

# PURIFYING THE HEART BASICS



By: Usman S. Khan

# THE 2 T's

Lesson  
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## TAUWA - REPENTANCE

- It is an obligation
- It must be done immediately
- It has four conditions
  - 1) Stop the sinful act at once
  - 2) Have remorse
  - 3) Never commit the act again
  - 4) If a person has been wronged, then right the wrong.

Quran Surah 66  
Part of ayah 8  
"O believers! Turn to Allah in sincere Repentance..."

## REPENT

Abu Hurayrah (RAA) narrated: "I heard the messenger of Allah (SAW) say: "By Allah, I seek Allah's forgiveness and repent to him more than seventy times daily." (Bukhari)

## TAQWA - CONSCIOUSNESS of ALLAH

- Staying away from prohibited acts inwardly and outwardly
- Fulfilling commands inwardly and outwardly
- Protecting yourself from what harms you in the next life

Quran Surah 33  
ayah 70

"O believers, have Consciousness of Allah and always say the right thing."

Umar (RAA) asked Ubay ibn Ka'ab (RAA) about Taqwa. Ubay said, "Have you ever traveled in a valley full of thorns?" He said, "Yes." Ubay said, "What did you do?" Umar said, "I pulled my clothes up and together and was Very careful." Ubay said, "Taqwa is like that." (Ibn Nathir)

# THE 7 PATHWAYS

## The Tongue



- The noble quality of the tongue is truthfulness
- The four sources of destructive qualities
  - 1) Lying
  - 2) Backbiting
  - 3) Argumentation
  - 4) Engaging in what does not concern you

## Hadith Reference

Abu Hurayrah (RAA) narrated that the prophet (SAW) said: "Whoever believes in Allah and the Last Day, let him say good or stay silent." (Muslim)

## Think about it

Qadi Abu Bakr says: "Guard your tongue and protect it from lying, and realize that it expresses your inward state. It expresses for you your knowledge and your practice."

## The Eyes



- Avoid looking at prohibited things
- The eyes are the quickest inroad to the destruction of the heart
- Lower your gaze

## Quran Reference

Enjoin the believing men to lower their gaze and guard their modesty, that is chaster for them. Surely Allah is well aware of all their actions

(Surah An-Nur ayah 30)





## The Ears

- Avoid listening to prohibited things
- Do not listen to lies, slander, backbiting, or mockery
- The ears are hard to protect because hearing cannot be easily guarded from speech

### Think about it

Imam Malik said, "Do not give your ear to someone whose heart is deviant because you do not know what will become attached to it."

BE  
ON  
GUARD



## The Stomach

- Eat what is allowed and avoid the prohibited
- Do not eat in excess
- Be thankful for the food that you have



### Quranic reference

"O believers! Eat the clean things which We have provided you and give thanks to Allah, if you worship only Him." Surah Baqarah ayah 172



## The private parts

- Avoid places of temptation
- Guard your nakedness and avoid displaying it to others.
- Do not be alone with people of the opposite sex unless they are legal for you to be around Islamically, for example your husband, wife, or family member

### Hadith reference

The prophet (saw) said, "Whoever guards for me his tongue and private parts I can guarantee a place in the Garden"  
(Al-Bukhari)

## The hands

- Do not use your hands to cause unjust harm
- Do not use your hands to steal
- Use your hands in assisting others



## Hadith Reference

The messenger of Allah (saw) said, "The Muslim is one who other Muslims are safe from his tongue and his hand (Al-Bukhari)"

## The Feet

- Do not go towards prohibited places
- Move to do good things whenever you can.



## Quranic Reference

"O you who believe, enter into Submission completely and do not follow the footsteps of Satan, verily he is a clear enemy to you" (surah Al Baqarah ayah 208)

## Think about it

Sidi Ahmad Zarruq said: Be steadfast in this practice until you find that fleeing from vices is second nature and that your respect for sacred limits is as if a protective net surrounds you

YOU  
CAN  
DO  
IT!



DANGER YOURSELF  
SAVE DANGER

WARNING

# THE 7 PATHWAYS

# DISEASES OF THE HEART

Diseases of the heart effect our spiritual condition and must be removed in order to live in a true state of peace. Simple steps can be taken to help remove the many diseases of the heart. These steps include:

- 1) First, realize that you have one of the spiritual diseases of the heart and be honest with yourself.
- 2) Next, make the intention to remove such a quality and seek Allah's assistance in doing so.
- 3) Remain aware of the specific spiritual disease and spend time and effort to stop entertaining such a quality whenever it arises until it no longer effects you.

Some of the Diseases of the Heart:

Showing off, <sup>UNJUST</sup> Arrogance, Anger, Forgetting Blessings,  
 Vanity, Jealousy, Miserliness, Boastfulness, Fanaticism  
 Cheating, **HATRED**, Conceit, Discontent, <sup>Lustful</sup> Desire

## Hadith Reference

Abu Hurairah (RAA) narrated:  
 The messenger of Allah (SAW) said:  
 "Allah does not look at your  
 figures, nor at your attire,  
 but He looks at your hearts  
 and your accomplishments."  
 (Muslim)

Lets  
 clean  
 out  
 OUR  
 Hearts



Your Heart reflects who you truly are

# THE GREATER STRUGGLE

It is important to struggle against the self when it drives you towards doing evil and prohibited things. In order to do this you must do the opposite of the evil and prohibited. Stop the self from following its vain desires and be on alert to keep yourself within the limits of Islam.

