

THE HEART

AL-Kauthar Institute course "Heart Therapy" in 2 weeks on the 28-29th April.

The Prophet Mohammad, peace be upon him, said:

"Indeed there is in the body a morsel of flesh which if it be sound and wholesome, the whole body will be sound and wholesome and which if it be corrupt, the whole body will be corrupt. Indeed it is the heart." (Reported by Bukhaaree, Muslim and others from an-Nu'maan ibn Basheer (ra))

But what does it mean to have a sound heart? A pure heart? How can we know? Only through learning, reading, listening and doing our best to apply what we uncover in our everyday lives. InshaAllaah if we are able to find our way into our hearts and dust-off and polish what we discover there, the benefits in our external lives would be felt in the purification of our intentions, an increase in selflessness, and a better relationship with ourselves and those around us, leading to a greater happiness.

The 'Doctor of Hearts' ibn al-Qayyim al-Jawziyyah wrote that:

'The servant is not afflicted with a punishment greater in severity than the hardening of the heart and its being distant from Allaah. The Fire was created to melt the hardened heart, this heart which is the most distant of hearts from Allaah. If the heart becomes hardened the eye becomes dry [and finds no joy or tranquillity].

There are four matters, when the limits are transgressed with regards to them, harden the heart: food, sleep, speech and sexual intercourse. A body afflicted by disease does not derive nourishment from food and water and similarly a diseased heart does not benefit from admonishment or exhortation.

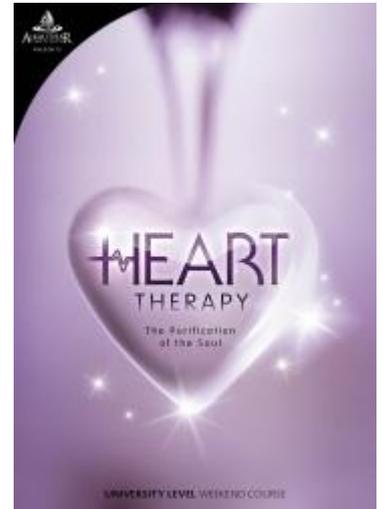
Whosoever desires to purify his heart then let him give preference to Allaah over his base desires.

Yearning for Allaah and His meeting is like a gentle breeze blowing upon the heart, blowing away the blazing desire for this world. Whosoever causes his heart to settle with his Lord shall find himself in a calm and tranquil condition and whosoever sends it amongst the people shall be disturbed and excessively perturbed. This is because the love of Allaah can never enter the heart which contains love of this world until the camel passes through the eye of a needle.'

Sheikh Yahya Ibrahim was born in Canada and is of Egyptian descent. He is a Hafidh of the Quran and, being proficient in both Arabic and English, has translated for prominent scholars of our era. He currently lives in Perth and will be travelling to Brisbane to give the AL-Kauthar Institute course "Heart Therapy" in 2 weeks on the 28-29th April.

Sheikh Yahya was recently in Melbourne for the 'Twins of Faith' conference, delivering heartfelt and inspiring talks to the several thousand people who attended. The writer was one of them and I can say that he is an engaging and wholehearted speaker who adds personal depth to the lectures he conveys.

Opportunities to obtain knowledge in person do not come by too frequently in our area and should be embraced by those who want to



HEART THERAPY
PURIFICATION OF THE SOUL
By Sheikh Yahya Ibrahim

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become closer to Allaah, our Creator, and learn more about the true purpose of our lives.

Allaah says in the Holy Qur`an, Surah 26 as-Shu`ara/The Poets: 88/89-

"The day whereon neither wealth nor children will avail; Except he who brings to Allah a clean heart."

To enrol in the upcoming 'Heart Therapy' course, please go to <http://alkauthar.org/courses.php> and follow the links.