

Ilm Essentials

Purification of the Heart

Lesson 8

Protecting the Heart

Protecting the Heart

3

- Sin and disobedience can manifest in two ways
 - ▣ Through the body
 - Causes a weakness in faith
 - But not an exit from it
 - ▣ Through the heart/mind
 - Causes an exit from faith
 - Believing the angels don't exist
 - Or a mass corruption thereof
 - Allowing arrogance to take hold
- Recognize that the “outer” sins are what lead to the “inner” sins
 - ▣ Many people who have philosophical doubts, inferiority complex, etc.
 - Are those who were not regularly engaged in ibādah
 - Because ibādah protects īmān

Pathways to the Heart

4

- Obedience and leaving sin are the pinnacle of Islām
 - ▣ “The mujāhid is one who exerts himself in obedience to Allah” and “The muhājir is he who abandons all wrong and sin” (Ahmad)
- Achieved by guarding the pathways to the heart
 - ▣ Eyes, ears, tongue, stomach and the private parts
 - What about the feet, hands, etc.
- For each pathway there are two levels
 - ▣ Avoiding the disliked and impermissible
 - Utilizing each for the pleasure of our Lord

Protecting the Stomach

5

- Stomach is the source of impulse within a person
 - ▣ If you can learn to control food
 - You will learn discipline in general
- Its starting point is avoiding the impermissible
 - ▣ As well as the doubtful
- “The worst vessel the son of Ādam fills is his stomach” (Tirmidhī)
 - ▣ This is referring to permissible filling
 - What then about impermissible filling

Protecting the Stomach

6

- Excess in the stomach has a direct correlation with excess in the nafs
 - ▣ If the excess is prohibited
 - It leads to the prohibited
 - ▣ If it is disliked
 - It leads to the disliked
 - ▣ If it is contrary to the sunnah
 - It leads to contradicting the sunnah
- We all eat three meals a day
 - ▣ Not because its sunnah, but because it's the norm
 - And many of those meals would feed a family elsewhere

Protecting the Stomach

7

- “The disbeliever eats with seven stomachs, while the believer eats with one” (Bukhāri)
- Used to be that the believer would stop every 1-2 hours to remember Allah
 - ▣ Now we stop every 1-2 hours to remember our stomach
 - Creates people who lack patience and fortitude
 - “My way, right away”
 - ▣ Becomes difficult to tell when the eating began and stopped
 - In order to say the basmalah and hamdalah
- And this is with food which has no nutritional value
 - ▣ Its only purpose is to satisfy the nafs

Protecting the Stomach

8

- All of this directly affects our worship
 - ▣ Average person in Ramadān eats more, and worse food, than outside Ramadān
 - ▣ He is willing to wake up at 3:00 am for food
 - But not to worship Allah
 - ▣ He is willing to come to the masjid for iftār and dinner
 - But not for dhikr and ibādah
 - ▣ “How many are those who fast but do not gain anything from it but hunger” (Dāramī)
- And our relationship with Allah
 - ▣ How can we ever count the blessings involved in 2,000 calories
 - Let alone give shukr for each of them
 - “The one who eats and is thankful is like the one who fasts and is patient” (Tirmidhī)

Recommendations for the Stomach

9

- ❑ Begin by eating 10% less at each meal
- ❑ Stop eating while still feeling a bit hungry
 - ▣ Takes time for the stomach to signal the brain
- ❑ Try to cut down the number of “food contacts”
- ❑ Focus on healthy, nutritional food
- ❑ Avoid doubtful foods
 - ▣ “Leave that which gives you doubt for that which does not”
(Tirmidhī and Ahmad)
- ❑ Bring barakah into meals
 - ▣ By inviting others
 - ▣ Sharing food
 - ▣ Remembering Allah

Protecting the Tongue

10

- “The one who guarantees for me his mouth and his private parts, I guarantee for him Jannah” (Bukhāri)
 - ▣ Ibn Umar said, “Don’t speak except that it is the mentioning of Allah. And speaking much without the mention of Allah is a sign of a hard heart, and the one who is furthest from Allah is that one who has a hard heart”
- Umar said, “The one who speaks the most, will have the most mistakes/sins, and the one who has the most sins, then the Fire is the most appropriate abode for them”

