

Ilm Essentials

Purification of the Heart

Lesson 2



Diseases of the Heart

Envy

Attaining Purity

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- “A day in which neither wealth nor children will be of any benefit (to anyone), except one who comes to Allah with a pure heart” (Quran 26:88-89)
- “Surely in the breasts of man is a piece of flesh, if it is sound, the entire body is sound. And if it is corrupt, the entire body is corrupt. Take note, it is nothing except the heart” (Bukhāri)
- We know that the heart is central to the soul
 - ▣ And that it is the soul which is everlasting
 - But what does it mean for the heart to be pure or sound

Understanding Purity

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- “Verily Allah Most High is pure. He does not accept but that which is pure” (Muslim)
- ▣ Any definition would contain vast, far-reaching concepts
 - For example, to perfect belief, to follow the sharīah, to implement the sunnah, etc.
 - “None of you truly believes until his desires are in accordance with what I have brought” (Al-Maqdisī)
 - “Let whoever believes in Allah and in the Last Day either speak good or be silent” (Bukhārī and Muslim)
 - “Say, ‘I believe in Allah,’ and then stand firm” (Muslim)

Understanding Purity

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- No one single thing which indicates a pure heart
 - ▣ Rather it is the amalgamation of everything that one does, believes and thinks
- Just as the body is not healthy if one aspect is diseased
 - ▣ The heart/soul is not healthy if even one part is left untreated
- When we talk about purifying the heart
 - ▣ Entails removal of all bad characteristics
 - Replacing them with good characteristics
 - ▣ This is how one perfects their īmān

Negative Traits

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- ❑ Anger and hatred
- ❑ Arrogance and boasting
- ❑ Being ungrateful and oblivious to blessings
- ❑ Displeasure with the Divine Decree
- ❑ Envy
- ❑ Fear of death
- ❑ Fraud
- ❑ Heedlessness
- ❑ Laziness
- ❑ Love of this world
- ❑ Miserliness and fear of poverty
- ❑ Pride and ostentation
- ❑ Relying on other than Allah
- ❑ Seeking reputation
- ❑ Selfishness

Positive Traits

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- ❑ Being just
- ❑ Contentment with the Divine Decree
- ❑ Courage
- ❑ Desire and love for the next world
- ❑ Empathy and sympathy
- ❑ Forbearance
- ❑ Gratefulness and giving thanks
- ❑ Hope in Allah
- ❑ Humility
- ❑ Kindness and caring
- ❑ Love
- ❑ Obedience
- ❑ Patience
- ❑ Preferring others
- ❑ Shame
- ❑ Taqwā

Envy

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- ❑ Envy (hasad) is considered by some to be the root of all diseases
- ❑ The Prophet (sallallahu alaihi wa sallam) mentioned that envy eats good deeds like fire eats dry wood
 - ▣ Indicates a person can be doing good deeds
 - But still have envy within them
- ❑ Quran teaches us to seek refuge “from the evil of the envier when he envies” (Quran 113:5)
- ❑ No one is safe from envy
 - ▣ Either envy within themselves
 - Or the envy of another person

Envy

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- Envy was the cause of the first sin in the heavens
 - ▣ Leads to disobedience
 - Which leads to arrogance
 - And ultimately to despairing of Allah's mercy
- And the cause of the first sin on earth
 - ▣ And it continues to this very day

Path to Envy

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- ❑ Envy is when one desires that another person lose a blessing they were given
 - ▣ If I was in charge of that masjid...
 - ▣ If I had a house like that...
 - ▣ If Pakistan had oil like Saudi...
- ❑ Starts by seeing something
 - ▣ And judging it to be a blessing
- ❑ Then deciding that he should have that thing
 - ▣ And continues to the point that I should have it
 - And the other person should not

Path to Envy

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- At each step of the process
 - ▣ Mistakes are made which the Muslim should be able to avoid
- Muslims know that our provision will reach us
 - ▣ And no one has the ability to stop it
- We know that this world is not important
 - ▣ So when advertisers try to convince us otherwise
 - We shouldn't fall prey
- And recognize that what is a blessing for one person
 - ▣ Can be a trial or tribulation for another
 - Medicine in the wrong dosage can kill
 - Even too much water can kill

