



## Diseases of the Hearts and Their Cures

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# Diseases of the Hearts and Their Cures

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**Diseases of the Hearts and Their Cures** ???? ?? ??? ?????? ?? ????? , Abu Rumaysah (translator)

Actions are distinguished, one from the other, with respect to their excellence in the Sight of Allaah in accordance with the condition of the heart, not by their number or form, but rather due to the strength of the caller, his truthfulness, his sincerity and the extent to which he prefer Allaah over himself? Al-Haafidh ibn Hajr al-Asqalaanee, may Allaah have mercy upon him and provide us with his knowledge, said: The heart has been singled out for this because it is the leader of the body, and through the purification of the leader the subjects become purified, and with his corruption they become corrupted. So if you, Observant of Allaah, wish to cure your hear then it is upon you to be truthful with regards to seeking refuge with Allaah and putting your trust in Him, to pray a great deal of supererogatory prayers, to perform the actions of obedience to Allaah frequently, to pray the night prayer while the people are sleeping, and to treat your heart by making it continuously stick to the remembrances and by befriending only the righteous? and to frequently recite the Quraan. And Allaah will indeed allow all of this to be preserved by him.

## Diseases of the Hearts and Their Cures Details

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, Abu Rumaysah (translator)

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**? says**

[illegible]

## Shaimaa Hassaan says

<https://docs.google.com/a/al-nahar.tv...>

## Abdull Ttd says

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**???????** says

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## Aliya says

I had high hopes from this book, given the fame of the long deceased author.

In my humble opinion, the original text has not survived in its entirety, which is why the text leaves much to be desired.

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## Aseel says

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## Muhammad Hassan says

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## Fathima says

This is a great book masha'allah - it really helps you understand how important it is for us to cleanse and purify our hearts. Most importantly it also helps us detect the smallest of darknesses and evils that can disrupt its well being.

Inspiring, Informative and Absolutely Wonderful :)

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## Nadia Leona Yunis says

## Ayah Gamil says

## Mona says

**imane says**

[illegible]

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## Khawla says

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## Maica says

Reading this book gave me the impression of the inner preoccupations of the author, and how he lived his life testifies to the struggle that he had in going through these natural human propensities. Of course spiritual guidance from the Qur'an and Sunnah are essential, but the great degree of suppression of the self that is advocated in this book is very noticeable and goes against the dictum of Islam that everything should be taken into moderation and balance. Only when humans acknowledge the presence and normality of their weaknesses and channel them to beneficial ways (prayers, active work, etc.) can the excessive energy of those 'diseases' be released, not through guilt-induced anxiety. This mentality is the root cause why people do ridiculous things because they failed to acknowledge them or hated their instincts to the point that they manifested in unsightly ways.

## Hasanul Banna Siam says

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