

Purification of the

SOUL

PodSeries - Vol 381



Achieve Noble Character

Purification of the Soul

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Purification of the Soul

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Table of Contents

[Acknowledgements](#)

[Compiler's Notes](#)

[Introduction](#)

[Purification of the Soul](#)

[Over 400 Free eBooks on Good Character](#)

[Other ShaykhPod Media](#)

Acknowledgements

All praises are for Allah, the Exalted, Lord of the worlds, who has given us the inspiration, opportunity and strength to complete this volume. Blessings and peace be upon the Holy Prophet Muhammad whose path has been chosen by Allah, the Exalted, for the salvation of mankind.

We would like to express our deepest appreciation to the entire ShaykhPod family, especially our little star, Yusuf, whose continued support and advice has inspired the development of ShaykhPod Books.

We pray that Allah, the Exalted, completes His favour on us and accepts each letter of this book in His august court and allows it to testify on our behalf on the Last Day.

All praise to Allah, the Exalted, Lord of the worlds and endless blessings and peace be upon the Holy Prophet Muhammad, on his blessed Household and Companions, may Allah be pleased with them all.

Compiler's Notes

We have tried diligently to do justice in this volume however if there are any short falls found then the compiler is personally and solely responsible for them.

We accept the possibility of faults and shortcomings in an effort to complete such a difficult task. We might have unconsciously stumbled and committed errors for which we ask for indulgence and forgiveness of our readers and the drawing of our attention thereto will be appreciated. We earnestly invite constructive suggestions which can be made to ShaykhPod.Books@gmail.com.

Introduction

The following short book discusses some aspects of the Purification of the Soul. This discussion is based on Chapter 91 Ash Shams, Verses 1-10 of the Holy Quran:

“By the sun and its brightness. And [by] the moon when it follows it. And [by] the day when it displays it [brightness]. And [by] the night when it covers it [the brightness]. And [by] the sky and He who constructed it. And [by] the earth and He who spread it. And [by] the soul and He who proportioned it. And inspired it [with discernment of] its wickedness and its righteousness. He has succeeded who purifies it. And he has failed who instills it [with corruption].”

Implementing the lessons discussed will aid a Muslim to Achieve Noble Character. According to the Hadith found in Jami At Tirmidhi, number 2003, the Holy Prophet Muhammad, peace and blessings be upon him, has advised that the heaviest thing in the Scales of Judgment Day will be Noble Character. It is one of qualities of the Holy Prophet Muhammad, peace and blessings be upon him, which Allah, the Exalted, complimented in Chapter 68 Al Qalam, Verse 4 of the Holy Quran:

“And indeed, you are of a great moral character.”

Therefore, it is a duty on all Muslims to gain and act on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, in order to Achieve Noble Character.

Purification of the Soul

Chapter 91 – Ash Shams, Verses 1-10

١ وَالشَّمْسِ وَضُحَاهَا

٢ وَالْقَمَرِ إِذَا تَلَّهَا

٣ وَالنَّهَارِ إِذَا جَلَّهَا

٤ وَاللَّيْلِ إِذَا يَغْشَاهَا

٥ وَالسَّمَاءِ وَمَا بَنَاهَا

٦ وَالْأَرْضِ وَمَا طَحَّهَا

٧ وَنَفْسٍ وَمَا سَوَّاهَا

٨ فَأَلْهَمَهَا فُجُورَهَا وَتَقْوَاهَا

٩ قَدْ أَفْلَحَ مَنْ زَكَّاهَا

١٠ وَقَدْ خَابَ مَنْ دَسَّاهَا

“By the sun and its brightness.

And [by] the moon when it follows it.

And [by] the day when it displays it [brightness].

And [by] the night when it covers it [the brightness].

And [by] the sky and He who constructed it.

And [by] the earth and He who spread it.

And [by] the soul and He who proportioned it.

And inspired it [with discernment of] its wickedness and its righteousness.

He has succeeded who purifies it.

And he has failed who instills it [with corruption].”

“By the sun and its brightness. And [by] the moon when it follows it. And [by] the day when it displays it [brightness]. And [by] the night when it covers it [the brightness]. And [by] the sky and He who constructed it. And [by] the earth and He who spread it.”

One can strengthen their faith by reflecting on the creations within the Heavens and the Earth. When done correctly this clearly indicates the Oneness of Allah, the Exalted, and His infinite power. Chapter 41 Fussilat, verse 53:

“We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth...”

For example, if a muslim ponders over the night and day and how perfectly in sync they are and the other things linked to them they will truly believe that this is not a random thing meaning, there is a force which ensures everything runs like clockwork. This is the infinite power of Allah, the Exalted. In addition, if one ponders over the perfect timing of the night and day they will realise it clearly indicates that there is only one God namely, Allah, the Exalted. If there were more than one God each god would desire the night and day to occur according to their own desires. This would lead to utter chaos as one God might desire the Sun to rise whereas the other God might desire the night to continue. The perfect uninterrupted system found within the universe proves there is only one God namely, Allah, the Exalted. Chapter 21 Al Anbiya, verse 22:

“Had there been within them [i.e., the heavens and earth] gods besides Allah, they both would have been ruined...”

“And [by] the soul and He who proportioned it.”

The Creator is the One who brings something into existence. In reality, there is no Creator except Allah, the Exalted, as He is the only One who creates without any aid from another. On other hand, an inventor only invents things through the aid of Allah, the Exalted. Chapter 37 As Saffat, verse 96:

“While Allah created you and that which you do?”

