

HEART THERAPY

Forty Hadiths in Tazkiyah and Soul Purification



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Publisher's Note

Islam has given utmost significance to heart purification as it is connected to the success of one's life here and in the hereafter. There are many verses of the Quran and *ahadith* of the Prophet Muhammad ﷺ which focus on perfecting the affairs of the soul and heart.

Allah said in the Quran:

قَدْ أَفْلَحَ مَنْ زَكَّاهَا ﴿٩﴾ وَقَدْ خَابَ مَنْ دَسَّاهَا ﴿١٠﴾

He has succeeded who purifies it, and he has failed
who instills it (with corruption).

Ash-Shams (Q91:9–10)

Muhammad ﷺ who was a living example of a purified life had said:

«Beware! In the body, there is a piece of flesh which, if it is sound, the whole body will be sound, and if it is corrupt, the whole body will be corrupt. It is the heart.»

Bukhari and Muslim.

Despite the availability of a large number of correct instructions from the Quran and Sunnah, not forgetting invaluable literature from scholars of the past with respect to the purification of the soul and heart, evidences have shown that as time went by, a substantial proliferation of baseless methodology and practices have appeared, which sadly include the adoption of exotic rituals from other religions and philosophies. All these were claimed being done in the name of 'heart purification.' Their emergence is typically allowed by misguidance, deviant teachings, and innovations among present day Muslims.

This book in your hands is the first book of its kind which contains strategies to purify your heart and soul and becoming conscious of its corruption, in the light of the true teachings of Islam in accordance with the understanding of the earlier generations of the Ummah.

PUBLISHER'S NOTE

We ask Allah Almighty to make it useful to its readers, and weighty and heavy in the scale of good deeds for the writer and the publisher. Ameen.

Farid Ullah bin Ahmed Hussain
Chief Executive Officer