



Preserving the Heart ¹

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Know that the heart (*al-qalb*)

And the soul (*al-nafs*) and the essence (*al-lubb*)

And the spirit (*al-rūḥ*) and the intellect (*al-‘aql*)

Are all names that have been related

And the intended meaning is one

That which is known but not seen

It is that which is addressed (by Allah)

Rewarded or punished

¹ Extract from *Hadīyatul Sidīq, A Gift For the Sincere One*; Chapter on Preserving the Heart. [Scan: <http://marifah.net/articles/hifz%20al-qalb.JPG>]

Indeed successful is the one who purifies it
And in loss is the one who neglects it

If it is healthy, you will be healthy
And acquire every goodness

And if it is spoilt, you are spoilt
And wasted are all your actions

The sign of its wellbeing
And of felicity

Is love of Allah
And the abandonment of every distraction

(That distracts) the heart and body
From obedience of the Most Merciful

And love of the meeting
Through death and annihilation (*fanā*)

And the sign of the spoiling
Of the heart and the mind (*al-fū'ād*)

Is love of the temporal world
And dislike of death

His comfort with people

Is a sign of bankruptcy

As is obedience of the retreating one (*al-Khannās*)

With his incessant whispering

And taking as customary

Actions that corrupt

Those which destroy the religion

Most certainly and definitely

Among them are palaces

And magnitudes of tableware

And the embellishment of women

And preoccupation with sons

And that which does not concern you

Nor benefits or enriches

So discipline the heart, O brother

By leaving every transgression

And purify it through hunger

And minimal sleep

Minimal speech

And leaving of people

And rejection of lusts

Neglect and dissension

And taking care of the senses

Of hearing and touch

And live with presence of mind

And remembrance and gratitude

Until you reach annihilation

And you see no second One

