

الشعور الحقيقي

الفروق النفسية بين صفات النفس الطيبة والخبيثة

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A sound heart is one of the reasons for salvation of the Day of Judgement. This must be your target.

يَوْمٌ لَا يَنْفَعُ مَالٌ وَلَا بَنْوَةٌ
The Day when there will not benefit [anyone] wealth or children
إِلَّا مَنْ أَتَى اللَّهَ بِقُلْبٍ سَلِيمٍ
But only one who comes to Allah with a sound heart
سورة الشعرااء
26:88-89

The sound heart is one which is free from shirk, hypocrisy, miserliness, hatred and jealousy. He feels, but he holds himself from reacting.

Allah describes the people in Jannah as having sound and good hearts. Allah will remove all traces of resentment and bad feelings from their hearts. This resentment remains in our hearts in life, however much we try to remove it, so we must try and suppress it. There is nothing which removes all negativity, stress and grief from the heart as well as a good heart. It gives coolness to your eyes. It removes all the sicknesses from the heart. When the heart is sick, nothing seems good.

The one with a good heart doesn't feel any jealousy when he sees the blessings of others, which he doesn't have. He is at peace. He knows everything is from Allah. This makes relationships easy. A good heart is one of the reasons to

enter Jannah.

The one with a sound heart doesn't have any ill feelings for anyone. He meets people with a clean and pure heart. He has no bad intentions. He knows right and wrong,

How can we get a good heart?

- Be sincere, pleased with Allah. Fill your heart with Allah. This needs a lot of effort.
- Read the Qura'an and ponder upon it. The Qura'an is a cure for the hearts, so the more you are with the Qura'an, the more pure your heart gets.
- Don't slander or backbite anyone.
- Don't listen to falsehood.
- Spread the greeting of salaam.
- Give sadaqah.

True Feelings

Both the one who has a good heart and the one who is foolish look simple. But the one with a good heart has knowledge, and he doesn't show any reaction, because of his pure heart. When someone doesn't react, people think he is foolish, but this is not always the case.

سلامة القلب سبب من أسباب النجاة يوم القيمة. السليم هو الذي سلم من الشر والنفاق، ومن الغل والحق والحسد. ليس أرواح للمرء، ولا أطرب له موته، ولا أقر لعينه من ان يعيش سليم القلب ، مبراً من وساوس الضعيفة ، وثوران الأحقاد ، إذا رأى نعمة تنساق لأحد رضي بها ، وأحس فضل الله فيها ، وفقر عباده إليها.

سلامة القلب من عدم إرادة الشر بعد معرفته فيسلم قلبه من إرادته وقصده. وما يعين على سلامة الصدر : الإخلاص ، رضا العبد عن ربه وامتلاء قلبه به ، قراءة القرآن وتذكرة ، الدعاء ، الصدقة ، إفشاء السلام ، عدم الاستماع للغيبة والنميمة.

البلة جهل وغفلة عن الشر وهذا لا يحمد بل هو نقص. ضعف عقله وغلبت عليه الغفلة وقل تمييزه بلاهة مبكرة. الغفلة أشد ما يفسد القلوب .. فالقلب الغافل قلب معطل عن الإنقاط والتأثير والإستجابة به دلائل الإيمان والهدى أو يمر بها دون أن يحسها أو يدركها. والإنسان كلما غفل قلبه عن ذكر الله، وجد الشيطان طريقه إليه ، فيلزمه ويسحب له قربن سوء يوسموس له ويزين له السوء.

وَلَقَدْ ذَرَانَا لِجَهَنَّمَ كَثِيرًا مِنَ الْجِنِّ وَالْأَنْسِ لَهُمْ قُلُوبٌ لَا يَفْهَمُونَ بِهَا وَلَهُمْ أَعْيُنٌ لَا يُبَصِّرُونَ بِهَا وَلَهُمْ أَذْنُونَ لَا يَسْمَعُونَ بِهَا أُولَئِكَ كَالْأَنْعَامِ بَلْ هُمْ أَضَلُّ أُولَئِكَ هُمُ الْغَافِلُونَ

And We have certainly created for Hell many of the jinn and mankind. They have hearts with which they do not understand, they have eyes with which they do not see, and they have ears with which they do not hear. Those are like livestock; rather, they are more astray. It is they who are the heedless

سورة الأعراف

7:179

- Make du'a to Allah.

إِنَّ الَّذِينَ لَا يَرْجُونَ لِقَاءَنَا وَرَضُوا
بِالْحَيَاةِ الدُّنْيَا وَاطْمَأَنُوا بِهَا
وَالَّذِينَ هُمْ عَنْ آيَاتِنَا غَافِلُونَ

Indeed, those who do not
expect the meeting with Us
and are satisfied with the life
of this world and feel secure
therein and those who are
heedless of Our signs

سورة يونس

10:7

responding and submitting to Allah. Faith and guidance need awareness.

Don't remain with those who are heedless. Stay close to the ones who remember Allah frequently. Don't be distracted by the glitter of the dunya. The one who is heedless is susceptible to the plots of the shaitan.

Foolishness and heedlessness are an ignorance, a negligence to avoid evil. These feelings are faults, and weaknesses of the mind. This person cannot distinguish right and wrong. They have hearts, eyes and ears, but they don't use them.

They are attached to the dunya, and are pleased with it. They don't care about the akhirah. They don't know the deen. You must know your Rabb, the rights and duties, the legislation, the haram and halal.

Foolishness and heedlessness corrupt the heart. They disable the person from

وَلَا تُطِعْ مَنْ أَغْفَلْنَا قَلْبَهُ عَنْ ذِكْرِنَا
وَأَتَّبِعْ هَوَاهُ وَكَانَ أَمْرُهُ فَرُطًا

And do not obey one whose heart We have made
heedless of Our
remembrance and who
follows his desire and whose
affair is ever [in] neglect

سورة الكهف

18:28

(Part of a longer ayah)

