

SAHIH IMAN SERIES

# Understanding Mind, Heart, Faith and Bias



*Written By*

**SHAIKH MIR ASEDULLAH QUADRI**

# **UNDERSTANDING MIND, HEART, FAITH AND BIAS**

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**SHAIKH MIR ASEDULLAH QUADRI**

**Sahih Iman Publication**

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## PREFACE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الحمد لله رب العالمين ، والصلاة والسلام على سيدنا محمد وعلى آله وصحبه أجمعين

There are two types of people in the world; (i) who accept the existence of God, and (ii) who deny the existence of God. The people who deny are known as **atheists**.

The people who accept the existence of God are divided into many groups. The beliefs of these groups are given below.

(i) Some people believe that there are different gods for different works in the cosmos. They make pictures and metallic/mud idols of their imaginary gods and worship them.

(ii) Some people associate divinity (الوحي) with some human beings and call them Godmen or Avataar.

(iii) Some people believe god has a human-like lineage and has a son who appeared on planet Earth in the shape of a human being.

(iv) Some people believe in Trinity, the Father God, the son of God and Holy Ghost.

(v) Some people believe God has a huge human like body with human like physical features and is sitting over the skies separated from his creatures.

(vi) Some people believe angels are God's daughters.

(vii) Some people believe God can commit sinful acts; like He can lie, and to lie is within His powers. They argue that when people can lie and it is in their power to lie, then to deny this power for God is not correct.

Why some people deny the existence of God and others have devised so many imaginary theories about Him?

The answer is simple. It is because of their inability to comprehend the complex nature of this Cosmos and its Creator.

How can we explain the truth about this Cosmos and its Creator to these people?

Since the problem lies in the perception of people, we need to understand how human mind works? What are the factors that contribute to our belief system. And what is meant by faith and bias? If we know these issues, we will be able to explain the facts to the people in a way that can be understood by them.

It is also important to know what causes a person to reject the obvious signs of our Creator in the cosmos? The answer is available in Quran.

**It is in Quran** إِنَّ الَّذِينَ كَفَرُوا سَوَاءٌ عَلَيْهِمْ أَلَّذَرْتَهُمْ أَمْ لَمْ تُنذِرْهُمْ لَا يُؤْمِنُونَ - حَتَّمَ اللَّهُ عَلَى قُلُوبِهِمْ وَعَلَى سَمْعِهِمْ وَعَلَى أَبْصَارِهِمْ غِشَاوَةٌ وَلَهُمْ عَذَابٌ عَظِيمٌ [ Indeed those who have rejected faith, it does not matter whether you (O' Prophet - صلى الله عليه وسلم) warn them or not, they will not believe. Their hearts and their ears are fastened by Allah's (عَزَّوَجَلَّ) seal (because of their rejection of faith) and their eyes are veiled (in view of their insistence on disbelief) and for them there is a severe torment. ] (**Al-Baqara - 6-7**)

Some people say they believe in Allah (عَزَّوَجَلَّ) but in their hearts they do not believe. This is known as hypocrisy. The question is why people practice hypocrisy? The Quran provides answer to this question as well.

**It is in Quran** وَمِنَ النَّاسِ مَنْ يَقُولُ آمَنَّا بِاللَّهِ وَالْيَوْمِ الْآخِرِ وَمَا هُمْ بِمُؤْمِنِينَ - يُخَادِعُونَ اللَّهَ وَالَّذِينَ آمَنُوا وَمَا يَخْدَعُونَ إِلَّا أَنفُسَهُمْ وَمَا يَشْعُرُونَ [ Among them, there are people who say that they believe in their Lord and on the Last Day (of Judgment) even though they are not believers. (These hypocrites) who like to deceive Allah (عَزَّوَجَلَّ) and the believers; in fact are deceiving their own selves but they are not conscious about it. There is a severe disease in the hearts (of these hypocrites). And Allah (عَزَّوَجَلَّ) increases their disease; for them is harsh torment in view of their false assertions.] (**Al-Baqara - 8-9**).

We have explained these issues in this book in detail. It is an important read for people to find out the causes of their ignorance on this subject. This is a unique book. In Sha Allah (إن شاء الله) many people will benefit from it.

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## HUMAN 'INNER SELF' (نفس)

As compared to other creatures in the Cosmos, humans are complete within themselves as they have been rewarded with intelligence to differentiate between good and bad. Human 'inner self' (نفس) is a non-corporeal entity that controls our thought process, inclinations, intentions and the resulting in actions. To be successful in our lives, we are required to reform this entity and strive for virtue over evil inclinations. This aspect has been described in Quran.

**It is in Quran** - وَنَفْسٍ وَمَا سَوَّاهَا - فَأَلْهَمَهَا فُجُورَهَا وَتَقْوَاهَا - قَدْ أَفْلَحَ مَنْ زَكَّاهَا - وَقَدْ خَابَ مَنْ دَسَّاهَا [And by the 'self' (نفس) and the completeness given to it.. (The human ) was given awareness of its (inner-self's) evil and its virtue. He succeeded who purified it and he failed who corrupted it.] (**Ash-Shams** - 7-10)

### What is human 'inner self' (نفس)?

We have discussed this issue in detail in our book "Understanding Human Self, Body and Soul". We suggest readers to read that book for full understanding of this subject. It will also help them to understand issues discussed in this book.

