KEY POINTS – LESSON 32

Living the Three Steps: Majahadah (Seven Keys for Doors to Hearts)

When does Satan enter our hearts

As long as we remain engaged in the remembrance of Allah swt while deeply pondering over it, Satan is unable to enter our heart. However, when we are not engaged in the remembrance through Dhikr, he finds ways to enter our heart. In order to achieve that, he makes us busy using our sensing and our body parts in a way that they are not supposed to be busy like that. From our senses, he makes us receive such inputs that would create an inertia for bad deeds in us. Once we see or hear or taste or touch something, it creates a desire which often leads to sin. He also makes us activate our body parts in a way that either leads us towards sin or we get too busy in things that we forget what is happening in the world of our hearts.

We should, therefore, be very vigilant and not let Satan use the seven keys mentioned in this lesson; if we give these keys to him, he will find a way to our heart and lead us towards his Sunnah, i.e. disobedience to Allah swt.

An Important principle to remain aware of

Allah swt has blessed us with abundant blessings in our body and outside. Whenever we misuse them, we are showing our ungratefulness and it is one of the forms of Kufr. This is called ‘kufran anna’imah’ (the neglect or concealment of the blessing). The senses we have got and the body parts that we have got and the wealth, property and assets that we have got, and the physical and mental abilities that we have got – all of these will be questioned.

If I take something on rent or loan from someone, I am bound to use those things in accordance with the conditions stipulated in the agreement. If I don’t abide by what I have agreed to, I am a criminal and deserving of justice. Allah swt is free from similes and examples. However, we can use this analogy to understand the concept. Allah swt has given us a lot of blessings. He has also given us a direction regarding how to use these blessings. If we misuse them, aren’t we doing the kufr of these blessings? Aren’t we inviting Allah swt’s wrath? We all have to ponder and ensure that we use these resources in accordance with the commands of Allah swt. These body parts, intellect, money in my pocket, the house that I live in, the human beings around me that I love – none of them are my
property. All these things are blessings of Allah swt. I am no one to be autonomous in deciding how to use them. They have to be used and taken care in accordance with the conditions stipulated by the One who gave them to me.

**Seven keys for the doors of our hearts**

**Eyesight**

Eyes are one of the favorite keys for satan to unlock his entry in our heart. Allah swt has provided us with a curtain over them which we should lower down or shut whenever an inappropriate thing comes in front of them. Don’t use your eyes to look at the opposite gender in a way that is inappropriate. Don’t use them for seeing things that are forbidden, watching images and videos that are inappropriate, and getting mesmerized by the beauty of worldly things. This will all pave the way for Satan’s entry into our heart. It would trigger the desires which often make people fall in sin.

We should rather see our eyes to see the goodness in people. We should see the things that increase our Iman. We should use our eyes to read the Quran and to acquire the beneficial knowledge. We can look at the majestic creations of Allah swt and ponder about Him and His majestic attributes. If we busy our eyes with the inflow of this beneficial stuff, Satan’s entry to our hearts through them would become impossible. This requires a Mujahadah or struggle that we all have to uptake. This requires an internal fight with our nafs till we conquer it. Allah swt has given us the power to do that. It is now our decision regarding when and how we want to do it.

**Hearing**

Satan also wants our ears to receive inputs that would trigger inappropriate thoughts and feelings in our mind. It would make us listen to rock and roll and other inappropriate noises. It would make us love to hear when other people are bad-mouthed about and so on. We should not sit in gatherings where our ears receive vain talk. We should accordingly understand this trick of satan and fail him in this.

We should rather engage ourselves in using our ears to receive the beneficial inputs. We can listen to Quran and the beneficial knowledge through them. We can listen to the words of the scholars through them. We can listen to nature and the beautiful sounds of praising birds, flowing water and singing leaves.

**Tongue**

The tongue is one of the most critical parts of the body. Once the Muadh R.A. asked the prophet if the words we speak here and there would also become a reason of people’s entry in hell. The Prophet ﷺ told him, ‘What else would result in people being thrown in hellfire on their faces except for the harvest of tongues’. This accordingly requires utmost care.

There are a number of wisdoms in all creations of Allah swt – in the way he has made them and a number of other aspects. When we look at ourselves, we see that Allah swt has given us one tongue
and two eyes and two ears. It is because we are meant to speak less and see and hear the beneficial things more. Also, our tongue is guarded by our lips which keep it prisoned unless we wish to release it.

