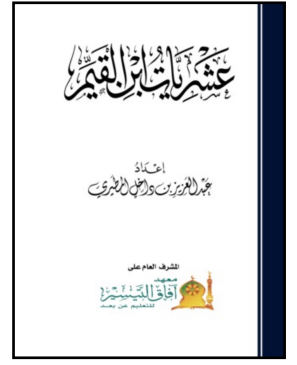




عشریات ابن القيم

#3
18 ذو القعدة 1439
31.7.18



عشر أسباب شرح الصدر 10 Ways to Open the Chest

If the chest is not expanded, you cannot accept the commands and the decrees, and the rules; you can't deal with people, nor develop yourself.

When the chest is expanded, this is a big blessing. This is why Musa عليه السلام made du'a to Allah to open his chest before he went to confront Firawn.

When there is a decree or command you cannot implement, ask Allah to open your chest. Then the matter becomes easy to accept. When the chest is constricted, the tongue becomes knotted, and you cannot be eloquent. When faced with a tough task, we need a chest which is open.

This is a beautiful jewel we want to attain. Ibn Al-Qayyim gave us 10 ways to achieve this end, all of them need action. You cannot expect someone else to do it for you. Your happiness is within you. It is your responsibility to make yourself happy. You must strive for it.



① Belief in the Oneness of Allah. This is your relationship with Allah. The stronger your tawheed is, the more your chest will expand.

② Guidance to the target, the straight path, from the beginning to the end. When you are lost, you are restless, and your chest feels constricted. But when you are guided, you become relaxed. This can be even in dunya, when you are going somewhere and you can't find your way.



③ The light of faith in the heart of a believer is from Allah. Good deeds increase the faith. When you believe in all the pillars of faith, this is a light. The opposite of this light is the darkness of disbelief.

The belief illuminates the heart, making you happy.

The one with no belief will incline to dunya. The more light in the heart, the more the person will be inclined to dunya.

The Messenger of Allah صلى الله عليه وسلم said :

إذا دخل النور القلب انفتح وانشرح

When the light enters the heart it expands and enlarges it.

قيل : وما علامة ذلك

They asked, what are the signs of this?

قال : النجافي عن دار الغرور والإنابة إلى دار الخلود والاستعداد للموت قبل نزوله

He said, the person forsakes the dunya and turns to the hereafter, and prepares for death before it comes.

الراوي : - | المحدث : السفاريني الحنبلي | المصدر : القول العلي

الصفحة أو الرقم: 263

4 Beneficial knowledge gives vastness to the heart. it is a means to expand the chest, making the person happy. Ignorance brings tightness. This knowledge is inherited from the Messenger of Allah صلى الله عليه وسلم. It makes life beautiful.

The Messenger of Allah صلى الله عليه وسلم said :
 مَنْ سَلَكَ طَرِيقًا يَلْتَمِسُ فِيهِ عِلْمًا سَهَّلَ اللَّهُ لَهُ طَرِيقًا إِلَى الْجَنَّةِ

Whoever takes a path upon which to obtain knowledge, Allah makes the path to Paradise easy for him.
 جامع الترمذي ، حديث #2646

You can never have enough knowledge. It is the only thing whose increment the Messenger of Allah صلى الله عليه وسلم made du'a for. You must thank Allah for even a word you learn.



5 Return to Allah all the time, in all situations in life. Don't feel self sufficient, return to Allah, even for good deeds, for all your decisions. This shows your love for Allah. When you return to Allah with your heart, this fulfills the purpose of the existence of the heart. It shows your obedience to Allah; you know you are nothing without Allah.

Returning to Allah will make you feel happy and content. You cannot describe the sweetness of this feeling. It makes you wonder what jannah will be like, where all the dwellers will be as one heart. Returning to Allah has an amazing uplifting effect.

One of the greatest reasons for the constriction of the chest is turning away from Allah, and attaching to someone else. Shirk and heedlessness bring tightness to the heart. Anyone worshipping someone rather than Allah is miserable, imprisoned. Shirk causes pain. Turning to Allah is painless, and happiness. While shirk is unbearable torture, chosen by the person himself.

6 Continuous remembrance of Allah, in all situations and conditions. Heedlessness brings constriction. Allah ordained all forms of worship to remember Him. You must remember Allah even in the everyday routine life. There are prescribed remembrances for all situations, such as before you sleep, when you wake up, leaving the house, after eating, etc. Ask Allah to help you remember Him.



7 Deal with people in the best way. Benefit them in any way you can. Everyone has a different talent and strength. There are different forms of ihsan. Someone may do ihsan by withholding, and for some by giving. Ask Allah for guidance. The upper hand is always better than the lower. Have the best manners, smile. The people see your manners and character, not your heart. A person with no money but the best manners is rich.

courage can take different forms. For someone, to be silent is bravery, while for another, speaking up is. Everyone has a different mountain to climb. The coward is unhappy and constrained.

8 A courageous person will stand for the truth. The

We can see the courage of Balqis when she was invited to step into the courtyard of the crystal palace of Sulayman عليه السلام. She stepped forward, but took precautions.





9 Erase all bad characteristics from your heart. Remove pride, arrogance, jealousy, etc. A person may be good from the outside, but in his heart he may have simmering jealousy. The evil in the heart will make the person unhappy. The hasad will eat the person from the inside. Struggle against yourself to remove all dispraise traits.

10 Leave any excessive actions, such as talking, eating, socializing, sleeping, etc. This is all like junk mail, unneeded and useless. When you stretch

your eyes to something which others have, this is excess, and it will made you unhappy. Be moderate in all matters.



قَالَ رَبِّ اشْرَحْ لِي صَدْرِي
[Musa] said, "My Lord, expand for me my breast [with assurance]

وَيَسِّرْ لِي أَمْرِي

And ease for me my task

وَاخْلُكْ عَقْدَةً مِّنْ لِّسَانِي

And untie the knot from my tongue

سورة طه

20:25-27