The human inner self (نفس) has two connotations, (i) Mind, and (ii) Heart, which are non-corporeal thought processes known as subtleties (لطائف) or distinctive faculties of human inner self. These are connected with human biological brain and biological heart.

Similarly, our senses like hearing, talking, seeing etc., all belong to our inner self but they do have a connection with respective body parts like eyes, tongue, ears, etc. In essence, all our physical faculties are dependent and connected with non-corporeal faculties of our 'self' or inner self (نفس) or innate/person (ذات).

## HUMAN NON CORPOREAL MIND

As we have described above, human mind is a non-corporeal faculty related with our 'inner self' (نفس).

Physicalists and Materialists consider that everything is physical or material in this world. They cannot comprehend anything beyond matter, therefore they consider that human brain is human mind.

There are some philosophers and scholars of medical fraternity who consider that human soul rests somewhere at a tiny place in human brain. Needless to say that this understanding is wrong.

The fact is, our physical body is a material covering/dress in which we have appeared in this world. We can neither see our non-corporeal 'self' nor others' non-corporeal selves except via their covering (physical bodies).

Our physical body is changing every second in a continuous process known as 'revival of similitude' (تجدُّد امثال). This is the reason we look considerably different from what we looked, say 10 years ago. It is scientifically proved that our body changes in about 10 years time. However, we remember the things happened, say 50 years ago. If our physical (biological) brain is our mind, then how it is possible that our brain which has changed completely 5 times in a span of 50 years, but still remembers things happened 50 years ago? This proves that our noncorporeal entity, our 'self' (person) is different from our physical body.

The soul is the bestowal and support of Allah (عزَّوجل) with which we exist in this world. We need this divine support every moment and every second of our lives. If this support is taken away, we do not exist. The soul is supporting who? It is supporting the human 'Self', whose external covering is its physical body. Read the following Quranic verses that confirm this fact.

It is in Quran - وَهُوَ مَعَكُمْ أَيْنَ مَا كُنْتُمْ [And He is with you wherever you are.] (Al-Hadid - 4).

It is in Quran - وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ [ He is in your own self, will you not see.] (Adh-Dhariyat - 21)



It is in Quran - **وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ** [ And We (Allah - عزوجل) are nearer to him (human being) than his jugular vein.] (Qaf - 16).

The soul is Allah's (عزوجل) Tajalli which is formless and comprehensive existential support of Allah (عزوجل) to human beings. How can it be confined to a tiny place in human biological brain which is undergoing change every movement? Our scientists and medical fraternity should think beyond the matter, to realize the facts of our existence.

We will briefly discuss about human physical brain and biological heart to see how they are connected to non-corporeal human mind and non-corporeal heart.

### The Human physical brain

Human brain is a super computer, which works on the basic principle of input and output. And it works directly in association with our non-corporeal mind. For understanding purposes, we can say that our non-corporeal mind is like a system software and our physical brain is its hardware computer. Whatever data is fed, it provides the output accordingly.

Brain is the command center for the human nervous system. It receives input from the sensory organs and sends output to the muscles. It is reported that Brain is made up of over 100 billion nerve cells, each of which is connected with over 10,000 other cells. The building blocks of our nervous system are known as Neurons. The information travels, back and forth, from our senses to the brain via these neurons, as electrical signals.



The largest part of the brain is known as Cerebrum, which is divided into two halves (hemispheres) by a deep fissure. These hemispheres are known as Corpus Callosum.

Brain is divided into four lobes, viz., **(i) The frontal lobes** control thinking, planning, organizing, problem solving, short-term memory and body movement. **(ii) The parietal lobes** interpret sensory information, like taste, temperature, touch etc. **(iii) The occipital lobes** process images from our eyes and relate the information with images that are stored in memory. **(iv) The temporal lobes** process information from senses of smell, taste and sound. They also play a role in memory storage.

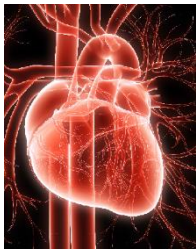
We use our senses to gather information about the outside world. We see, hear, taste, smell and touch things. We also detect pain, pressure, temperature, position and movement of our body. These sensations are changed into electrical signals and carried to our brain which then puts all the information together to produce the whole picture.

It is reported that our brain starts wiring itself even before we are born and carries on this activity till we are about two years old. The connections between these neurons are known as synapses. Around teenage, a pruning process takes place that eliminates certain unused connections in the brain. The changes in the brain are a continuous process throughout our lives. The changes take place as a result of changes in our hormones, social and cultural environments, etc.

## HUMAN NON CORPOREAL HEART

Human non-corporeal heart is different from human biological heart. The non-corporeal heart rests in Human inner-self which is a non-corporeal entity. The human biological heart works directly in association with non-corporeal heart.

### The Human Biological heart



The human biological heart is a complex machine that plays a pivotal role in our lives. If it stops, we die. The heart is not just a pump for the purification and supply of life blood to our body, it is also a powerful generator of electromagnetic energy, producing rhythmic electromagnetic field of our body's organs.