The Maker is the One who arranges all of the creation and prepares them for receiving the forms He has chosen for them which is linked to the next divine name mentioned earlier namely, the Fashioner.

The Creator makes things manifest. The Maker chooses their shape, appearance, and time of creation. The Fashioner fashions the creation according to His divine will.

After understanding these divine names a muslim must trust Allah, the Exalted, in all situations. If Allah, the Exalted, created and manages the entire universe He is more than capable in sorting out a person's problems. In addition, these names indicate that Allah, the Exalted, is the One who

creates and chooses all things. So a muslim should not challenge the choice of Allah, the Exalted, as this leads to nothing except disappointment. It is therefore better to submit obediently and patiently await relief knowing that Allah, the Exalted, only decrees the best for His servants even if this wisdom is not obvious to them. As a muslim is short sighted it is better to trust in the Creator whose wisdom has no limits. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

“And [by] the soul and He who proportioned [for] it.”

Allah, the Exalted, is the Creator and Allocator of provision to the entire creation which they need to preserve their physical and spiritual constitutions. In fact, according to a Hadith found in Sahih Muslim, number 6748, the provision of the entire creation was allocated over fifty thousand years before the creation of the Heavens and the Earth.

The one who understands this divine name will rely on Allah, the Exalted, to provide for them as He has planned for them before they were created. They will prove this reliance by striving to gain lawful provision as commanded by Allah, the Exalted, while refraining from anything which is unlawful and doubtful.

It is important to note that as people require physical provision in the form of food and drink. Similarly, the soul of a muslim requires provision also. This provision strengthens it and leads it to eternal bliss. This provision is in the form of sincere obedience to Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. The foundation of all this is gaining and acting on Islamic knowledge. Therefore, muslims should strive to gain this important provision of the soul as well as provision for their physical body. Two elements should be remembered in this respect. Do not exert unlawful and unnecessary efforts in gaining one's guaranteed provision. And do not misuse or waste the provision one gains.

A muslim, should act on this divine name by fulfilling their duty by providing for their dependents according to the teachings of Islam. This includes providing them with both physical and spiritual provision through education. A muslim should also do the same for the needy according to their capacity without fearing poverty for themselves. They should remember the Hadith found in Sunan Abu Dawud, number 4893, which advises that Allah, the Exalted, will fulfil the needs of the muslim who takes care of the needs of others.

“And [by] the soul and He who proportioned [for] it. And inspired it [with discernment of] its wickedness and its righteousness.”

In a Hadith found in Jami At Tirmidhi, number 2389, the Holy Prophet Muhammad, peace and blessings be upon him, advised that righteousness is good character and a sin creates a negative internal feeling and its doer would dislike others finding out about it.

This Hadith indicates that the root of all good and righteousness is good character. This is when one fulfills their duty towards Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. And it includes treating people in the same way they desire others to treat them. In fact, a person will not become a true believer until they love for others what they love for themselves. This has been advised in a Hadith found in Jami At Tirmidhi, number 2515. Good character towards Allah, the Exalted, and people is important to adopt as it will be the heaviest thing in the Scales of Judgment Day and the person who possesses good character will gain the equivalent reward of the one who prays and fasts often. This has been advised in a Hadith found in Jami At Tirmidhi, number 2003.

The main Hadith under discussion also indicates how to judge one's actions. A sin is something which creates a negative internal feeling and the sinner would dislike others finding about their actions. If a muslim adheres to this advice they will avoid the vast majority of sins as human beings have been created in a way which alerts them when they commit most sins. It is important to note, muslims must still strive to gain and act on

knowledge as this internal warning does not occur with all sins and they will lose this warning system if they persist on the disobedience of Allah, the Exalted. But none the less, it is still an excellent deterrent from sins which muslims should pay heed to.

“And [by] the soul and He who proportioned [for] it. And inspired it [with discernment of] its wickedness and its righteousness.”

This also includes the fact that Allah, the Exalted, has clearly explained the difference between good and evil through His Holy Prophets, peace be upon them, and the divine scriptures He sent with them. Therefore, one must sincerely obey the two sources of guidance in order to achieve peace and success in both worlds namely, the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

Righteousness cannot be achieved without gaining and acting on Islamic knowledge so that one can fulfill the commands of Allah, the Exalted, refrain from His prohibitions and face destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 35 Fatir, verse 28:

“...Only those fear Allah, from among His servants, who have knowledge...”

In a Hadith found in Jami At Tirmidhi, number 2451, the Holy Prophet Muhammad, peace and blessings be upon, advised that a muslim cannot become righteous until they avoid something which is not harmful to their religion out of caution that it will lead to something which is harmful. Therefore, an aspect of righteousness is to avoid things which are doubtful

not just unlawful. This is because doubtful things takes a muslim one step closer to the unlawful and the closer one is to the unlawful the easier it is to fall into it. It is why a Hadith found in Jami At Tirmidhi, number 1205, advises that the one who avoids unlawful and doubtful things will protect their religion and honor. If one observes those who have become misguided in society, in most cases, this occurred gradually not in one sudden step. Meaning, the person first indulged in doubtful things before falling into the unlawful. This is the reason why Islam stresses the need to avoid unnecessary and vain things in one's life as they can lead them to the unlawful. For example, vain and useless speech which is not classified sinful by Islam often leads to evil speech, such as backbiting, lying and slander. If a person avoids the first step by not indulging in vain speech they will undoubtedly avoid evil speech. This process can be applied to all things which are vain, unnecessary and especially, doubtful.