Path to Envy

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- Part of envy is that we are always looking at what others have
 - ▣ The grass is always greener
- Or showing others what we have
 - ▣ And then they envy us and we suffer
- “From the beauty of one’s Islām is that he leaves that which does not concern him” (Tirmidhī)
 - ▣ The gift of Islām is that Allah already told us what is important
 - So we don’t need to waste our time in other things

Path to Envy

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- Just because something looks good, smells good, tastes good
 - ▣ Doesn't mean it is good for you
 - The best things often look the simplest
- Involves an element of ignorance
 - ▣ Which leads to arrogance
- We start to think that we know what is best for us
 - ▣ And that we “deserve” that thing
 - If he has it, why can't I
 - What's so special about him

Destructive Nature of Envy

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- Contends with Allah
 - ▣ Allah is the giver of blessings
 - This is the definition of a blessing
 - Something that Allah bestows
 - Allah is the mun'im
- The envier thinks that he can create or make something a blessing
 - ▣ When Allah has not made it so for him
- Questions Allah's supremacy
 - ▣ Thinks he can take something not destined for himself
 - Forcing something at the wrong time
 - ▣ Opposite of "lā hawla wa lā quwwata"

Destructive Nature of Envy

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- ❑ Believes Allah is unjust
 - ▣ Thinks he deserves something
 - But Allah did not give it to him
 - ▣ Thinks that Allah has given a blessing to someone who does not deserve it
- ❑ Doubts Allah's eternal and perfect knowledge
 - ▣ Thinks he knows what is best
 - ▣ Thinks that Allah doesn't realize that if he had such-and-such, what he would do with it

Destructive Nature of Envy

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- Becomes discontent with Allah
 - ▣ Thinks Allah has short-changed him
 - That he deserved that thing and did not get it
- So the envier basically thinks that Allah has made mistakes
 - ▣ Been unjust, deprived one who deserves and provided for one who does not
- End result is that he loses all trust in Allah
 - ▣ Starts to think he is free of Allah
 - “I have to make my own future”
- Often starts with something small
 - ▣ But results in such enormous mistakes

Treating Envy

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- Recognize that envy hurts the envier most
 - ▣ Envy festers in the heart and causes grief
 - How are you going to take that thing
 - What if he is making duā from the Quran
 - ▣ That desire will lead to plotting and planning
 - Using deceit and guise to try and take something
- Recognize that the spreading of blessings benefits everyone
 - ▣ Why do the fish in the sea make duā for the faster

Treating Envy

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- Try to benefit the envied
 - ▣ If you feel envy or jealousy toward a person
 - Try and do something to help them, something beneficial
 - Helps to defy your whims
 - Earns the pleasure of Allah
- Make excessive duā for that person
 - ▣ This will hold back the nafs
 - Recite the duās of protection
- Recognize caprice is like the wind
 - ▣ It blows and then dies down
 - But you cannot see it coming
 - You only feel its effect

Treating Envy

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- Spend time in reflection
 - ▣ Thinking about envy and how destructive it is
 - How you feel when someone envies you
- Recognize envy for the disease that it is
 - ▣ Action and rectification begin with knowledge and acceptance
 - Don't be the one who says "no, that's not envy" or makes excuses
 - He is lost and destroyed
 - ▣ If one hates envy and is ashamed of their envy
 - Then he saves himself from being counted among the Enviars

Treating Envy

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- Focus on the blessings you have
 - ▣ If all the oceans as ink cannot exhaust writing the blessings of Allah
 - How can we even look to others if we are busy giving shukr for what we have
- Focus on rectifying the nafs
 - ▣ Spend more time in dhikr
 - The more time you spend talking about the dunyā
 - The more you will remember and desire it
 - The more time you spend talking about Allah
 - The more you will remember and desire Him

Questions and Discussion

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