

A Cure for the Heart



“O mankind!
There has
come to you
an admonition
from your
Lord, a cure
for what is in
the hearts, and
a guide and
a blessing to
true believers.”
(*Yunus* 10:57)

The Quran is the cure for any sickness of the heart. This means that when a true seeker recites the Quran, he will continually find answers to the questions he has in his heart during his recitation. He will also come to know the cure for the sickness of his heart. For example, one has doubts about the existence of God. With this doubt in his mind, he begins to recite the Quran. When he reaches verse 10 of the Chapter Abraham: “Is there any doubt about God, the Originator of the heavens and earth?” and gives deep thought to it, he will find therein pure rational evidence of the existence of God. Thus this verse will prove a means of changing his doubt into belief.

Similarly, a man may have all the material comforts, but he may not have mental peace; he lives in depression and despair. When such a person begins to recite the Quran and reaches this verse “those who believe and whose hearts find comfort in the remembrance of God – surely in the remembrance of God hearts can find comfort;”

The Distinguishing Marks of Faith



“Who refrain from heinous sins and gross indecencies; who forgive when they are angry; who respond to their Lord and attend to their prayers; who conduct their affairs by mutual consultation and spend out of what We have provided for them; who, when they are attacked, defend themselves. Let harm be requited by an equal harm. But whoever pardons and amends will find his reward with God. He does not love the wrongdoers. Those who defend themselves after they have been wronged cannot be held blameworthy, blame falls only on those who wrong men and transgress on this earth without justification—such will have a painful punishment—whoever is patient and forgiving, acts with great courage and resolution.”
(*Al-Shura* 42:37-43)

Islamic Spirituality



According to Islam, the source of spirituality is not in any mysterious type of exercise or in the casting of spells. Its fountainhead is rather in reflecting upon the realities of this world. By thinking, a man here receives such favours and beneficence as produce spiritual commotion within him and elevate him from the level of a material man to that of a spiritual man. This reality comes to light in the following verses of the Quran:

“There are signs in the creation of the heavens and the earth, and in the alternation of night and day for people of understanding;

who remember God while standing, sitting and [lying] on their sides, and who ponder over the creation of the heavens and the earth, saying, ‘Lord, You have not created all this without purpose. Glory be to You! Save us from the torment of the Fire. Lord, those whom You condemn to enter the Fire You have surely brought to disgrace. Wrongdoers will have no supporters. Lord,