

**ISLAMIC STUDIES**

**Assignment # 04**

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**QUESTION 1: With reference to above verse, explain the terms “Blind heart” and “Blind eyes” in detail.**

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

**Introduction:**

The blindness of the eyes along with the heart is not dangerous, Allah uses this metaphor in contrast to the opposite. For one whose eyes are blind can reflect and benefit from the heart.

Indeed, it is not the sight that becomes blind but the heart that becomes blind, to lose one's sight is one of the worst things that can happen.  The Prophet (P.B.U.H) Quotes Allah’s saying,  
  
***"Indeed; if I test my creature by taking his sight, and if he is patient, I'll replace them with Paradise."***

**THE BLIND HEART:**

Allah mentions in his holy book, the Quran, that it is not only eyes but also hearts that can become blind. In the 24th surah of Quran, He gives the example of someone drowning at sea during a thunderstorm, the deeper down he goes, the darker it gets.

Some people can be so far from being good, soaked in sin, addicted to drugs, illicit relationships etc. through all of those devastating waves of darkness that have slammed them deeper into the pitiless ocean of sin, where they are surrounded only by plans of their destruction. Where every time they even try to come up for air a new set of temptations and forces drag them back down make sure they will be in so much darkness that they will stop thinking.

The blindness of the heart has a uniqueness of its own, It is blind only to what is true and right, but can see all that is false and wrong and take it to be true, If the heart is sick or blind, everything goes wrong.

**THE BLIND EYES:**

Vision is a function of light, without light, you cannot see. It does not matter how far you have traveled, it does not matter how much darkness you have surrounded yourself in, it doesn’t matter how much you have told yourself, The fact that you can still see the wrong in what you do means there is light somewhere.

The same fable that describes this gravity of darkness will teach you that there is a light inside you, you keep looking for a real influence on the outside thinking if only someone good would come along and change your life and bring it alive, and you would become a good person too, you don’t realize that the real man is you. You are the greatest oppressor to your enlightened soul deep down in your heart. Allah ends the ayah with;

***“Then anyone for whom Allah wouldn’t have furnished light, they wouldn’t possibly have any light at all!”***

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**QUESTION 2:**

**Discuss the diseases of heart and ways to prevent them in the light of Quran.**

**ANSWER:**

The phrase heart carries special importance and has been used extensively within Holy Quran. What will save us on the Day of Judgment? It is the place in our body which Allah made the location of the most valuable possession of a human being: It is your heart. What favors you in the sight of Allah is that state of your heart. What will save you on the Day of Judgment is ***qalbun saleem***, a sound heart.

***"...Indeed there is in the body a piece of flesh which if it is sound then the whole body is sound, and if it is corrupt then the whole body is corrupt. Indeed it is the heart."***

**Major Diseases of Heart:**

There are many diseases of the heart but the two major ones that lead to total destruction of a Muslim are;

1. **Shubuhaat / Doubts**
2. **Shahawaat / Base desires**

**Shubuhaat:**

The fitnah of Shubuhaat ***“doubts and misunderstandings”*** is due to having a weak vision and a lack of knowledge, not to mention if this is accompanied by corrupt intentions and the goal of fulfillment of ones' desires, and herein lies the greatest of all fitnah, this is indeed the worst of afflictions. This is the kind of fitnah which leads to ***kufr*** and ***nifaaq*** (hypocrisy), which is the fitnah of the hypocrites and ***ahl'il bidah*** (the people of innovation), according to the degree of their bidah. Thus, the majority of them innovate because of the fitnah of Shubuhaat, whereby they confuse the truth with falsehood and guidance with misguidance.

**Shahawaat:**

This is the kind of fitnah which leads to sinful actions. This type of fitnah is very dangerous because of the fact that it is more appealing and closer to those who have weak souls. Thus, the (weak) individual gives in the first time, then gets drawn into it and establishes a strong foothold in committing sins. His Iman (faith) weakens or even leaves.

Some examples of this type of fitnah are: ***the desire for wealth, immoralities, amusement, food and drink, clothes, and the desire to imitate the kuffar and sinners.***

Hence, he is like those whom Allah describes:

***"They follow but a guess and that which they themselves desire, whereas there has surely come to them the Guidance from their Lord!"***

**How to cure the heart?**

**a)** **Sincere remembrance of God**

i. Dhikr

ii. Supplications or Dua

iii. Read Quran

**b) Righteous deeds**

**c) Repentance and Remorse;** that you feel bad about what you did.

**i.** The Prophet commanded us to seek forgiveness, and himself used to say ***‘astaghfir-Allah’*** 100 times each day.

**ii.** For this ***dhikr*** to come alive it should be done with the tongue and with reflecting on it with the heart.

**d) Seek the company of the Righteous;** If the people around you are not good, nor encouraging you rot do good, or who themselves are blind, then one must rid themselves of this company and seek the company of a group who will encourage good and who are themselves good.

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***THE END.***