It is reported that the communication between the heart and brain is a two-way dialogue. The heart communicates with brain in 4 ways; (i) Transmission of nerve impulses, (ii) Hormones and neurotransmitters, (iii) Pulse waves, and (iv) Electromagnetic field interactions.

The heart has its own nervous system composed of 40,000 neurons. These neurons are capable of detecting circulating chemicals sent from the brain and other organs. While the heart can be influenced by messages sent from the brain, it doesn't necessarily obey them, all the time. Rather, at times sends signals to the brain that influences the brain to function differently. Like Oxytocin hormone, which helps people in affection and bonding with each other, is released both from heart and brain.

Heart is composed of a network of neurons, support cells and neurotransmitters which enables it to process information, learn, and produce 'feelings of heart' and then transmit this information from one cell to another.

**In 2002, a joint research paper** was published by the University of Arizona and University of Hawaii titled "[Changes in Heart Transplant Recipients that Parallel the Personalities of their Donors](#)". The research confirmed that there were marked changes in the behavior of heart transplant recipients in food, music, art, sexual, recreational,

and career preferences, as well as specific instances of perceptions of names and sensory experiences that related to the donors. Some of their findings are given below.

(i) There was a case of a straight vegetarian health-conscious donor, that turned a militant gay McDonalds loving recipient, into a straight vegetarian, health-food seeking person after the transplant.

(ii) Another case was of a young donor who was a violin musician that made the older classical-music-hating recipient, all of a sudden want to listen to hours of violin music after surgery.

(iii) A third case was of a young woman who was a "hell-raiser", all of a sudden picking up her donor's love for music and poetry. She was even able to finish the words to his (donor's) songs, which she never heard before.

(iv) A 47-year-old man, who received the heart of a 14-year-old girl died in a gymnastics accident, changed dramatically after the transplant. His wife commented that, after surgery, "Gus has become a teenager. No doubt about that. He is not a kid but he started thinking he is a kid. Even when we are bowling, he yells and jumps around like a kid. He has got this weird laugh now. It is a girl's laugh and we tell him that. He doesn't care."

**Another team of researchers published** their findings in 2003 in a Medical Journal, titled ["Heart and Mind - The relationship between cardiovascular and psychiatric conditions"](#). They concluded that there is a relationship between emotions and mind on one side, and heart disease on the other. There is a strong evidence linking cardiovascular and neuropsychiatric disorders and the mechanisms and pathophysiology of this association. Anxiety, panic disorder, and depression are common in patients with coronary heart disease and hypertension.

**In 1983, the heart was reclassified** as an endocrine gland when a new hormone called Atrial Natriuretic Factor (ANF), which affects blood vessels, kidneys, adrenal glands and regulatory regions in the brain, was found to be produced by heart.

It is now accepted by the medical and scientific community all over the world that heart's functions are complex, and it complements the brain in intelligence and cognition.

## HUMAN MIND IN QURAN

Human Mind is a bestowal of Allah (عَزَّوَجَلَّ) to human beings to comprehend things, reason, make rational conclusions and behave sensibly.

**Quran has identified many capabilities of human mind**, like, **(i)** understanding common issues, **(ii)** projection of coherent and non-conflicting thoughts, **(iii)** understanding proof and evidence of truth, **(iv)** making intelligent choices about what is good and what is harmful, **(v)** differentiating between short and long term benefits, **(vi)** learning from everyday life experiences, **(vii)** learning from history, **(viii)** noticing the signs of Almighty in the Cosmos, etc.

Allah (عَزَّوَجَلَّ) has provided mind and heart to every human being and it is imperative that they use them properly, ponder over the facts of this Cosmos and walk on the right path.

**(i) It is in Quran -** إِنَّ شَرَّ الدَّوَابِّ عِنْدَ اللَّهِ الَّذِينَ كَفَرُوا فَهُمْ لَا يُؤْمِنُونَ [Verily the worst of creatures in the sight of Allah are those who deny (the truth), and will not believe.] (Al-Anfaal - 55)

**(ii) It is in Quran -** كَذَلِكَ يَجْعَلُ اللَّهُ الرِّجْسَ عَلَى الَّذِينَ لَا يُؤْمِنُونَ [So Allah places degradation on those who do not believe." (Al-An'aam - 125)

**(iii) It is in Quran -** إِنَّ شَرَّ الدَّوَابِّ عِنْدَ اللَّهِ الصُّمُّ الْبُكْمُ الَّذِينَ لَا يَعْقِلُونَ [The worst of creatures in the eyes of Allah are those who are deaf and dumb and devoid of sense. ] (Al-Anfaal - 22)

**(iv) It is in Quran -** وَيَجْعَلُ الرِّجْسَ عَلَى الَّذِينَ لَا يَعْقِلُونَ [And He places degradation on those (subjects them to torment) who have no understanding. ] (Yunus - 100)

The above Quranic verses clarify that the punishment for rejection and punishment for 'not trying to understand', is the same.