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This also includes the fact that Allah, the Exalted, has clearly explained the difference between good and evil through His Holy Prophets, peace be upon them, and the divine scriptures He sent with them. Therefore, one must sincerely obey the two sources of guidance in order to achieve peace and success in both worlds namely, the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

In a Hadith found in Sahih Muslim number 196, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Islam is sincerity towards the Holy Quran and the Holy Prophet Muhammad, peace and blessings be upon him.

Sincerity towards the Holy Quran includes having deep respect and love for the words of Allah, the Exalted. This sincerity is proven when one fulfils the three aspects of the Holy Quran. The first is to recite it correctly and regularly. The second is to understand its teachings through a reliable source and teacher. The final aspect is to act on the teachings of the Holy Quran with the aim of pleasing Allah, the Exalted. The sincere muslim gives priority to acting on its teachings over acting on their desires which contradict the Holy Quran. Modelling one’s character on the Holy Quran is the sign of true sincerity towards the book of Allah, the Exalted. This is the tradition of the Holy Prophet Muhammad, peace and blessings be upon

him, which is confirmed in a Hadith found in Sunan Abu Dawud, number 1342.

The next thing mentioned in the main Hadith under discussion is sincerity towards the Holy Prophet Muhammad, peace and blessings be upon him. This includes striving to acquire knowledge in order to act on his traditions. These traditions include the ones related to Allah, the Exalted, in the form of worship, and his blessed noble character towards the creation. Chapter 68 Al Qalam, verse 4:

"And indeed, you are of a great moral character."

It includes to accept his commands and prohibitions at all times. This has been made a duty by Allah, the Exalted. Chapter 59 Al Hashr, verse 7:

"...And whatever the Messenger has given you - take; and what he has forbidden you - refrain from..."

Sincerity includes to give priority to his traditions over the actions of anyone else as all paths to Allah, the Exalted, are closed except the path of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 3 Alee Imran, verse 31:

"Say, [O Muḥammad], "If you should love Allah, then follow me, [so] Allah will love you and forgive you your sins..."

One must love all those who supported him during his life and after his passing, whether they are from his Family or his Companions, may Allah be pleased with them all. Supporting those who walk on his path and teach his traditions is a duty on those who desire to be sincere to him. Sincerity also includes loving those who love him and disliking those who criticise him irrespective, of one's relationship with these people. This is all summarised in a single Hadith found in Sahih Bukhari, number 16. It advises that a person cannot have true faith until they love Allah, the Exalted, and the Holy Prophet Muhammad, peace and blessings be upon him, more than the entire creation. This love must be shown through actions not just words.

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This also includes the fact that Allah, the Exalted, has clearly explained the difference between good and evil through His Holy Prophets, peace be upon them, and the divine scriptures He sent with them. Therefore, one must sincerely obey the two sources of guidance in order to achieve peace and success in both worlds namely, the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Ignorance can prevent this from occurring.

A great distraction which prevents one from submitting to the obedience of Allah, the Exalted, is ignorance. It can be argued that it is the origin of every sin as the one who truly knows the consequences of sins would never commit them. This refers to true beneficial knowledge which is knowledge that is acted upon. In reality, all knowledge which is not acted on is not beneficial knowledge. The example of the one who behaves in this manner is described in the Holy Quran as a donkey which carries books of knowledge which do not benefit it. Chapter 62 Al Jumu'ah, verse 5:

“...and then did not take it on (did not act upon knowledge) is like that of a donkey who carries volumes [of books]...”

A person who acts on their knowledge rarely slips up and commits sins intentionally. In fact, when this occurs it is only caused by a moment of ignorance where a person forgets to act on their knowledge which results in them sinning.

The Holy Prophet Muhammad, peace and blessings be upon him, once highlighted the seriousness of ignorance in a Hadith found in Jami At Tirmidhi, number 2322. He declared that everything in the material world is cursed except for the remembrance of Allah, the Exalted, whatever is connected to this remembrance, the scholar and the student of knowledge. This means that all the blessings in the material world will become a curse for the one who is ignorant as they will misuse them thereby committing sins.

In fact, ignorance can be considered a person's worse enemy as it prevents them from protecting themselves from harm and gaining benefit all of which can only be achieved through acting on knowledge. The ignorant commits sins without being aware of them. How can one avoid a sin if they do not know what is considered a sin? Ignorance causes one to neglect their obligatory duties. How can one fulfil their duties if they are unaware of what their duties are?

It is therefore a duty on all Muslims to gain enough knowledge to fulfil all their obligatory duties and avoid sins. This is confirmed in a Hadith found in Sunan Ibn Majah, number 224.

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It is important to understand that the famous statement ignorance is bliss is not true especially, in respect to religious affairs and the hereafter. Unfortunately, some muslims believe just because they do not know an Islamic rule they are exempt from obeying it and Allah, the Exalted, will not hold them accountable for it. This is one of the worse types of ignorance as Allah, the Exalted, has made it clear that there are no excuses and muslims must learn and act on the teachings of Islam. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, declared this to be a duty on all muslims in a Hadith found in Sunan Ibn Majah, number 224. It is a trap of the Devil to believe ignorance is an acceptable excuse and one does not need to gain knowledge about Islam. If a government does not accept this excuse how can one expect Allah, the Exalted, to? Just like a person who takes on a responsibility is expected to know the rules attached to it, such as being a licensed driver, the one who accepts Islam as their religion is responsible for learning the rules linked to it. Therefore, muslims

must avoid ignorance as it will not benefit them in this world and it will certainly not aid them in the hereafter.

