressing. We should bring our children up in the correct manner else these children will be like scorpions to us. When a person gets married then his Nafs desires to live it up, there is no concern of Salaah, dressing is according to one's desire, one goes wherever he wishes, the wife is also given

total freedom. When the first child is born the husband now wants the wife to sit at home and take care of the child whereas the husband had previously given her total freedom. Similarly a girl never wore a scarf and Ijaar from small, when she reaches the age of ten or eleven you instruct her to do so, how is she going to act upon those instructions? A child has to be trained from childhood. My Ustaad Hafez Salloo Saheb ﷺ used to say, “When you plant a tree, you have to ensure that it grows up straight from the start, if it grows crooked and you allow it to continue to such an extent that it becomes firmly embedded in the ground, it will then become difficult to straighten it at a later stage. A person that does gardening or even knows a little about gardening knows that a stick is fastened with a plant that is growing, and the more the plant grows the more it is fastened so that it grows straight. This is the manner in which we should bring up our children. If we are unable to do so, it shows that hearts are sick. By neglecting our duty (of bringing up our children in the correct manner), we will suffer the consequences not only in this world, but on the day of Qiyaamah it will be a much greater problem. So, we should make sure we give our children the correct upbringing and there will be a lot of tests which we will have to undergo.

The various trials one undergoes in the upbringing of his children

Family members will tell you that you are depriving your children of education. Today education is to teach the children all the wrong things and give them freedom. True education and knowledge is the knowledge of Deen. We should bear in mind that it is not sufficient to blame the children by saying that the children are not interested

or the mother is not interested. The father is the head of the family and he should play his role and ensure that he educates his children correctly. It is not correct to push the blame on others and say that we are helpless. We should take responsibility and exercise our responsibility. This is the second sign of a healthy heart.

The third sign which indicates that one possesses a spiritually healthy heart.

3. The third quality of a sound and healthy heart is,

الذى لا يكون فى قلبه العقائد الباطلة

The one that does not have any corrupt beliefs within him

A person should be free of all forms of false and wrong beliefs and forms of superstition which is common in this day and age. Nowadays, we blame everything on Jadu (black magic), whereas the greatest Jadu is the poison box (i.e. the TV) which we are watching in our homes, and the brand names which is part of our lives. Our Asaatizah (teachers) are of the opinion that if the Arabic grammar Kitaabs which we study are written by people that do not have Deen in their lives then irreligious ways will creep into our lives, therefore many excellent grammar Kitaabs were not utilised by our Ulema. Our Ulema used to say that to use the Kitaabs of those that stand and urinate will have an effect on the students. We can then well imagine the effect of English literature such as Shakespeare, Milton, etc. on our children that are studying matric. They are wearing designer clothing that have been manufactured by terrible people,

many of whom believe in Satanism, then wearing such clothing will obviously have an effect on the person wearing it.

Take a look at the Tartars that invaded Baghdad and killed the Muslims. Allah ﷻ had thereafter inspired them to accept Islam and in fact made them super Muslims due to which they revived Islam throughout the world. Allah ﷻ has taken the responsibility of preserving Islam till a time that is close to Qiyaamah. Anyone intending to destroy Islam will not be successful irrespective of who they may be. The Ulema, Madaris and Masajid may be destroyed, but Islam will prevail and live on all the time. If Allah ﷻ desires then people will learn under a tree also. Nevertheless, the third sign is that one's heart has to be pure of all false beliefs.

4. The fourth sign of a healthy heart is,

الذى لا يكون في قلبه غلبة الشهوات التي تعدى الى النار

The one in whose heart lust and desire is not dominant to such an extent that it takes a person to the fire of Jahannam.

Having desire within a person is necessary else we would not have any children. However, if one has excessive desire to such an extent that one will fall into Haraam indicates that the heart is not spiritually healthy. Allah ﷻ has made Halaal status for everyone, in fact Allah ﷻ has made it a great Ibaadat. If you make Nikah then half of your Imaan is complete, now fear Allah ﷻ in the remainder by fulfilling your desires in a Halaal manner. Allah ﷻ has made it such that when you get married and fulfil your desires in a Halaal manner, the entire family prepares the bedroom for you. People are bringing

gifts for you, some are bringing flowers, others are bringing a vase, another will put an alarm clock so you do not fall asleep at night as your new bride is coming. For doing things in a Halaal manner there is so much of arrangements that are made for you, yet for Haraam you have to be so careful. There is fear that you mustn't get caught out and there is fear that you mustn't contract aids. In spite of all these fears we still go towards Haraam whereas Allah ﷻ has made Halaal so beautiful, enjoyable and honourable. How shameful that we still go towards Haraam? If one is inclining towards Haraam, it shows that one has a spiritually sick heart and requires treatment which one should also act upon.

The treatment that is required for a sick heart

We should not ignore the treatment and just try to sweep it under the carpet. To think that I am alright by wearing a Kurta, Topie and beard is not sufficient when the heart is filled with dirt and filth. If we are spiritually ill, we shouldn't conceal it, rather discuss it. For example, you got a boil in an awkward place, you've got to treat it as the consequences of not treating it is serious. Similarly, you should discuss your spiritual illnesses, that is why a person has a Sheikh. The relationship that Sahaaba had with Rasulullah ﷺ was the relationship a Mureed has with a Sheikh. They would expose their spiritual illnesses and Rasulullah ﷺ would prescribe the cure.

