

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَنِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ كَمَا يُحِبُّ وَيُرِضِّي بَانْ يُصْلِلُ عَلَيْهِ

Allah Almighty, in Whose Name we begin, The Most Compassionate,

The Most Merciful

All Praise is due to Allah Almighty, Countless Peace and Blessings be upon
His Beloved Messenger – *may Allah's peace and blessings be upon him* – his family & his
companions – *may Allah be pleased with them all*

The Heart of a Believer

Hadrat Sayyiduna Baba Fareed – *may Allah be pleased with him* – once explained in a very strange manner to his Mureeds the importance of helping others. He said to them, “O Dervishes! Khawaja Sham’oun Muhib – *may Allah be pleased with him* – once said, ‘What type of Wali is that person who sits inside his house without helping when a person arrives with the Arsh of Allah.’ O Dervishes, when the great Khawaja speaks about the Arsh, he implies the heart of a true believer. The reason is that in the Hadith Shareef, it is mentioned that the heart of a true believer is the Arsh of Allah.” (Asraarul Awliyah)

Hadrat Sayyiduna Imam Ghazzali – *may Allah be pleased with him* – explains the precondition of Tahaarah in this fashion. He explains that, “One should be extremely cautious of not hurting a true believer. To dishearten a true believer is Haraam. In like manner, if a person wishes to embrace you after shaking your hand and there is the smell of perspiration on him, it is not permissible at that moment from refraining to

embrace him. The reason is that good manners and achieving the nearness of a true believer is a thousand times better than displaying cautiousness.” (Kimi yah Sa’adat)

What is the state of the heart of a true believer? This can be gleamed from a Hadith Shareef which is narrated by Hadrat Sayyiduna Abdullah ibn Amar - *may Allah be pleased with him* - who mentions that he saw the Holy Prophet - *may Allah’s peace and blessings be upon him* - once making Tawaaf. He was also speaking to the Baitullah and saying, “O Baitullah! You are indeed very pure and the breeze around you is also pure and clean. You yourself are also so great. Allah Almighty has also increased your status and stature. However, I swear by that Divine Being in Whose Power is my life, without doubt the honour of a true believer is far greater with Allah than your honour.” (Sunan Ibn Maja)

The same message has also been mentioned through Hadrat Sayyiduna Abdullah ibn ‘Umar - *may Allah be pleased with them*. He also mentions that he heard the Holy Prophet - *may Allah’s peace and blessings be upon him* - saying the same thing.

In the treatise “Aneesul Arwah”, Hadrat Sayyiduna Khawaja Ghareeb Nawaaz - *may Allah be pleased with him* - relates from the Malfuz Shareef of his spiritual master, namely Hadrat Sayyiduna ‘Uthman Haruni - *may Allah be pleased with him* - who mentions that, “Do not dishearten a Muslim because there are seventy veils or pardah on his chest and at each pardah, there is an Angel. A person who disheartens a true believer, he actually causes sadness to these Angels. In other words, grief is experienced by the Angels and then felt by the believer.”

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