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A great obstacle to the obedience of Allah, the Exalted, is weakness of faith. It is a blameworthy characteristic which gives rise to other negative characteristics, such as failing to act on one's knowledge, fearing others, placing the obedience of people above the obedience to Allah, the Exalted, having hope in forgiveness without striving for it and other undesired characteristics. The greatest affliction of weakness of faith is that it allows one to commit sins, such as neglecting the obligatory duties. The root cause of weakness of faith is ignorance of Islam.

One should strive to gain knowledge in order to strengthen their faith. With time they will eventually reach certainty of faith which is so strong that it safeguards a person through all tests and trials and ensures they fulfil their duties both religious and worldly. This knowledge is obtained when one studies the teachings of the Holy Quran and the Hadiths of the Holy

Prophet Muhammad, peace and blessings be upon him. Specifically, those teachings which discuss the promises of reward for those who are obedient and the punishment for those who are disobedient to Allah, the Exalted. This creates fear of punishment and hope of reward in a muslim's heart which acts like a pull and push mechanism towards the obedience of Allah, the Exalted.

One can strengthen their faith by reflecting on the creations within the Heavens and the Earth. When done correctly this clearly indicates the Oneness of Allah, the Exalted, and His infinite power. Chapter 41 Fussilat, verse 53:

“We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth...”

For example, if a muslim ponders over the night and day and how perfectly in sync they are and the other things linked to them they will truly believe that this is not a random thing meaning, there is a force which ensures everything runs like clockwork. This is the infinite power of Allah, the Exalted. In addition, if one ponders over the perfect timing of the night and day they will realise it clearly indicates that there is only one God namely, Allah, the Exalted. If there were more than one God each god would desire the night and day to occur according to their own desires. This would lead to utter chaos as one God might desire the Sun to rise whereas the other God might desire the night to continue. The perfect uninterrupted system found within the universe proves there is only one God namely, Allah, the Exalted. Chapter 21 Al Anbiya, verse 22:

“Had there been within them [i.e., the heavens and earth] gods besides Allah, they both would have been ruined...”

Another thing which can strengthen one's faith is to persist in righteous deeds and abstain from all sins. As faith is belief supported by actions it weakens when sins are committed and strengthens when good deeds are performed. For example, the Holy Prophet Muhammad, peace and blessings be upon him, once warned in a Hadith found in Sunan An Nasai, number 5662, that a muslim is not a believer when they drink alcohol.

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This also includes the fact that Allah, the Exalted, has clearly explained the difference between good and evil through His Holy Prophets, peace be upon them, and the divine scriptures He sent with them. Therefore, one must sincerely obey the two sources of guidance in order to achieve peace and success in both worlds namely, the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

It is important for muslims to strive in the obedience of Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience as Allah, the Exalted, has guaranteed a good life in both worlds for the one who behaves in this manner. Chapter 16 An Nahl, verse 97:

“Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.”

This good life will protect a muslim from severe grief, depression and other extreme moods and mental disorders which can destroy a person's life. Even though, muslims will face difficulties which will sadden them but if they obey Allah, the Exalted, this sadness will never become extreme and effect their entire life on a long term basis. This is because a muslim who strives in the obedience of Allah, the Exalted, has an excellent reason to continue moving forward through their difficulty without giving up and turning to depression and even suicide. For example, they look forward to the countless reward which will be granted to the patient. Chapter 39 Az Zumar, verse 10:

“...Indeed, the patient will be given their reward without account [i.e., limit].”

Whereas, the muslim who does not strive in the obedience of Allah, the Exalted, and only claims the title of being a muslim with their tongue will not be granted this attitude and a good life. And whenever they face difficulties it will drive them to extreme moods and mental disorders which will destroy their entire life.

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This also includes the fact that Allah, the Exalted, has clearly explained the difference between good and evil through His Holy Prophets, peace be upon them, and the divine scriptures He sent with them. Therefore, one must sincerely obey the two sources of guidance in order to achieve peace and success in both worlds namely, the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

First of all, it is important to understand, that the major thing which separates a human from an animal is the fact that people live by a higher moral code. If people abandoned this and simply acted on their desires then they would be no difference between them and animals. In fact, people would be worse as they possess the higher level of thinking yet, still choose to live like animals.

Secondly, whether people want to admit it or not in reality, every person is a servant of something or someone. Some are servants of others, such as Hollywood executives and do whatever they command them to do even if it challenges modesty and shame. Others are servants of their relatives and friends and do whatever it takes to please them. Others are the worse by being servants of their own desires as this is the attitude of animals who generally act to please themselves. The best and highest form of servanthood is being a servant of Allah, the Exalted. This is quite evident if one turns the

pages of history which clearly shows that those who were the servants of Allah, the Exalted, such as the Holy Prophets, peace be upon them, were granted the highest honour and respect in this world and will be granted this in the next. Centuries and millennia have passed yet their names are remembered as the pillars and beacons of history. Whereas those who became servants of others especially, their own desires were eventually disgraced in this world even if they achieved some worldly status and they became mere footnotes in history. The media barely remembers those who pass away for more than a few days before moving onto the next person to report on. During their lives these people eventually become sad, lonely, depressed and even suicidal as selling their souls and decency to their worldly masters did not grant them the contentment they were looking for. One does not need to be a scholar to understand this obvious truth. So if people must be servants they should be the servants of Allah, the Exalted, as lasting honour, greatness and true success lies only in this.