Eight opposites to trade:

- 1) Wasting time → spend time with Allah
- 2) speech → silence
- 3) Spending too much time working → Being alone
- 4) Intimacy with people → Intimacy with Allah
- 5) Bad company → People of goodness
- 6) staying up late disobeying Allah → Staying up in worship
- 7) Turning to worldly people → Turning to believers
- 8) Eating for pleasure → eating only what you need

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Hadith Reference

Abu Hurayrah (RAA) said that the prophet (saw) said, "The Fire is surrounded by desires and paradise is surrounded by struggles" (Muslim)

Tools to Help in the Struggle:

- 1) Fasting
- 2) Praying at night
- 3) Reciting the Quran
- 4) Using Dhikr and dua
- 5) Asking Allah to guide you and help you

You're doing Great!



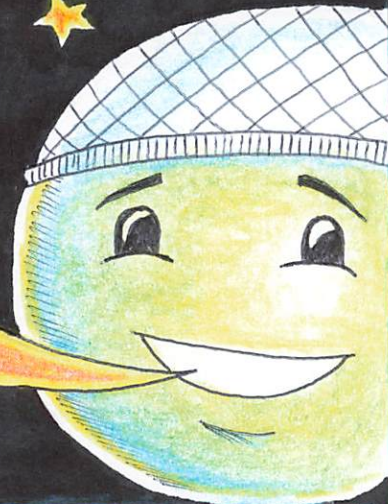
# 9 PRACTICES

Apply these nine practices to help you gain nearness to Allah

- 1) Seek Tawba (Repentance) from all things prohibited and disliked
- 2) Seek all knowledge on things that are an obligation
- 3) Be constant in ritual purification, remain in wudu
- 4) Perform regular prayers at their earliest time and in congregation
- 5) Perform the optional prayers (sunnah and Nafl) and the Witr prayer
- 6) Fast on Mondays and Thursdays or three days a month (13th, 14th, 15th)
- 7) Recite Quran with presence and reflection
- 8) Seek constant forgiveness from Allah (istighfar) and send much peace upon prophet Muhammad (peace be upon him)
- 9) Be constant in all your acts of worship

## Hadith Reference

Aisha (RAA) reported: Prophet Muhammad (SAW) said:  
"Do as many as you are capable of doing, for Allah does not grow weary (of giving you reward), but you will get tired. The deed most loved by Allah is the one which the doer does constantly, even if it is small."  
(Muslim)





# ISLAMIC

Lesson  
3

# Spirituality

It is important to develop Islamic spirituality in order to reach higher levels of faith. Spirituality develops through sincerity, knowledge, and application of Islamic practices. Let's go over basic principles of Islamic spirituality.

## 5 Rules of Islamic spirituality

- 1) obtaining Godfearingness by uprightness and avoiding wrong.
- 2) Following the sunnah of prophet Muhammad (saw) with caution and good character.
- 3) Indifference whether others accept or reject you by having patience and relying on Allah.
- 4) Remaining satisfied and content, with one has by it submission to the will of Allah.
- 5) Turning to Allah in happiness and gratitude while seeking His refuge through afflictions.

## Quranic Reference

"But he who had feared standing before his Lord and curbed his evil desires shall have his home in paradise" (An-Naziat ayah 41)

## Foundations

- 1) High aspirations increase one's rank.
- 2) Whoever honors Allah, then Allah will maintain his respect.
- 3) Good service is good will, doers of good receive generosity.
- 4) Whoever strives in Allah's way will be guided.
- 5) Whoever is grateful to Allah for His blessings will receive more blessings.

Lets Build  
our Islamic  
Spirituality



## Signs of Islamic Spirituality

- 1) Seeking sacred knowledge in order to follow Allah's commands
- 2) Keeping the company of Islamic teachers and students
- 3) Going without making figurative interpretations of religious texts
- 4) Organizing ones time to maintain presence of heart
- 5) Keeping ones self in check by Keeping it under observation

## 5 Steps to help cure the Ego:

- 1) Eat less
- 2) Seek refuge in Allah from the unforeseen
- 3) Shunning situations leading to trouble
- 4) continually seeking Allahs forgiveness
- 5) Keeping the company of an Islamic guide

## Selected Dhikr (Remembrance of Allah) Formulas:

- 1) La illaha ill Allah - There is no god but Allah
- 2) Subhan Allahi wa bi hamdihi - I glorify Allah's absolute perfection and praise Him.
- 3) La hawla wa laa quwwata illa Billah - There is no power or strength except with Allah
- 4) Astagfir Allah hill Azeem - I ask forgiveness from Allah, the Great
- 5) Subhan Allahi wa Alhamdulillah wa la illaha ill Allahu wa Allahu Akbar - I glorify Allahs perfection, praise be to Allah, there is no god but Allah, Allah is the Greatest

## Quranic Reference

"Therefore, remember Me and I will remember you, be grateful to Me and never deny Me."

(Surah Al Baqarah ayah 152)