(iii) It is in Quran - يَا أَهْلَ الْكِتَابِ لِمَ تُحَاجُّونَ فِي إِبْرَاهِيمَ وَمَا أُنزِلَتِ التَّوْرَةُ وَالْإِنْجِيلُ إِلَّا مِنْ بَعْدِهِ ۗ أَفَلَا تَعْقِلُونَ ۗ [ O' people of earlier scripture! Why do you argue about Ibrahim (عليه السلام), when the Torah and Gospel were not revealed until after him? Don't you have minds?] (Aal-i-Imran - 65).

In the above verse, Allah (عز وجل) is questioning Jews and Christians why they contradict themselves in case of Ibrahim (عليه السلام) saying he was Jew or Christian. Don't they have minds?

(iv) It is in Quran - انظُرْ كَيْفَ نُصَرِّفُ الْآيَاتِ لَعَلَّهُمْ يَفْقَهُونَ [Look, how we make clear the signs for people who understand.] (Al-An'aam - 65).

(v) It is in Quran - وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا لَعِبٌ وَلَهْوٌ ۗ وَلَلْآخِرَةُ خَيْرٌ لِّلَّذِينَ يَتَّقُونَ ۗ أَفَلَا تَعْقِلُونَ [And the worldly life is no more but play and diversion, surely the last abode is better for those who are pious, then will you not understand?] (Al-An'aam -32).

(vi) It is in Quran إِنَّ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ وَالْفُلْكِ الَّتِي تَجْرِي فِي الْبَحْرِ بِمَا يَنْفَعُ النَّاسَ وَمَا أَنْزَلَ اللَّهُ مِنَ السَّمَاءِ مِنْ مَاءٍ فَأَحْيَا بِهِ الْأَرْضَ بَعْدَ مَوْتِهَا وَبَثَّ فِيهَا مِنْ كُلِّ دَابَّةٍ الْبَحْرِ وَمَا يُصْرِفِ الرِّيحَ وَالسَّحَابِ الْمُسَخَّرِ بَيْنَ السَّمَاءِ وَالْأَرْضِ لآيَاتٍ لِقَوْمٍ يَعْقِلُونَ [In the creation of the heavens and earth; in the alternation of night and day; in the ships that sail the seas with goods for the benefit of people; in the water which Allah sends down from the sky to give life to the earth when it has been barren, scattering all kinds of creatures over it; in the changing of the winds and clouds that run their appointed courses between the sky and earth: there are signs for those who use their minds.] (Al-Baqara - 164).

(vii) It is in Quran - إِنَّ الَّذِينَ يُنَادُونَكَ مِنْ وَرَاءِ الْحُجُرَاتِ أَكْثَرُهُمْ لَا يَعْقِلُونَ [Surely! Those who call you from behind the residences, most of them have no common sense.] (Al-Hujurat - 4)

## HUMAN HEART IN QURAN

The word heart is mentioned in Quran more than 100 times. And whenever it is mentioned, it is to describe its ability of rational thinking. The heart is also described as the processor of information, particularly concerning emotions. The issues associated with Heart as mentioned in Quran, include; faith, soundness, repentance, rivalry, sinfulness, sickness, trouble, guidance, assurance, peace, love, fear, thankfulness, reasoning, etc.

**(i) It is in Quran -** وَمَنْ أَظْلَمُ مِمَّنْ ذُكِرَ آيَاتِ رَبِّهِ فَأَعْرَضَ عَنْهَا وَنَسِيَ مَا قَدَّمَتْ يَدَايَ ۗ إِنَّا جَعَلْنَا عَلَى قُلُوبِهِمْ أَكِنَّةً أَنْ يَفْقَهُوهُ وَفِي آذَانِهِمْ وَقْرًا ۗ وَإِنْ تَدْعُهُمْ إِلَى الْهُدَىٰ فَلَنْ يَهْتَدُوا إِذًا أَبَدًا [ And who is more unjust than the one who, when reminded of the signs of his Lord, turns away from them and forgets what his hands have sent forward? We have put covers on their hearts so as not to understand the Quran, and deafness in their ears; and even if you call them to guidance, they will never attain the right path.] (Al-Kahf - 57).

There is a difference between 'the heart of a believer' and 'heart of a unbeliever'.

**(ii) It is in Quran -** إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَّتْ قُلُوبُهُمْ وَإِذَا تُلِيَتْ عَلَيْهِمْ آيَاتُهُ زَادَتْهُمْ إِيمَانًا وَعَلَىٰ رَبِّهِمْ يَتَوَكَّلُونَ [ The believers are only those who, when Allah is mentioned, their hearts become fearful, and when His verses are recited to them, it increases them in faith; and upon their Lord they rely.] (Al-Anfaal - 2)

**(iii) It is in Quran -** وَإِذَا ذُكِرَ اللَّهُ وَحْدَهُ اشْمَأَزَّتْ قُلُوبُ الَّذِينَ لَا يُؤْمِنُونَ بِالْآخِرَةِ ۗ وَإِذَا ذُكِرَ الَّذِينَ مِنْ دُونِهِ إِذَا هُمْ يَسْتَبْشِرُونَ [The hearts of those who do not believe in the Hereafter shrink with disgust when Allah alone is mentioned, but when those (idols) other than Him are mentioned, they suddenly rejoice.] (Az-Zumar - 45)