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In a Hadith found in Jami At Tirmidhi, number 2465, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever prioritises the hereafter over this material world will be granted contentment, their affairs will be corrected for them and they will receive their destined provision in an easy way.

This half of the Hadith means that whoever correctly fulfils their duties in respect to Allah, the Exalted, and to the creation, such as providing for their family in a lawful manner while avoiding the excess of this material world will be granted contentment. This is when one is pleased with what they possess without being greedy and actively striving to obtain more worldly things. In reality, the one who is content with what they possess is a truly rich person even if they possess little wealth as they become independent of things. Independence of anything makes one rich in respect to it.

In addition, this attitude will allow one to comfortably deal with any worldly issues which may arise during their life. This is because the less one interacts with the material world and focuses on the hereafter the less worldly issues they will face. The less worldly issues a person faces the more comfortable their life will become. For example, the one who possesses one house will have fewer issues to deal with in respect to it, such as a broken cooker, than the one who possesses ten houses. Finally, this person will easily and pleasantly obtain their lawful provision. Not only this but Allah, the Exalted, will place such grace in their provision that it will cover all their responsibilities and necessities meaning, it will satisfy them and their dependents.

But as mentioned in the other half of this Hadith the one who prioritises the material world over the hereafter meaning, by neglecting their duties or striving for the unnecessary and excess of this material world will find that their need, meaning greed, for worldly things is never satisfied which by definition makes them poor even if they possess much wealth. These people will go from one worldly issue to another throughout the day failing to achieve contentment as they have opened too many worldly doors. And they will receive their destined provision with difficulty and it will not give them satisfaction and never seem enough to fill their greed. This may even push them towards the unlawful which only leads to a loss in both worlds.

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This also includes the fact that Allah, the Exalted, has clearly explained the difference between good and evil through His Holy Prophets, peace be upon them, and the divine scriptures He sent with them. Therefore, one must sincerely obey the two sources of guidance in order to achieve peace and success in both worlds namely, the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

Those who disbelieve or avoid acting on their faith in Islam do so out of love for the material world and the things within it. They believe that believing or acting on their faith will prevent them from enjoying worldly blessings meaning, for them faith is something that restricts their desires and therefore they turn away from it either literally or practically. Instead they turn towards the material world and strive to fulfill their desires without restrictions believing that true peace lies in this. They look down at those who accept and actualize their faith by controlling their actions and using their worldly blessings in ways pleasing to Allah, the Exalted. They believe that these pious Muslims are lowly slaves who have been restricted from enjoying themselves whereas they, the disbelievers and the misguided, are free. But in actual fact this could not be further from the truth as the real slaves are those who fail to accept and submit to Allah, the Exalted, and the superior ones are those who have done this as they become free of slavery to the world. This can be understood by an example. A good parent will restrict the type of food their child eats meaning, they will only let them eat junk and unhealthy food once in a while and instead force them to

follow a healthy diet. This child therefore believes that their parent has placed undesirable restrictions on them and that they have become slaves to their parent and their healthy diet. On the other hand another child has been given permission from their parent to eat whatever they desire, whenever they desire and how much they desire. So this child believes that they are completely free of all restrictions. When these children come together the child who has been given complete freedom criticizes and looks down on the child who has been restricted by their parent. The latter child will also feel sorry for themselves when they observe the other child has been given free reign to behave however they wish. Outwardly it appears the child who has been granted freedom has obtained happiness whereas the other child is too tied up with restrictions to enjoy life. But years down the line the truth will become manifest. The child who had no restrictions grows up to become extremely unhealthy e.g. obesity, diabetes, high blood pressure, etc. As a result of this they even become mentally unhealthy as they lose confidence in their body and the way they look. Because of this they become a slave of medications, diseases, mental and social problems. All these things restrict their happiness and life. Whereas, the child who was restricted by their parent grows up healthy in mind and body. As a result they become confident in their body and ability, which aids them to succeed in life. They become free of any slavery to medications, diseases, mental and social problems as they grew up with the correct balance and guidance. So the child who had no restrictions grew up becoming a slave to many things, whereas the child who had restrictions grew up independent of all restrictions.

To conclude, the real slave is the one who becomes a slave to all other things except Allah, the Exalted, such as social media, society, fashion and culture, and this leads to mental, physical and social problems, whereas the real free person is the one who submits only to Allah, the Exalted, thereby achieving peace of mind and body.

“And [by] the soul and He who proportioned [for] it. And inspired it [with discernment of] its wickedness and its righteousness. He has succeeded who purifies it. And he has failed who instills it [with corruption].”

This also includes the fact that Allah, the Exalted, has clearly explained the difference between good and evil through His Holy Prophets, peace be upon them, and the divine scriptures He sent with them. Therefore, one must sincerely obey the two sources of guidance in order to achieve peace and success in both worlds namely, the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

Disbelief can be a literal rejecting of Islam or through actions, which involves disobeying Allah, the Exalted, even though one believes in Him. This can be clearly understood by an example. If an unaware person is warned by another of an approaching lion and the unaware person takes practical steps to obtain safety they will be considered someone who believed in the warning given to them as they adapted their behaviour based on the warning. Whereas, if the unaware person does not practically change their behaviour after being warned, people will suspect that they do not believe in the warning given to them even if the unaware person verbally claims belief in the warning given to them.