The fifth sign of a healthy heart

5. The fifth sign of a healthy heart is,

الذى لا يكون في قلبه غير الله

The one whose heart is void of everything besides Allah

الہی دل میں میرے غیر کا اثر نہ رہے

Let there be no effect on my heart but thee

سواء تیرے کسی پر میری نظر نہ رہے

My gaze should not be on anyone except You

تو کر بے خبر ساری خبروں سے مجھ کو

O Allah, make me oblivious of all things (which others seek interest in)

الہی رہوں ایک خبر دار تیرا

May I be mindful of only You

جب تک قلب رہے پہلوں میں جب تک تن میں جان رہے

As long as my heart clings to my bosom, and life remains in my body

لب پہ تیرا نام رہے اور دل میں تیرا ہی دھیان رہے

May Your name remain on my lips, and Your remembrance remain in my heart

جذب میں پر راں ہوش رہے اور عقل میری حیران رہے

Let me be overcome with attraction to You and my senses be amazed

لیکن تجھ سے غافل ہر گز نہ دل میرا ایک آن رہے

But my heart should not be unmindful of You for a split second

The Tafseer made above is the most beautiful Tafseer of a healthy heart.

Connection with Allah ﷻ

Hadrat Maulana Muhammad Ahmad Saheb Partaabgari ﷻ used to say,

نسبت اسی کا نام ہے کہ اسکے گلی سے آپ نکلنے نہ پائے

Nisbat (connection with Allah ﷻ) is that relationship that if a person intends coming out he is unable to do so.

The thought of Allah ﷻ is always in the mind of a person. When a person lies down to sleep then also he says, O Allah, You are so kind to me that You have given me this bed, This house in which I am residing, every bounty You have bestowed me with. The desire of sleep is from You and it is only You that gives me a comfortable night's sleep. I love you O Allah, I am so sinful yet You continuously shower Your favours upon me. A person thinks of Allah ﷻ at every step.

To be engrossed in the thought of Allah ﷻ

This is the connection we have to develop with Allah ﷻ. When a person attains this,

ایک تم سے محبت ہوگئی ساری دنیا سے نفرت ہوگئی

*When I got Your love O Allah, I now have dislike for the whole world
(i.e. sins)*

عشق میں ذلت بھی عزت ہوگئی فقیری میں بادشاہت مل گئی

*In this love outward disgrace is also honour, I opted for slavery in
Your path but I got kingdom.*

When you get the love of Allah ﷻ then the whole world falls from your eyes. A person does not have to really make an effort to give up sins any more. It will automatically fall off just as the leaves fall off the trees in winter. The temptations of the world will leave one's life. If a dog is eating a bone, you don't have to deliver a lengthy lecture or undergo many spiritual sacrifices to make it leave the bone, just put a piece of meat in front of the dog and it will leave the bone. Similarly, the world is a bone that we are sucking on which we think is everything, but when the meat of the love of Allah ﷻ and the meat of Akhirat is placed before us then Dunya will fall from our eyes. This does not mean that a person won't acquire the wealth of this Dunya any longer. The Sahaaba didn't really make any effort for Dunya yet Allah ﷻ had blessed them tremendously.

Dunya will fall at one's feet

When the Muslims required their necessities to be fulfilled in Egypt Hadrat Abdur Rahmaan ibn Auf ؓ said that I will send you supplies in such abundance that the first camel laden with supplies will be in Egypt and the last camel will be in Madinah Sharif. Can we imagine how many camels Allah ﷻ had blessed them with? Allah ﷻ had blessed them with so much that gold used to pile in Masjid-un-Nabawi and announcements would be made for a period of three

days to the Sahaaba to come and collect their share, whereas today there are so fraudulent that sms and e-mails are sent, how people swindle others. Sahaaba ﷺ were not prepared to even collect the wealth in spite of being offered as the Dunya did not hold any value in the eyes of Sahaaba. They had Allah ﷻ and Akhirah in front of them. Allah ﷻ placed Dunya at their feet. In this day and age, the Ahlullah (friends of Allah ﷻ) do not go to any shop, factory, do not have any income yet the world is eager to spend on them. How much can they eat and wear? The more they get, they distribute. This is when a person becomes Allahs.

من كان لله كان الله له

Whoever becomes Allahs, Allah ﷻ becomes his.

Shaytaan puts fear into a person, what will happen if you adopt this way? Hadrat Ibrahim ibn Adham was the king of Balkh which is part of Afghanistan today. He was a pious person. Whilst living within the confines of the palace it is difficult to find Allah ﷻ. One night he heard some noise on his roof. He asked, "Who is that?"