(iii) It is in Quran - **ثُمَّ قَسَتْ قُلُوبُكُمْ مِنْ بَعْدِ ذَلِكَ فَهِيَ كَالْحِجَارَةِ أَوْ أَشَدُّ قَسْوَةً ۚ وَإِنْ مِنْ**  
**الْحِجَارَةِ لَمَا يَتَفَجَّرُ مِنْهُ الْأَنْهَارُ ۚ وَإِنْ مِنْهَا لَمَا يَشَقَّقُ مِنْهُ الْمَاءُ ۚ وَإِنْ مِنْهَا لَمَا يَهْبِطُ مِنْ خَشْيَةِ**  
**اللَّهِ ۚ وَمَا اللَّهُ بِغَافِلٍ عَمَّا تَعْمَلُونَ** [Even after that, your hearts became as hard as  
 rocks, or even harder, for there are rocks from which streams spring out,  
 and some from which water comes when they split open, and others  
 which fall down in awe of Allah. He is not unaware of what you do.] (Al-  
 Baqara - 74).

Quran was revealed 'on the heart of Prophet Mohammad' (صلى الله عليه و آله وسلم). This fact  
 has been mentioned in the following verse.

(iv) It is in Quran - **قُلْ مَنْ كَانَ عَدُوًّا لِجِبْرِيلَ فَإِنَّهُ نَزَّلَهُ عَلَى قَلْبِكَ بِإِذْنِ اللَّهِ مُصَدِّقًا لِمَا بَيْنَ يَدَيْهِ**  
**وَهُدًى وَبُشْرَى لِلْمُؤْمِنِينَ** [Say (O' Prophet ﷺ) whoever is an enemy to Jibreel (is  
 in fact the enemy of Allah) - it is he who has brought the Qur'an down  
 upon your heart by Allah's permission, confirming that which was before  
 it, and as guidance and good news to the believers.] (Al-Baqara - 97).

The light of guidance of Allah (عز وجل) is received by human beings via their hearts. This  
 is mentioned in the following verse.

(v) It is in Quran **أَفَمَنْ شَرَحَ اللَّهُ صَدْرَهُ لِإِسْلَامٍ فَهُوَ عَلَى نُورٍ مِنْ رَبِّهِ ۚ فَوَيْلٌ لِلْقَاسِيَةِ قُلُوبُهُمْ مَنْ**  
**أُولَئِكَ فِي ضَلَالٍ مُبِينٍ** [ Is the one whose heart Allah has opened to Islam  
 and is walking in the light from his Lord, similar to the one who has  
 learned no lesson and is still a non-Muslim. So woe to those whose hearts  
 are hardened against the remembrance of Allah! They are clearly in  
 error.] (Az-Zumar - 22).

Human beings are required to use their hearts and other sensory organs in the pursuit  
 of seeking truth. If they fail, they will be punished.

It is in Quran - **وَلَقَدْ دَرَأْنَا لَجَهَنَّمَ كَثِيرًا مِنَ الْجِنَّ وَالْإِنْسِ ۚ لَهُمْ قُلُوبٌ لَا يَفْقَهُونَ بِهَا وَلَهُمْ أَعْيُنٌ لَا**  
**يُبْصِرُونَ بِهَا وَلَهُمْ آذَانٌ لَا يَسْمَعُونَ بِهَا ۚ أُولَئِكَ كَالْأَنْعَامِ بَلْ هُمْ أَضَلُّ ۚ أُولَئِكَ هُمُ الْعَافِلُونَ** [ And  
 indeed We have created many jinns and men for Hell; they have hearts in  
 which their is no understanding; and the eyes they do not see with; and  
 the ears they do not hear with. Those are like livestock; rather, they are  
 more astray. It is they who are the heedless. ] (Al-A'raaf - 179)



Quran describes that one cannot reflect on issues properly if his heart is locked. Meaning, people are required to think with an open heart, rather than an open mind. Because if a person's heart is open, his mind will also be open.

**It is in Quran -** أَفَلَا يَتَدَبَّرُونَ الْقُرْآنَ أَمْ عَلَى قُلُوبٍ أَقْفَالُهَا [Will they not ponder over the Quran? Or, are there locks upon their hearts?] (**Muhammad - 24**).

**It is in Quran -** إِنَّ شَرَّ الدَّوَابِّ عِنْدَ اللَّهِ الصُّمُّ الْبُكْمُ الَّذِينَ لَا يَعْقِلُونَ [Surely the worst of breasts (hearts) in Allah's sight are those that are deaf and dumb, those (who) don't understand.] (**Anfaal - 22**)

## CORRELATION BETWEEN HEART AND MIND

As we have described above, human inner self (نفس) has two in-built subtleties (لطائف) known as (i) Mind, and (ii) Heart. These are non-corporeal subtleties / faculties of our non-corporeal inner self. The heart is where the meanings reside, and the mind is where reason is processed. In essence these two complement each in many ways.

**It is in Hadith** - Allah has forgiven my Ummah for the evil suggestions of their **hearts**, so long as they do not act upon them or speak about them. (Ibn Majah).

**It is in Hadith** - Allah (عزّوجل) said, I have prepared for My righteous servants (such excellent things) as no eye has ever seen, nor an ear has ever heard nor a human **heart** can even think of. (Bukhari).