Some people claim that their belief and obedience to their God is in their hearts and they therefore do not need to demonstrate it practically. Unfortunately, this foolish mentality has infected many Muslims who believe they possess a pure faithful heart even though they fail to fulfil the

obligatory duties of Islam. The Holy Prophet Muhammad, peace and blessings be upon him, has clearly declared in a Hadith found in Sunan Ibn Majah, number 3984, that when one's heart is pure the body becomes pure which means their actions become correct. But if one's heart is corrupt the body becomes corrupt which means their actions will be corrupt and incorrect. Therefore, the one who does not obey Allah, the Exalted, by fulfilling their duties practically can never have a pure heart.

In addition, demonstrating one's faith in Allah, the Exalted, practically is their proof and evidence which is required on Judgment Day in order to be granted Paradise. Not having this practical evidence is as silly as a student who hands back a blank exam paper to their teacher claiming their knowledge is in their mind so they therefore do not need to write it down by answering the exam questions. The same way this student would undoubtedly fail so will a person who reaches Judgment Day without the obedience of Allah, the Exalted, in the form of fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, even if they possess faith in their heart.

“And [by] the soul and He who proportioned [for] it. And inspired it [with discernment of] its wickedness and its righteousness. He has succeeded who purifies it. And he has failed who instills it [with corruption].”

The corruption and hardness of the spiritual heart is an extremely important matter which has been discussed in a Hadith found in Sahih Bukhari, number 52. The Holy Prophet Muhammad, peace and, blessings be upon him, warned that when the spiritual heart becomes corrupt then the whole body becomes corrupt. This corruption is then reflected in one’s speech and actions. Similarly, the Holy Quran has highlighted the importance of a soft and sound heart by advising that one will not derive benefit from their possessions or relatives on Judgment Day unless they possess a sound spiritual heart. Chapter 26 Ash Shu’ara, verses 88-89:

“The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart.”

The one with a hard spiritual heart can be described as a person who rejects the truth when it is presented to them believing they are superior in knowledge. They lack submission and the fear of Allah, the Exalted, which leads to abandoning good deeds, committing sins, excessive love and striving for the material world while remaining heedless to preparing for the eternal hereafter. The hard hearted are easily influenced by the Devil into committing sins and rejecting good deeds. Chapter 22 Al Hajj, verse 53:

“[That is] so He may make what Satan throws in [i.e., asserts] a trial for those within whose hearts is disease and those hard of heart...”

Two specific blameworthy characteristics are adopted by the one who possesses a hard spiritual heart. They intentionally misinterpret divine scriptures in order to fulfil their own desires such as obtaining fame. They criticise those who strive to adhere to the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, as they desire people to follow their thinking and love for the material world. The second is that they cherry pick verses and Hadiths which suit their desires. They label those who strive to adopt and act on all verses and Hadiths as extremists thereby making their own attitude seem pleasing to others. Chapter 5 Al Ma'idah, verse 13:

“So for their breaking of the covenant We cursed them and made their hearts hardened. They distort words from their [proper] places [i.e., usages] and have forgotten a portion of that of which they were reminded. And you will still observe deceit among them, except a few of them...”

The Holy Prophet Muhammad, peace and blessings be upon him, has warned that those who talk excessively without mentioning Allah, the Exalted, are prone to adopting a spiritual hard heart. The one who possesses a hard spiritual heart is furthest from Allah, the Exalted. This is confirmed in a Hadith found in Jami At Tirmidhi, number 2411.

As mentioned earlier those who abandon the obedience of Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience, will be cursed with a hard heart. Chapter 5 Al Ma'idah, verse 13:

“So for their breaking of the covenant We cursed them and made their hearts hardened...”

In a Hadith found in Jami At Tirmidhi, number 2305, the Holy Prophet Muhammad, peace and blessings be upon him, warned that the one who laughs excessively will become hard hearted. It is important to understand this does not mean one cannot smile as this has been classified as an act of charity by the Holy Prophet Muhammad, peace and blessings be upon him. This is confirmed in a Hadith found in Jami At Tirmidhi, number 1970. Laughing excessively causes one to adopt a mentality whereby they only discuss funny issues. This causes one to avoid serious issues such as death and Judgment Day. If one avoids these important issues how can they prepare for them? A lack of preparation will lead to one's spiritual heart becoming hard.

Some say over eating can cause hardness of the spiritual heart. This is because over eating causes one to become lazy. Laziness leads to a reduction in good deeds which can cause the spiritual heart to become hard.

As warned by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Jami At Tirmidhi, number 3334, when a person sins a black spot is etched on their spiritual heart. If the number of sins increases then this blackness increases which leads to a hard spiritual heart. Chapter 83 Al Mutaffifin, verse 14:

“No! Rather, the stain has covered their hearts of that which they were earning.”

This is why it has been said persistently sinning can cause the spiritual heart to die.

It is important for muslims to strive to soften their heart as it leads to its purification. As advised by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Sahih Muslim, number 4094, when the spiritual heart is purified all the limbs of the body become purified also. This purification will encourage one to perform righteous deeds and abandon sins for the sake of Allah, the Exalted.

There are many ways to soften the spiritual heart, such as spending time remembering Allah, the Exalted, via the tongue and heart. It is important to involve one's heart by concentrating on what is being recited so that it can become softened. But even if one fails to constantly involve the heart they

should never give up. As remembering Allah, the Exalted, only via the tongue is much better than not remembering Him at all. The most superior form of remembering Allah, the Exalted, is reciting the Holy Quran. In order for one to involve their heart in the recitation they should strive to understand what they are reciting by either learning Arabic or by studying the Holy Quran in a language they understand. Chapter 39 Az Zumar, verse 23:

“Allah has sent down the best statement: a consistent Book wherein is reiteration. The skins shiver therefrom of those who fear their Lord; then their skins and their hearts relax at the remembrance [i.e., mention] of Allah...”

