



الفروق النفسية بين صفات النفس الطيبة والخبيثة  
الإمام ابن القيم الجوزية

# 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.

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

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ  
The Day when there will not benefit [anyone] wealth or children  
إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ  
But only one who comes to Allah with a sound heart  
سورة الشعراء  
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.

وَنَزَعْنَا مَا فِي صُدُورِهِمْ مِنْ غِلٍّ  
إِخْوَانًا عَلَى سُرُرٍ مُتَقَابِلِينَ  
And We will remove whatever is in their breasts of resentment, [so they will be] brothers, on thrones facing each other  
سورة الحجر  
16:47

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.

12  
سلامة القلب  
والبلية والغفلة  
A Sound Heart,  
Foolishness and  
Heedlessness

سلامة القلب سبب من أسباب النجاة يوم القيامة. السليم هو الذي سلم من الشرك والنفاق ، ومن الغل والحقد والحسد. ليس أرواح للمراء ، ولا أطرده لهمومه ، 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. وسلامة الصدر من أسباب دخول الجنة. ما هو إلا رأيت غير أنني لا أجد في نفسي لأحد من المسلمين غشاً ولا أحسد أحداً على خير أعطاه الله إياه.

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

البلية جهل وغفلة عن الشر وهذا لا يحمي بل هو نقص. ضعف عقله وغلبت عليه الغفلة وقل تمييزه بلاهة مبكرة. الغفلة أشد ما يفسد القلوب ، فالقلب الغافل قلب معطل عن الإلتقاط والتأثر 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 ويصبح له قرين سوء يوسوس له ويزين له سوء.

وَلَقَدْ ذَرَأْنَا لِجَهَنَّمَ كَثِيرًا مِّنَ الْجِنِّ وَالإِنسِ لَهُمْ قُلُوبٌ لَا يَفْقَهُونَ بِهَا وَلَهُمْ أَعْيُنٌ لَا يُبْصِرُونَ بِهَا وَلَهُمْ أُذُنٌ لَا يُسْمِعُونَ 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 وَأَطْمَأْنَوْا 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 تُطِيعْ مَنْ أَغْفَلْنَا قَلْبَهُ عَنْ ذِكْرِنَا  
وَاتَّبَعَ هَوَاهُ وَكَانَ أَمْرُهُ فُرُطًا

**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)