It is important to note that the mind does not get dominance over heart, rather it is the heart that often overrules the mind's conclusions/suggestions.

**It is in Hadith** - Allah (عزّوجل) does not look to your bodies nor to your faces, but He looks to your **hearts**. (Muslim).

The non-corporeal subtleties of mind and heart are connected with human biological brain and biological heart.

**It is in Hadith** - Abu Hurairah (رضي الله تعالى عنه) narrated - 'I came to the Prophet (صلى الله عليه و آله وسلم) and spread out my garment to him, then he took it and gathered it on my heart, so I did not forget any Prophets (صلى الله عليه و آله وسلم) saying after that. (Tirmidhi).

**It is in Hadith** - The Prophet (صلى الله عليه و آله وسلم) supplicated - O' changer of the hearts, make my heart firm upon Your religion. (Tirmidhi).

The subtlety of heart is the place of our faith. Also it dominantly governs our emotions and passions. The heart acquires its meanings from both sensory experiences and from arguments of reason. On the other hand, the mind is always attempting to form a consistent story by reconciling contradictory information using reason.

The Islamic message is based on reasoning to lead us towards the truth. Reason is the cornerstone to validate the authenticity of the Quran as a divine revelation. The revelation would not be true if it was contradictory.

**It is in Quran** - أَفَلَا يَتَذَكَّرُونَ الْقُرْآنَ ۚ وَلَوْ كَانَ مِنْ عِنْدِ غَيْرِ اللَّهِ لَوَجَدُوا فِيهِ اخْتِلَافًا كَثِيرًا [ Do they not ponder over the Quran? Had it been the word of any other but Allah they would surely have found contradictions in it. ] (An-Nisa - 82)

## THE FAITH AND BIAS

As we have described above, the heart is where the meanings (faith) reside, and the mind is where reason is processed. Faith means 'to consider something to be sure'. The meanings in heart could be based on facts or just a conviction (belief, not based on facts) that something is like that.

Allah (عَزَّوَجَلَّ) has provided humans with mind, heart and senses and they are required to use them in finding facts in this cosmos. As an additional help, He sent His prophets to teach humanity about the truth of this cosmos. Now, it is up to the individual to make good use of his faculties and find the right path. If you get attracted to the spurious, then Allah's (عَزَّوَجَلَّ) light of guidance which is inherently kept in human hearts, goes away. Once the darkness occupies the heart, the progeny of Satan and his devil followers get associated with it and lead to further darkness. They associate their evil powers with polytheists' hand-made gods and show some jugglery. As they watch this evil show, they start believing idols are associated with divinity and their hearts get hardened in darkness and are sealed. If someone has reached to this stage, there is very little hope that he will ever come back to the right path. This aspect has been described in Quran as follows.

**(i) It is in Quran** أَفَمَنْ شَرَحَ اللَّهُ صَدْرَهُ لِلْإِسْلَامِ فَهُوَ عَلَى نُورٍ مِنْ رَبِّهِ ۗ فَوَيْلٌ لِلْقَاسِيَةِ ۗ قُلُوبُهُمْ مِنْ ذِكْرِ اللَّهِ ۗ أُولَٰئِكَ فِي ضَلَالٍ مُبِينٍ [ Is the one whose heart Allah has opened to Islam and is walking in the light from his Lord, similar to the one who has learned no lesson and is still a non-Muslim. Woe to those whose hearts are hardened against the remembrance of Allah! They are clearly in error.] (**Az-Zumar - 22**).

**(ii) It is in Quran** - وَلَقَدْ دَرَأْنَا لَجَهَنَّمَ كَثِيرًا مِنَ الْجِنَّ وَالْإِنْسِ ۗ لَهُمْ قُلُوبٌ لَا يَفْقَهُونَ بِهَا ۗ وَلَهُمْ أَعْيُنٌ لَا يُبْصِرُونَ بِهَا ۗ وَلَهُمْ آذَانٌ لَا يَسْمَعُونَ بِهَا ۗ أُولَٰئِكَ كَالْأَنْعَامِ بَلْ هُمْ أَضَلُّ ۗ أُولَٰئِكَ هُمُ الْعَاقِلُونَ [ And indeed We have created many Jinns and men for Hell; they have hearts in which there is no understanding; and the eyes they do not see with; and the ears they do not hear with. Those are like livestock; rather, they are more astray. It is they who are the heedless. ] (**Al-A'raaf - 179**)

During Prophet Moses' (عليه السلام) times, a person named Samiri carved a gold calf. The calf was hollow from inside and used to make a sound. He claimed it to be the god of Israelis. Some people believed him and started worshiping that calf.

The role of senses is important in shaping the meanings (faith) in our heart. If these meanings are opposed to fact of the matter, this is not true faith, it is a 'bias in faith'.

The people who are struck with 'bias' never try to see logic. For them the facts are not important. It is their conviction (biased faith) that matters.

We are required to uphold proper values and virtues to lead our lives in this world and get salvation in Hereafter. Our senses are required to deliver correct meanings to our heart. If they fail to do so, or deliver the meanings opposed to the fact of the matter, they will be considered to have failed in their intended functions.