The next action which can lead to a soft spiritual heart is being kind to the poor, such as poor orphans and widows. Aiding the poor reminds one of the countless blessings Allah, the Exalted, has bestowed on them. The fact that Allah, the Exalted, has made a person self-sufficient and the helper of others can soften the heart as long as the muslim has a good intention.

Pondering about death often can cause the spiritual heart to become soft. This is why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Sunan Ibn Majah, number 4258, that muslims should often remember the destroyer of pleasures meaning, death. This will cause one to take things seriously as they know they must prepare for death and the hereafter. This preparation will lead to a soft spiritual heart.

Muslims can also soften their spiritual heart by visiting graves regularly. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Sunan Ibn Majah, number 1569, that muslims should visit graves as it will remind them of the hereafter. But it is important to note, that this deed will only cause one's spiritual heart to become soft if they ponder over their death, grave and hereafter. Merely visiting graves will make a person's mood more serious but it will not soften their spiritual heart until this self-reflection is done.

Muslims can also contemplate on the past nations who were destroyed by Allah, the Exalted, because of their persistent disobedience. As discussed extensively throughout the Holy Quran and Hadith of the Holy Prophet Muhammad, peace and blessings be upon him, the past nations were more powerful, lived longer and obtained more worldly blessings than the people of the modern world yet, as they disobeyed Allah, the Exalted, none of these things benefited them. Their massive and unparalleled empires faded away leaving only a few signs behind in order to warn those who came after them. When a muslim truly reflects on these things their spiritual heart will soften which will encourage them to prepare for the hereafter before their time runs out.

Muslims must strive to soften their hearts through the advice given. Only then will they be able to focus on the hereafter and adequately prepare for it. The person whose spiritual heart is cured of hardness becomes one whose heart is soft, pure and strong. This means that its purity recognises the difference between truth and falsehood. Its softness encourages the

person to act on the truth. Its strength allows one to reject falsehood through struggle and effort. When all these combine within a person through the mercy of Allah, the Exalted, they will obtain success in this world and the next. Chapter 26 Ash Shu'ara, verses 88-89:

"The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart."

“And [by] the soul and He who proportioned [for] it. And inspired it [with discernment of] its wickedness and its righteousness. He has succeeded who purifies it. And he has failed who instills it [with corruption].”

In a Hadith found in Sahih Bukhari, number 528, the Holy Prophet Muhammad, peace and blessings be upon him, advised that the five obligatory prayers erase one's sins just like taking a bath five times a day would clean the body of dirt.

The first thing to note is that this Hadith refers to minor sins only as major sins require sincere repentance.

In addition, it is important for muslims to not only purify their outer beings of minor sins by establishing the five obligatory prayers but also fulfill the other aspect of purification namely, inner purification. This is indicated by the fact that the five obligatory prayers were spread across the day instead of being put together. Meaning, a muslim should repeatedly inwardly turn to Allah, the Exalted, throughout the day just like their body turns to Allah, the Exalted, five times a day through the obligatory prayers. This inner purification involves correcting one's intention so that they are only perform actions in order to please Allah, the Exalted. This is the foundation of Islam and is what Allah, the Exalted, assesses when judging an action. This has been confirmed in a Hadith found in Sahih Bukhari, number 1. Those who act for the sake of other people will be told to gain their reward from them on Judgment Day which will not be possible. This has been warned in a Hadith found in Jami At Tirmidhi, number 3154.

Finally, this inner purification includes learning and acting on the teachings of Islam so that one removes the bad characteristics they possess, such as envy and instead adopt good characteristics, such as patience. The outer purification is important but if a muslim desires to achieve success and overcome all difficulties in both worlds they must purify their inner being as well as their outer being.

“And [by] the soul and He who proportioned [for] it. And inspired it [with discernment of] its wickedness and its righteousness. He has succeeded who purifies it. And he has failed who instills it [with corruption].”

Allah, the Exalted, guides those who sincerely try to obey Him. But those who persistently disobey Him are left to wander blindly in misguidance. Therefore, it is vital for Muslims to sincerely obey Allah, the Exalted, as persistent disobedience leads to corruption of the spiritual heart and one's actions.

This is similar to a person who is warned by a judge not to behave in an unlawful way but after the person persists on this behaviour the judge gives the order for them to be locked up in prison. Therefore, Allah, the Exalted, has not wronged them they have only wronged themselves.

But it is important to note that as being abandoned in misguidance is a spiritual thing and therefore hidden to mankind, it is important for Muslims not to assume certain people have reached this point. Instead they should think positively about all people and therefore sincerely practically aid them in reforming their belief and behaviour.

Allah, the Exalted, has created human beings with the best possible capabilities. He gave them knowledge and power to differentiate between

good and evil and even placed in them an innate inclination to like what is good and to dislike and avoid what is evil. This has been indicated in a Hadith found in Jami At Tirmidhi, number 2389. Allah, the Exalted, has also granted mankind free will to choose between good and evil. This choice plays a role in enhancing or diminishing a person's natural faculties of reason. Chapter 91 Ash Shams, verses 9-10:

“He has succeeded who purifies it [the spiritual heart – the greatest faculty of reason]. And he has failed who instills it [with corruption].”

When a person chooses a path of goodness their natural potential develops and Allah, the Exalted, grants them further support in their efforts. Chapter 29 Al Ankabut, verse 69:

“And those who strive for Us - We will surely guide them to Our ways...”

