

Keeping a sound heart

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The goal of every pious believer is to stand in the presence of Allah ﷻ, seeking His Divine Countenance. We see this in the Holy Qur'an and we should try to work towards this every single day. Take for example our Salaat, where we are actually meeting Allah (swt) face to face. Before we begin we say;

Inni -y wajjahtu wajh –e a li-lladhe fat.ara as- samaawaati wa- al- 'arda hanef(an) wa- maa 'anaa min al-mushrikeen

"For me, I have set my face, firmly and truly, towards Him (Who is facing me) Who created the heavens and the earth, and never shall I give partners to Allah."

Islamic spirituality teaches a person to aspire to attain this feeling of being in the Divine Presence'. In order to attain this one must purify himself. Allah ﷻ says in His Holy Words;

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ ﴿٨٨﴾ إِلَّا مَنْ آتَى اللَّهَ بِقَلْبٍ سَلِيمٍ ﴿٨٩﴾

'The Day whereon neither wealth nor sons will avail, but only he (will prosper) that brings to Allah a sound heart'. (Chapter 26, verse 88-89)

Only those who 'bring to Allah ﷻ a sound heart', free from 'blemishes' will be among the successful ones. Allah ﷻ is pure and as such only those whose personality is clean and pure will be able to feel himself standing in the Divine Presence. One example of such a person is Prophet Abraham (as) as Allah mentions in the Qur'an;

وَإِنَّ مِنْ شِيعَتِهِ لَإِبْرَاهِيمَ ﴿٨٣﴾ إِذْ جَاءَ رَبَّهُ بِقَلْبٍ سَلِيمٍ ﴿٨٤﴾

'Verily among those who followed His way was Abraham. Behold! He approached His Lord with a sound heart'. (Chapter 37, verse 83-84)

Abraham (as) was one who purified himself from the impurities of this world, thus Allah ﷻ refers to him as one who followed the righteous path.

It is important to note that purification from impurities also implies purifying the environment and the company we keep. Allah ﷻ advises us that we should interact or socialize with the true believers. There was this one time where some Jews came to see Prophet Muhammad ﷺ while he was in the company of his Companions. The Jews requested private meeting with him, away from his Companions. As such Allah ﷻ revealed the following ayat;

وَأَصْبَرَ نَفْسَكَ مَعَ الَّذِينَ يَدْعُونَ رَبَّهُمْ بِالْغَدَاةِ وَالْعَشِيِّ يُرِيدُونَ وَجْهَهُ ۗ وَلَا تَعْدُ عَيْنَاكَ عَنْهُمْ تُرِيدُ زِينَةَ الْحَيَاةِ الدُّنْيَا ۗ وَلَا تُطِعْ مَنْ أَغْفَلْنَا قَلْبَهُ عَن ذِكْرِنَا وَاتَّبَعَ هَوَاهُ وَكَانَ أَمْرُهُ فُرُطًا ﴿٢٨﴾

'and keep thy soul content with those who call on their Lord morning and evening, seeking His Face; and let not thine eyes pass them, seeking the pomp and glitter of this life; nor obey any whose heart We have permitted to neglect the remembrance of Us, one who follows his own desires whose case has gone beyond all bounds'. (Chapter 18, verse 28)

It is better for us to stay in the company of believers who engages in those activities that lead to seeking the Divine Countenance of Allah ﷻ. Running after the world and idolizing the wealthy and powerful serves no benefit to you.

Work towards feeling yourself in the Divine Presence of your Lord and Master and through this process Allah ﷻ will grant you success. Be mindful of what is inside the heart and the company you keep, as Allah ﷻ is All Seeing and He knows what your true status is. May Allah ﷻ bless us and take care of our affairs.