**It is in Quran -** قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءً وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمْ وَقْرٌ وَهُوَ عَلَيْهِمْ عَمًى [Say, (O Prophet ﷺ), 'It is a guide and a healing to the believers. As for those who disbelieve, there is deafness in their ears and blindness to it (in their hearts).] (**Fussilat - 44**).

The problem with perception arises when the mind and the heart are in conflict. Allah warns us against putting the heart above all else, at the expense of reason, as it will invalidate the facts and disables the senses from arriving at true meanings.

**It is in Quran -** أَفَرَأَيْتَ مَنْ اتَّخَذَ إِلَهَهُ هَوَاهُ وَأَضَلَّهُ اللَّهُ عَلَىٰ عِلْمٍ وَخَتَمَ عَلَىٰ سَمْعِهِ وَقَلْبِهِ وَجَعَلَ عَلَىٰ بَصَرِهِ غِشَاوَةً فَمَنْ يَهْدِيهِ مِنْ بَعْدِ اللَّهِ أَفَلَا تَذَكَّرُونَ [Have you seen (O Prophet ﷺ) those who have taken their own desires as their god? (And so) Allah left them to stray knowingly, sealed their hearing and hearts, and placed a cover on their sight. Who then can guide them after Allah? Will you (all) not then be mindful?] (**Al-Jathiyah - 23**)

Mind is the place where reason is processed. You should not dwell in a wrongful comfort zone and get convinced in your heart for something which is wrong. Indeed Satan and his army of Devils influence us to walk on the wrong path. But remember, Satan has no power to influence us unless we follow him.

**It is in Quran -** إِنَّ عِبَادِي لَيْسَ لَكَ عَلَيْهِمْ سُلْطَانٌ إِلَّا مَنِ اتَّبَعَكَ مِنَ الْغَاوِينَ [ Indeed as for My servants, you do not have any authority over them, except the perverse who follow you] (**Al-Hijr - 42**).

Wisdom is the balance between reason (mind) and meaning (heart).

**It is in Quran -** يُؤْتِي الْحِكْمَةَ مَنْ يَشَاءُ ۚ وَمَنْ يُؤْتَ الْحِكْمَةَ فَقَدْ أُوتِيَ خَيْرًا كَثِيرًا ۗ وَمَا يَذَّكَّرُ إِلَّا أُولُو الْأَلْبَابِ [ Allah bestows wisdom on whomsoever He wills; and whoever receives wisdom has received abundant goodness; but none heed advice except men of understanding. ] (**Al-Baqara - 269**).

Allah (عزوجل) created human beings with intelligence, provided them with knowledge and gave them the required free will. Therefore, they are expected to use these faculties as per the commandments of Allah (عزوجل). If they act against this requirement, they will harm themselves in this world and in Hereafter.

**Everything in this Cosmos has a special significance and purpose; and all these things are Allah's (عزوجل) signs and people who use their minds can recognize them. How do we use our mind and reason to recognize these signs? Let us discuss this in a little detail.**

There are five internal faculties of our mind that help in processing the information and restoring it for future use. These are; **(i)** Common Sense, **(ii)** Incredulity (Doubt), **(iii)** Imagination, **(iv)** Notion (thought), and **(v)** Memory.

Common Sense is the processor that analysis the information in the following two ways.

**(a)** If the information is coming from outside, through our external senses, like eyes, touch, taste, etc., the process is called as 'Incredulity' (doubt).

**(b)** If the information is coming from inside, the process is called 'Imagination'.

There are two drives or reservoirs in our mind where processed information is dumped for future use. These are, **(i)** Notion (thought), and **(ii)** Memory.

When we look at an outside picture, the 'common sense' studies it and separates meanings from the apparent picture. For example, when we look at a tiger, our common

sense separates the meaning 'powerful' from tiger's picture. And the information analyzed is 'tiger is powerful'.

The process of separating 'meanings' from outside 'picture' in the Common Sense is known as 'the process of Incredulity (doubt)'. Why this process is called 'Incredulity'? Because drawing of meanings by individual men and women could be right or wrong, depending upon their knowledge or ignorance about facts of things. Like, a person is looking at a hand-made Idol. His common sense is analyzing the picture and drawing the meanings that the 'idol is his god'. Another person is looking at the same idol, and his common sense is drawing the meaning that the idol is 'a statute of mud/metal, made by a human being which does not have life and power even to move on its own'.

When we move our attention away from the outside thing, the picture goes into 'Notional Reservoir' and its meanings go into our 'Memory'. After sometime when we draw our attention back on that thing, its picture comes out of the 'Notional Reservoir' and its meanings come out of our 'Memory' and together they are visualized in our common sense.

**'Imagination'** is also the name of the process of our common sense. In 'Imagination', the thing does not come from outside. It comes from our mind. Like a man brought a headless human body and body-less head of an elephant from his 'notional reservoir' and joined them together in his common sense.

People belonging to all religions, all regions and ethnic background are generally not unreasonable, and when they are explained issues in the light of facts and logic, they will understand. It will not take much time for them to find the right path of their creator. It is their scholars and leaders who have concocted stories and convinced them to believe in them. Like, someone among the early religious elderly among Idol worshipers imagined a face/form consisting of head of an elephant over a human body. They imagined this shape to be 'knowledgeable and eloquent'. They gave a name to this form 'Ganesha' and brought it out in the world in the shape of an idol which has a long trunk and big belly and convinced their followers that this is their god. Gradually it became a popular Hindu idol god. Similarly, when some religious elderly among idol worshipers looked at cow, they associated 'motherhood' with it as people drink its milk. They also drew the meaning of sacredness with cow and considered cow as divine and started worshipping it.