Protecting the Tongue

11

- “Backbiting is worse than adultery” (Bayhaqī)
- “Gatherings are to be kept in confidence” (Abū Dāwūd)
 - ▣ Today we feel if the person didn’t say to keep it confidential
 - We have the right to tell people
- “The signs of a hypocrite are three
 - ▣ When he speaks he lies
 - When he makes a promise he breaks it
 - When he is trusted he betrays the trust” (Bukhāri and Muslim)
- “A believer is he from whose tongue and hand other believers remain safe” (Bukhāri and Muslim)

Protecting the Tongue

12

- The tongue can also take one to Jannah
 - ▣ “The most virtuous struggle is when one speaks a word of truth before an unjust ruler” (Abū Dāwūd and Tirmidhī)
 - “If a person is given silence, he is given wisdom” (Hadīth)
- The shahādah must be uttered on the tongue
 - ▣ Two words enter a person into salāh
 - ▣ One word enacts a marriage
 - ▣ A few words initiate the ihrām
 - ▣ Horrendous sins are forgiven with istighfār

Protecting the Tongue

13

- The tongue is such a small piece of flesh
 - ▣ Yet its effects are so far reaching
 - “A person says a word, thinking it to be something small, yet it drags him 70 years into the Hellfire” (Tirmidhī)
 - ▣ “Every word uttered by the children of Ādam will be held against them and not in their favor except
 - Enjoining good, forbidding wrong and the remembrance of Allah” (Tirmidhī)
- Sharp words are everlasting
- This is why the tongue was given such a strong encasing
 - ▣ The ears are left open
 - ▣ The eyes only have a thin piece of flesh
 - But the tongue is kept in check by both lips and teeth

Protecting the Tongue

14

- When we speak
 - ▣ Our attention turns toward ourselves
- The saḥābah understood this
 - ▣ And would sit in silence with the Messenger (sallallahu alaihi wa sallam)
- As did our mashāikh
 - ▣ “Those who cannot benefit from my silence will never benefit from my words” (Shaykh Bāqī Billāh)
 - Shaykh Ghulām Habīb would recite so much Quran during his talks
 - Would equal 1 juz at the end

Recommendations for the Tongue

15

- Utilize the 3-second rule
- Spend time in reflection and silent dhikr
 - ▣ Average person cannot go even a few minutes without some sensory stimuli
- Ask yourself if you feel like speaking
 - ▣ And in those cases don't
- Spend time in righteous company
 - ▣ Because you are more prone to listen and less likely to speak

Protecting the Eye

16

- “Tell the believing men to lower their gaze and be modest (guard their private parts). That is purer for them. Surely Allah is aware of what they do
 - ▣ And tell the believing women to lower their gaze and be modest, and to display of their adornment only that which is apparent...” (Quran 24:30-31)
- We are aghast if a person commits zinā
 - ▣ Yet we are engaged in it ourselves
 - “The zinā of the eyes is looking, the zinā of the ears is hearing, the zinā of the tongue is talking, the zinā of the hand is assaulting and the zinā of the foot is walking...” (Bukhārī and Muslim)

Protecting the Eye

17

- More than any other pathway to the heart
 - ▣ The eye is the most susceptible
 - We need to keep it open throughout the day
- The eye establishes a direct route to the heart
 - ▣ With whatever it sees imprinted on the heart
 - How many of us can remember a horrific image from years ago
 - Idea of “love at first sight”
- Very relevant today, when everyone wants to “look” attractive
 - ▣ Very few people try to alter their voices
- Even Islāmic clothing, which is meant to induce modesty
 - ▣ Is used to become attractive to others

Protecting the Eye

18

- The eye is a great gift which is to be used to remind a person of Allah
 - ▣ And to manifest one's humility and awe
 - “Two eyes will not be touched by the Fire. An eye that cries from the fear of Allah, and an eye that spent the night in a guard post in the path of Allah” (Tirmidhī)

Questions and Discussion

19