

## What Leads to a Sick Heart or Soul

### How the Unseen Realm Heals the Heart or Soul

#### The Symptoms of the Sick Heart or Soul; Why Cannot the Sick Heart Connect to the Unseen?

How much do you know about the sick heart or soul? Why does not the sick heart connect to the unseen? Why should humans connect with the unseen at all? Heart sickness and heart's disconnection from the unseen world and *Alam Malakut* (Celestial Kingdom) have consequences far worse than physical illnesses or economic problems. This is because heart sickness not only has a negative effect on life in this world, but also destroys a person's eternal life and hereafter. The reason that the heart or soul is of immense importance is that it is the essential part of our existence and our true self. The heart is the only thing we take to other world; therefore, anyone who does not attain a sound heart and inner purity in this life will lose their most valuable asset. As a result, they cannot achieve eternal bliss. It is also beyond our imagination what difficulty they will suffer in the hereafter.

One of the criteria that helps us diagnose the soundness of the heart is having inclination to nourish our human dimension. The more we feel the need to nourish our human dimension, the sounder our heart is. Just as a sick body is reluctant to eat healthy foods and fruits and drink delicious drinks, a sick heart or soul is also indifferent to spiritual nourishment. One example of spiritual nourishment is establishing a connection with the unseen world. In this lesson, we will discuss the

necessity of connecting with the unseen and *Alam Malakut* as the key factors in maintaining the soundness and purity of the heart.

### **The Necessity of Connection to the Unseen World**

Anything that cannot be perceived by the five senses is considered unseen. Accordingly, the sacred essence of God, angels, Heaven, Hell, Prophet Muhammad's Household (Peace be upon them), the Day of Judgment, and similar concepts are all examples of the unseen. The level of our dignity depends on our connection with God and the unseen world. How often do we yearn for intimacy with God throughout the day? How much do we miss our heavenly family, Prophet Muhammad's Household (Peace be upon them)? How much do we desire intimacy with the inhabitants of *Alam Malakut* and the angels? How often do we remember death and think of Heaven and Hell? All of these factors determine the soundness of our heart.

A person with a sound heart has achieved true self-knowledge. They understand that their heart or soul is of God's spirit, breathed into them by the Almighty. They know that their heart is a divine gift that has not been given to any being in the universe except for humans. A person who has obtained self-knowledge understands that this gift is theirs only and, indeed, the greatest and most valuable asset in the world. The greatness of this asset is such that it can create an eternity of pleasure, vitality, and happiness. It can create a Heaven as vast as the heavens and earth.

Connection with the unseen realm revives the heart. The world is a realm of multiplicity, while the unseen world is a realm of unity. We are from the realm of

unity, so we do not inherently belong here. Therefore, the worldly multiplicities, attachments, daily routines, and on the whole, worldly affairs exhaust our heart and soul.

A sick heart or soul can no longer live properly or enjoy life. It becomes accustomed to trivial pleasures that do not satisfy its desire for infinity. The infinite-seeking soul wants to have an infinite beloved. If it cannot spend time with its beloved, it will get sad and depressed. It will lose become sad and depressed, distancing itself from happiness and inner peace, which are the most important indicators of human bliss. A heartfelt relationship with the unseen world, especially with God and Prophet Muhammad's Household (Peace be upon them), alleviates these afflictions and lightens the soul. Reflecting on the hereafter, the torments of Hell, and the glory of Heaven, interacting with angels, participating in gatherings in which God is remembered, and visiting sacred places all rescue a person from getting stuck in the swamp of worldly life and instill a desire for liberation into them. Furthermore, passing through the stages of the spiritual journey and ascending the steps toward perfection of our human dimension is impossible without establishing a stable and regular heartfelt connection with the unseen world and *Alam Malakut*. Each of us must dedicate moments of the day to such solitudes; otherwise, we will become ill, and this illness will not only affect our worldly life but also jeopardize our eternal life.

### **Consequences of a Lack of Connection with the Unseen World**

The true wealth of all of us is being friends with our true Beloved i.e., God; the Beloved who never rejects us and never leaves us alone. However, a sick heart shies

away from solitude with God and being in love with Him. It does not take pleasure in praying and talking to its true Beloved. In addition to connecting with God, establishing emotional connections and being friends with other beings of the unseen world, such as the prophets and Prophet Muhammad's Household (Peace be upon them), is also a true and highly valuable asset. They are excellent companions who never leave us alone when we need help. A person with a sick heart and soul deprives themselves of this immense wealth. They dedicate their life to the beloveds and the perfections of their inanimate, vegetative, animal, or intellectual dimensions, constantly obsessed with unimportant things.

Someone who gains God's affection will never become a beggar for the affection of others; however, a person with a sick heart or soul is deprived of this extraordinary wealth and emotional abundance. If they face indifference, disrespect, hostility, or betrayal from family members, friends, and those around them, they become completely unsettled and fall into sadness, grief, and depression. A person with a sick heart or soul does not long for Heaven, which is billions of times larger, more beautiful, and more magnificent than this world; instead, their only happiness comes from the brief enjoyments of the world. In general, a person with a sick heart or soul does not achieve inner peace and happiness in this world, nor does he find eternal bliss.

In this lesson, we first addressed the sickness of the soul. We stated that a person with a sick heart or soul does not know themselves very well. They are reluctant to nourish their human dimension and indifferent toward the Beloved of this dimension; thus they cannot establish a connection with the unseen world and whatever relevant to it, including the essence of God, angels, prophets, Prophet

Muhammad's Household (Peace be upon them), and similar beings. A sick heart shies away from solitude and talking with God and being friends with Him and its heavenly family. A person sick in heart constantly seeks worldly beloveds, and thus they are always a beggar for the affection of others. So they will never find true peace and happiness.

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