**It is in Quran -** وَإِذْ وَاعَدْنَا مُوسَىٰ أَرْبَعِينَ لَيْلَةً ثُمَّ اتَّخَذْتُمُ الْعِجْلَ مِنْ بَعْدِهِ وَأَنْتُمْ ظَالِمُونَ  
[And we specified forty nights for Musaُ and then, while he was away,

you started worshipping the calf. And you (surely) were wrongdoers (in that worship). ] (Al-Baqara - 51)

In the same way some religious elderly among idol worshipers imagined about the beginning of life. They could not understand it as to when life began on planet Earth. Their imagination rested on penis. They imagined it to be sacred and divine. They made an idol of human penis and started worshipping it. Some people followed them in this worship. They are known as people of Ling (penis).

Needless to say that all idol gods and deities worshiped in the world have originated from the 'Imagination of different people. This was the reason there were 360 Idols placed in an around Ka'ba and their number was increasing all the time.

When Christians looked at the miraculous birth of Isa (عليه السلام), they could not understand it. As there was no male intervention in his birth, their 'common sense' concluded that 'he is the Son of God' (Astaghfirullah). If they had used their minds and pondered over the facts of things and sought Allah's (عز وجل) guidance, they would have realized that as Adam (عليه السلام) was born without biological father and mother, then it is possible that Isa (عليه السلام) can come into this world without a biological father.

Some Muslim sects, like Salafis, Deobandis and their like-minded groups, read certain metaphorical verses (Aayaat-e-Mutashabihaat) of Quran and misinterpret them on the basis of their textual meanings and claim that (Nauzubillahi) Allah (عز وجل) is a huge planetary Idol god, who has a physical body like humans and is sitting over the skies. They worship this Sky God 5 times a day during their Salah. If they had studied Quran and Ahadith under the guidance of Shuyookh of Ihsan, who are true Islamic monotheists, and pondered over the creation of this cosmos and sought Allah's (عز وجل) guidance, they would have understood the facts of things in this cosmos. All animals they sacrifice is in the name of this Sky Idol God and all their prayers and supplications are to this Sky God.

How do we escape from the clutches of misleading people in power and their associate corrupt scholars on Earth?

The only way is to turn our attention towards our Creator and seek His guidance. Supplicate to the one who has created you and ask for His help to find you His path. He will show you His path.



Remember, there is only one God who is the creator of this Cosmos. He does not have partners. Divinity only rests in Him. Other than Him is spurious.

**It is in Quran -** لَوْ كَانَ فِيهِمَا آلِهَةٌ إِلَّا اللَّهُ لَفَسَدَتَا فَسُبْحَانَ اللَّهِ رَبِّ الْعَرْشِ عَمَّا يَصِفُونَ  
[ If there were, in the heavens and the earth, other gods besides Allah, there would have been confusion in both! Glory be to Allah, the Lord of the Throne : (High is He) above what they attribute to Him!] (Al-Anbiya - 22)

Quran is the only book that has not been altered since its descent. How can it be possible without the intervention of God?

**It is in Quran -** إِنَّا نَحْنُ نَزَّلْنَا الذِّكْرَ وَإِنَّا لَهُ لَحَافِظُونَ [ Indeed We have sent down the Quran and indeed We will preserve it.] (Al-Hijr - 9).

Allah (عَزَّوَجَلَّ) has challenged the entire humanity and Jinn many a time in the Quran that if they doubt in Quran, they should bring a Surah like that of the Quran. Since the word of Allah (عَزَّوَجَلَّ) and the word of His creature cannot be equated, this challenge remains unfulfilled and will remain so till the day of resurrection.

**It is in Quran -** وَإِنْ كُنْتُمْ فِي رَيْبٍ مِّمَّا نَزَّلْنَا عَلَىٰ عَبْدِنَا فَأْتُوا بِسُورَةٍ مِّمَّنْ لَمِثْلِهِ وَادْعُوا شُهَدَاءَكُمْ مِمَّنْ دُونِ اللَّهِ إِنْ كُنْتُمْ صَادِقِينَ [ If you doubt (in this Quran) which has been sent down on Our Chosen Servant, (Apostle Mohammad ﷺ) then bring a chapter like it; and call all your helpers, other than Allah, if you are truthful.] (Al-Baqara - 23)

It is important that every human being in the world, belonging to any faith, region or ethnic background, reads this book carefully. Your sincere reading, and supplications to your Creator in showing His path, will surely lead you to His path.

It is also important that you find a sincere teacher to explain you the meanings of the Quran. Supplicate to your Creator to find you a teacher who could explain you the true meanings of the Quran and Sunnah and lead you on the right path of Islam.

I have written Tafseer of the Quran, titled '[Tafseer-e-Asedi](#)'. Read this Tafseer carefully, In Sha Allah, it will help you to remain on the right path of Islam.