



## **Islamic Studies**

### **Assignment No: 4**

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## **Question 1: Explain the terms “Blind heart” and Blind eyes” in detail.**

**“Verily, it is not the eyes that grow blind, but it is the heart which are in the chests that grow blind”. (Surah Al-Hajj)**

### **Introduction**

In the Quran, Allah almighty uses three words to describe our hearts: Qalb, Fu'aad and Sadr.

**Qalb** is the most commonly used word in Quran for heart, it comes from the root which means something that turns around and about and upside down. It is the nature of hearts that they are continuously changing; this is the normal state of our hearts. When Allah refers to Faith (emaan) and diseases of the heart, Qalb is used.

### **Blind Heart and Blind Eyes**

In light of the question put forth by Allah Almighty in this verse, we can conclude that the spiritual heart has an insight that allows a believer to use his intellect, his mind to recognize and learn from the obvious and clear signs of God that are there in every day events, happenings and situations that occur across the world. And, according to the verse mentioned above, it is this attribute of the heart that allows someone to listen to admonition with their ears and benefit from it.

**Blind heart** has no understanding about the signs about the existence of God and the signs that show us the superiority of Allah. **Blind heart** is when one loses the capacity to consider things as they are, it implies their hearts have been so much linked in this world that they have forgotten about the Day of Judgment and have involved themselves so much in this worldly affair that they are moving away from the path of Allah almighty.

This life is brief, and every person will be resurrected one day and be made accountable for their sins. A person who disregards this outright truth and turns a **Blind Eye** to it is at great loss. When a man submits a wrongdoing, a dark spot rises on his heart. What's more, if a man continues doing it, the entire heart will turn dark and dim. Consequently, if a man begins to do great deeds, a white spot will fix a dark spot on his heart and similarly his entire heart will transform into a white and glossy heart on the off chance that he continues doing great deeds.

In conclusion the best way to keep our hearts spiritually alive is through the recitation of the Holy Quran and reflecting upon its verses.

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## **Question 2: Discuss the diseases of heart and ways to prevent them in the light of Quran.**

### **Introduction**

The heart is mentioned numerous times in both the Quran and Hadith and is used in many different contexts, such as “in the heart” or “from the heart.”

The use of the concept of the heart again and again illustrates its centrality to the core of every individual. Firstly, the importance of the heart is demonstrated in the fact that we find different states of the heart in the three groups of people that the Quran describes; the ***Momin (Believers) have hearts that are alive***, the ***Kafirs (the rejecters of faith) have hearts that are dead***, and the ***Munafiqs (the hypocrites) have hearts that are diseased***.

### **Diseases of Heart and ways to prevent them.**

There are many types of diseases related to the heart but we will be discussing the two types of (spiritual) heart diseases, ***Shubuhaat*** and ***Shahawaat***.

#### **Shubuhaat**

***Shubuhaat*** which relate to one's level of understanding and trust, questions that arise in our mind about Islam and Allah as the supreme God , questions regarding our future that whether we will be able to make a living or not, as long as these doubts arise in our heart, our heart can never be ***Nafs-ul-Mutmaeena*** (a heart with Strong faith). It makes one's heart exceptionally anxious and when one questions Allah's authority, his faith weakens, and when the faith weakens everything weakens as faith is the pivotal point of our religion.

#### **Shahawaat**

***Shahawaat*** which are desires of the self and become diseases when they grow out of proportion. Emotions, knowledge, attitudes, desires, diseases, truthfulness, actions and intentions are all rooted in the heart. As such, the heart is the core of every living being, as it is directly involved in the relationship between the Person and God, it governs all actions, and it is the possessor of all emotional departments.

### **Ways to prevention of Diseases**

The diseases of heart (***Shubuhaat*** and ***Shahawaat***) mentioned above are both related with faith in Allah all mighty, the stronger the faith, lessen the chance one has of falling prey to these diseases.

If we read the holy book; the **Quran**, we learn that the process of change begins from self, Islam teaches us to change ourselves and stand as an example for others to follow us, our holy Prophet (PBUH) is the best example, he showed us the path to success by his actions, Allah commands us to change our self before asking others to do so.

In short to keep us from these heart diseases we should not attach our heart to this world or the worldly desires it has to offer because when this happens we forget the reality of the day of judgment and the reality of death, as this world is temporary and we will be judged on our actions in this world, and that will decide our fate; whether we are going to **Hell** or **Heaven**.

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**THE END**