We learn from the Sunnah that our Prophet ﷺ used to observe long periods of silence; And when he spoke, he spoke pearls and diamonds. We should also remember the advice from the Prophet ﷺ and the pious predecessors that we should either speak good or remain silent. We should not let our tongue engage in anything that is inappropriate. We should not let it backbite. We should not let it utter words of uncontrolled anger. We should not let it trigger undue emotions in others. This tongue is only meant for dhikr of Allah swt and engaging in what is positive and beneficial.

Stomach

The stomach is another route of Satan. He encourages us to overfill and be overly concerned about satisfying the taste buds. When we get over-filled, we are unable to concentrate on our real purpose of Uboodiyah to Allah swt.

Part of the etiquette of eating is to be moderate in eating and not to fill the stomach. The most that is acceptable in this regard is for the Muslim to divide his stomach into three parts: one third for food, one third for drink and one third for air, because of the hadeeth: “The son of Adam does not fill any vessel worse than his stomach. It is enough for the son of Adam to eat a few mouthfuls to keep him going, but if he must (fill his stomach), then one third for his food, one third for his drink and one third for air.” That will lead to a lean and light body because eating one’s full leads to heaviness, which makes one too lazy to do acts of worship and strive.

Our beloved Prophet ﷺ, his family and our early predecessors only used to eat twice per day. It was narrated that ‘Aishah (may Allah be pleased with her) said: “The family of Muhammad ﷺ (peace and blessings of Allah be upon him) did not eat two meals in one day but one of them was dates.” Narrated by al-Bukhari, 6455.

We should also try to adopt this lifestyle and control our stomachs. If you keep filling according to your desire, it will feed your nafs; the qalb will not get much.

Sexual Organs

Much of the corruption we see around is because of the drive of the sexual organs. This is what has created a multi-billion dollar porn industry which is destroying the health as well as the families. Many of the ruined married lives are because of this disease. We have to keep guard from those which are trying to exploit this essential human requirement for reproduction to be used in ways that lead to stress, ruined marital relations, deformities and diseases in children and so on.

The Prophet ﷺ guaranteed Jannah for those who can guarantee the safeguarding of what is between their jaws, i.e. the tongue, and what is in their legs, i.e. the sexual organs. We should be the ones
who should be controlling them rather than they control and govern what we do and how we behave.

**Hands**

Our hands are made to make things – not to destroy them. From breaking a branch of a tree (unless by necessity) to killing someone, all the improper actions of hands are to be completely avoided. What we do with our hand, triggers in our minds an acceptance for what we do. We often try to justify that action get attached to it. We should accordingly stop it at the beginning. If we ever misuse our hands, we should immediately feel remorseful or attach it to a negative consequence to decrease the likelihood of that happening again.

**Legs**

We should be very mindful about our legs. They should not be allowed to take us to the gatherings where Satan dominates and where the commands of Allah swt are openly broken. We should not let them keep us away from the remembrance of Allah swt by feeling tired. They should be allowed to stay at home and not walk to the Masjid.

**How to control these keys**

- One of the key steps to control these aspects is to remain engaged in the dhikr of Allah swt while you don’t just say it with your tongue but your heart also feels it and understand it. That would protect you from the misuse of your senses and body parts inshaAllah.
- Surround yourself in gatherings and in the acts of worship where no inappropriate use of your senses and body parts is possible.
- Make a habit of reflection and connection with the Quran.
- Then, you should also engage in the Muraqabah and clean your mind of any ill-thoughts or ill-intentions of doing something and using your senses and body parts in a certain way.
- You should also do your self-accountability. You should ponder at least once a day on how you have used your eyes, ears, tongue, stomach, hands, legs, and sexual organs.
- Make a plan regarding how would you stop the purposeless or harmful uses them. Make a plan regarding how you can expose yourself to positive and beneficial inputs through these seven doors. Make a daily plan and keep doing the self-accountability.

**CONTEMPLATION TASK FOR LESSON 32**

How have you used your senses and body parts in the last 24 hours? Is it according to the commands of Allah swt or against them? List down some of the good exposures you can give to your eyes, ears, tongue, stomach, hands, and limbs? Do a daily self-accountability on them.