The person replied, "I am looking for my lost camel." The king said, "O foolish person, how can a camel reach the roof of the palace?" The person replied, "Aren't you foolish to look for Allah ﷻ in the comfort of your palace?" He realised that Allah will not be found in the luxuries of this Dunya. Allah ﷻ will be found on sacrifice. He

removed his robe, put on his old blanket and he went out into the jungle looking for Allah ﷻ, whilst calling out

سن میرے نالے سن میرے نالے اے میرے اللہ اے میرے اللہ

اپنا بنالے اپنا بنالے اے میرے اللہ اے میرے اللہ

Listen to my plea, listen to my plea O my Allah

make me Yours, make me Yours O Allah!

آجائے میرے آنکھوں میں سماجا میرے دل میں

O Allah, come into my eyes, enter into my heart

ہر تمنی دل سے رخصت ہوگئی

اب تو آجا اب تو خلوت ہوگئی

Every desire has now left my heart,

Now enter my heart, my heart is empty from all things

شغل میرا بس اب تو الہی شام و سحر ہو اللہ اللہ

My only occupation is to be involved in Your Zikr day and night O

Allah!

A person that makes Zikr is likened to a person that is standing at the door and knocking. The door will finally open one day. By continuously making the Zikr of Allah ﷻ, the connection will finally be made.

ذکرِ ذاکر کو مذکور تک پونچا دیتا ہے

Zikrullah conveys the Zaakir to the one that is being remembered-

لیٹے بیٹھے چلتے پھرتے اُٹھ پھر ہو اللہ اللہ

*Whilst reclining, sitting, walking, moving around, all the time in the
Zikr of Allah ﷻ*

I am asking you to come into the heart O Allah. The earth and the heaven cannot contain Allah, but Allah ﷻ comes into the heart of a believer according to a Hadith-e-Qudsi.

The necessary treatment for a healthy heart and its effect

A person that has a sick heart gets tired very quickly, experiences chest pains, and is at risk of having a heart attack. A person may survive a heart attack but he will not survive a Maut (death) attack. A person may suffer a heart attack or a stroke at any time and he becomes a burden to all. However, if he takes treatment and acts upon the advices of the doctor then such a person will start feeling healthy. He is no longer tired as before and he is able to work. By Allah, we will benefit tremendously if our heart is corrected. We will see that we now have life in this world. The Quraan Sharif refers to such people as men, not men of steel but men of Allah ﷻ.

رَجَالٌ لَا تُلْهِهِمْ تِجَارَةٌ وَلَا بَيْعٌ عَنْ ذِكْرِ اللَّهِ وَإِقَامِ الصَّلَاةِ وَإِيتَاءِ الزَّكَاةِ يَخَافُونَ يَوْمًا تَتَقَلَّبُ
فِيهِ الْقُلُوبُ وَالْأَبْصَارُ

Men whom neither their trade nor commerce distracts from the Zikr of Allah ﷻ, the establishment of Salaah and the paying of Zakaah.

They fear a day when their hearts and eyes will be overturned.

People will be completely dazzled due to the happenings of the day of Qiyaamah, but these people will be saved because they had the fear of Allah ﷻ within them. This is when the hearts are spiritually rectified, therefore we should also take the necessary treatment if required. So we should check whether we have a spiritually healthy heart or not?

Checklist

1. Firstly we should check whether we are spending our wealth in good causes or not? We shouldn't only be spending 5% or 10% of our wealth, but basically all our wealth. Spending on one's family, on oneself, food, clothing, shelter, is also regarded as spending in the right path.
2. Are we bringing our children up in the correct manner in accordance to Deen and Shariah? Are we training them to prepare for the Akhirah?
3. Do we have any superstitious beliefs in our hearts which are very common nowadays? Are we doing things for name and fame or solely for the pleasure of Allah ﷻ?
4. Do we have such lust and desire that causes us to fall into Haraam?
5. The cherry on the top, is our heart clean of everything besides Allah ﷻ?

After taking a test we should give marks to ourselves. In the Hadith Rasulullah ﷺ is reported to have said,

حاسبوا قبل ان تحاسبوا

Take reckoning of yourself before your reckoning is taken.

After reading your report act in an appropriate manner!

In the Quraan Sharif Allah ﷻ states,

اقْرَأْ كِتَابَكَ كَفَىٰ بِنَفْسِكَ الْيَوْمَ عَلَيْكَ حَسِيبًا

Read your book! Today you are enough to take stock of yourself

If your report is good, you will say,

هَآؤُمُ اقْرَءُوا كِتَابِيَّةَ

Come (everyone) and read my record

If it is a bad report, you will say,

يَا لَيْتَنِي لَمْ أُوتَ كِتَابِيَّةَ

If only I was not given my record

وَلَمْ أَذْرِ مَا حِسَابِيَّةَ

And I had not known my reckoning

Let us read the reports, don't just be unmindful and go away. If we require treatment then we shouldn't delay, but take treatment immediately. If you have a healthy heart make Shukr to Allah ﷻ. Death can strike at any moment, and we are unaware of the time of

death. If death strikes and we leave this world with a sick heart, then our heart will remain in such a condition forever thereafter. If we leave with a healthy heart then our heart will remain healthy forever thereafter. May Allah ﷻ grant us all Taufeeq to act upon these advices. Ameen!

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