But if one follows their evil desires and chooses the evil path gradually their spiritual hearts will become engrossed with darkness and no good will remain therein. This has been indicated in a Hadith found in Jami At Tirmidhi, number 3334. If a person fails to repent then the main verse under discussion comes into effect. This person becomes so engrossed in evil that they find joy in their evil mentality and actions. They absolutely hate anything good.

In a Hadith found in Sahih Bukhari, number 52, the Holy Prophet Muhammad, peace and blessings be upon him, advised that if one's spiritual heart is sound the whole body will become sound but if their spiritual heart is corrupt then the whole body will become corrupt.

First of all, this Hadith refutes the foolish belief where one claims to have a purified heart even though their speech and actions are bad. This is because what is inside will eventually manifest outwardly.

The purification of the spiritual heart is only possible when one eliminates evil characteristics from themselves and replaces them with good characteristics discussed in Islamic teachings. This is only possible when one learns and acts on Islamic teachings so that they can sincerely fulfill the commands of Allah, the Exalted, refrain from His prohibitions and face destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Behaving in this manner will lead to a purified spiritual heart. This purification will then reflect in the outward limbs of the body, such as one's tongue and eyes. Meaning, they will only use their organs in ways pleasing to Allah, the Exalted. This is in fact a sign showing the love Allah, the Exalted, has for His righteous servant according to a Hadith found in Sahih Bukhari, number 6502.

It is important to note, that this purification will guide one through all worldly difficulties successfully so that they achieve both worldly and religious success.

“By the sun and its brightness. And [by] the moon when it follows it. And [by] the day when it displays it [brightness]. And [by] the night when it covers it [the brightness]. And [by] the sky and He who constructed it. And [by] the earth and He who spread it. And [by] the soul and He who proportioned it. And inspired it [with discernment of] its wickedness and its righteousness.”

These verses discuss some proofs of the Day of Judgement.

When one observes the Heavens and Earth and observes the countless cycles of life and death, such as the coming and going of the day and night and the seasons they will understand that they too will face a cycle of death and life namely, the resurrection on Judgement Day. The coming of the day and night which is connected to the sleep-wake cycle in itself is a mini resurrection which people witness every day, as sleep is the sister of death. In addition, these verses indicate the guilty conscience which is innately found in humans. A person commits a crime or a sin while fully believing they will not be held accountable by anyone in this world, such as the police, still faces the criticism of their guilty conscience. This innate aspect of a person's soul does this as it is fully aware the person will answer for their deeds on the Day of Judgement. Therefore, this guilty conscience is in itself a proof of the Day of Judgement which Allah, the Exalted, implanted in every person irrespective of their belief. This is a miniature court system found within every person which is a reminder of the great court system of Judgement Day. This is an aspect of the covenant which is discussed in chapter 7 Al A'raf, verse 172 of the Holy Quran:

“And [mention] when your Lord took from the children of Adam - from their loins - their descendants and made them testify of themselves, [saying to them], "Am I not your Lord?" They said, "Yes, we have testified." [This] - lest you should say on the Day of Resurrection, "Indeed, we were of this unaware."”

Logically speaking, the Day of Judgement is something which must occur. If one observes the universe they will notice many examples of balance. For example, the Earth is at a perfect and balanced distance from the Sun. If the Earth was slightly closer or further away from the Sun it would not be inhabitable. Similarly, the water cycle, which involves the evaporation of water from the ocean into the atmosphere which is then condensed in order to produce rain, is perfectly balanced so that the creation can continue living on Earth. The ground was created in a balanced way so that the weak branches and shoots of seeds can penetrate through it in order to provide crops for the creation yet the same ground is tough enough to withstand heavy buildings being built on top of it. There are many such examples that not only clearly indicate a Creator but also balance. But there is one major thing in this world which is clearly unbalanced namely, the actions of mankind. One often observes oppressive and tyrannical people who escape punishment in this world. Conversely, there are countless people who are oppressed by others and face other difficulties yet do not receive their full reward for their patience. Many Muslims who sincerely obey Allah, the Exalted, often face many difficulties in this world and only receive a small share in reward whereas those who openly disobey Allah, the Exalted, enjoy the luxuries of this world and only face some problems. Just like Allah, the Exalted, has set up a balance in all His creations the reward and punishment of actions must also be balanced. But this obviously does not occur in this world so therefore it must occur in another time namely, the Day of Recompense i.e. the Day of Judgment.

Allah, the Exalted, could reward and punish fully in this world. But one of the wisdoms behind not fully punishing in this world is that Allah, the Exalted, gives opportunity after opportunity to them so that they sincerely repent and correct their behaviour. He does not fully reward Muslims in this world as this world is not Paradise. In addition, believing in the unseen namely, the full reward waiting for a Muslim in the next world, is an important aspect of faith. In fact belief in the unseen is what makes faith special. Believing in something which can be perceived through the five senses, such as receiving full reward in this world, would not be so special.

Having fear of full punishment and hope in receiving full reward in the hereafter will encourage one to abstain from sins and perform righteous deeds.

In order for the Day of Recompense to commence this material world must end. This is because punishment and reward can only be given once everyone's actions terminate. Therefore, the Day of Recompense cannot take place until the actions of people have been concluded. This indicates that the material world must end, sooner or later.

When one reflects on this discussion it will strengthen their faith in the Day of Judgement thereby encouraging them to prepare for it by fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and by facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

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