

## **What Is the Key to Entering Heaven? | Connection Between a Sound Heart and Heaven**

### **A Sound Heart and Heaven: The Connection Between Spiritual Health and Eternal bliss**

Have you ever wondered why so many people, despite their efforts to achieve material and social success, still feel a lack of complete satisfaction? Why is it that even with wealth and fame, many experience an inner emptiness and a deep spiritual void? Perhaps the answer to this question lies in the fact that we often pay excessive attention to the outward dimensions of life, while neglecting the most vital inward aspect—the heart.

In Islamic teachings, the heart is considered the center of emotions, beliefs, and both divine and human values. The soundness or corruption of the heart has a direct effect on the quality of our life in this world as well as our eternal bliss in the Hereafter. The connection between a sound heart and Heaven is presented as a central and foundational concept in the Islamic tradition.

A sound heart is a heart purified from all impurities, moral vices, and attachments that are not for the sake of God—a heart filled with love for God, compassion, forgiveness, selflessness, and aligned with the living conditions of Heaven. But what precisely is the connection between a sound heart and Heaven?

Possessing a sound heart is a fundamental condition for entering Heaven and enjoying its eternal blessings. Worldly accomplishments only attain true meaning and lasting value when accompanied by a sound heart. Otherwise, those very

accomplishments can become barriers to attaining the eternal blessings of the Hereafter.

The verses of the Quran clearly emphasize that on the Day of Judgment, none of a person's worldly assets or achievements will be of benefit—except for the one who comes before God with a sound heart. The degree of one's humanity and eternal bliss is directly tied to the soundness of one's heart.

A sound heart is our only true asset in the Hereafter. Without it, we will be deprived of all the blessings and delights of Heaven. This reality clearly reveals the vital significance of spiritual health and its role in attaining eternal bliss. We must constantly reflect on how our decisions, relationships, behaviors, and thoughts have contributed to our pursuit of spiritual health and the attainment of a sound heart. In this lesson, we will examine the connection between a sound heart and Heaven, and delve into the importance and role of spiritual health in gaining entry into Heaven. A sound heart teaches us that the true Heaven lies within us—but how can we nurture and bring forth this inner Heaven?

### **A Sound Heart and Heaven — Two Sides of the Same Coin**

Most people's perception of Heaven may be limited to lush gardens, flowing rivers, and majestic palaces. But Heaven, far beyond these material imaginings, is the full manifestation of the human being's innate desires: Achieving the Absolute Perfection, everlasting peace, and eternal bliss—a realm where there is no pain, no suffering, no fear, no regret, and no limitation. Heaven is the ultimate destination

that every human being yearns to reach. But is it possible to enter this radiant realm while carrying the burden of moral vices?

A heart entangled in resentment, envy, pride, anger, self-centeredness, and harshness cannot find a place in Heaven. Heaven is the abode of those who are inwardly pure and spiritually whole. It is a place that only the possessors of a sound heart can enter. For this very reason, one of the names of Heaven is “the Abode of Peace (*dar as-salam*) [1].”

A sick heart not only fails to experience the true essence of peace and bliss but is also fundamentally incompatible with Heaven. Just as a fetus with a sick body cannot enjoy life in this world, a human being whose heart is diseased and impure will have no place in Heaven.

Possessing a sound heart is not merely a choice—it is a necessity. A sound heart and Heaven are inseparable realities; in other words, such a heart is the key to entering Heaven and attaining eternal bliss. This may raise an important question: Can individuals who perform righteous deeds but possess an impure heart enter Heaven? In response, we must turn to the teachings of our religious, which emphasize that the intention and the motivation behind an action are just as significant as the action itself. Righteous deeds performed with hypocrisy, pretension, or self-serving motives are devoid of spiritual value and cannot substitute for a sound heart. Heaven is reserved for those whose actions arise from divine love and a pure heart.

A sound heart and Heaven are interconnected objectives that pertain to two realms—the worldly life and the Hereafter. According to the Law of Proportion, the relationship between this world and the Hereafter is akin to the relationship between a fetus and the mother’s womb. Just as a fetus must develop a healthy

body in order to be born safely into this world, the human being must cultivate a sound heart to be reborn in the Hereafter and enter Heaven. This world is like a womb; in which we prepare for eternal life. And the sound heart is the essential means for that preparation. Without a heart that is pure and whole, we will encounter deprivation and deficiency in the Hereafter.

In this world, health is measured by the proper functioning and harmony of the body's organs with the living conditions of the world. But for a healthy birth into Heaven, the standard of health is based on the qualities of Heaven. Heaven is a space overflowing with peace, serenity, and complete well-being. Only those who have, in this world, become among the "People with Sound Heart" will be able to partake in the blessings of this divine Heaven. Health in heaven transcends physical wellness; it is a spiritual and inner wholeness—a condition that is fully embodied in the sound heart.

### **How Can One Acquire a Sound Heart?**

The purpose of human creation is to come to know—and ultimately attain—a sound heart and eternal bliss. The Quran and the Infallible Imams (Peace be upon them) clearly state that on the Day of Judgment, none of one's wealth, children, or worldly status will be of any benefit—except for the one who comes with a heart that is pure from every impurity [2], a heart in which nothing resides but God [3].

If we truly believe that our only real possession in the Hereafter is a sound heart, then we will certainly seek out the ways to attain such a heart. But what is the criterion by which a sound heart is measured? Can we decisively determine whether a heart is sound? While a precise assessment of a sound heart may not be

possible, its signs become evident in a person's speech and behavior. A person who possesses a sound heart is typically marked by traits such as humility, kindness, forgiveness, honesty, trustworthiness, and a heart free from envy, resentment, anger, and irritability.

Attaining a sound heart is a continuous and gradual process—one that demands consistent effort, patience, and steadfastness. This journey includes self-knowledge, the avoidance of moral vices, and the cultivation of moral virtues. In a sense, this process is the very act of creating Heaven within this world.

Both the sound heart and Heaven are earned through effort. The first step on this path is self-knowledge, which enables a person to recognize their strengths and weaknesses, and to uncover the roots of their inner moral flaws. It is necessary to identify destructive traits such as malice, envy, arrogance, anger, and negative suspicion, and to strive—resolutely and persistently—to uproot them. At the same time, as we work to cleanse ourselves of these vices, we must also actively nurture moral virtues within our being. This requires practical, ongoing effort to transform noble traits into deeply rooted, enduring dispositions of the soul.

### **Why Is Spiritual Health a Condition for Entering Heaven?**

Perhaps some people might ask: Why is spiritual health and possessing a sound heart a condition for entering Heaven? Is it not possible for God, with some leniency and forgiveness, to open the gates of Heaven to everyone? To answer these questions, we must develop a deeper understanding of the nature of Heaven and the nature of the human being. Heaven is not merely a beautiful place with comforts and amenities; rather, it is an environment filled with peace, tranquility,

and absolute perfection [4] . Entering such a realm requires an inner harmony and alignment with its essence.

The relationship between spiritual health, the sound heart, and Heaven is a foundational principle. A heart that, in this world, is tainted by resentment, envy, selfishness, and other moral vices lacks spiritual health—and is fundamentally incompatible with Heaven. Such a heart is incapable of experiencing the joy of Heaven—just as a fetus born with impaired hearing or vision cannot benefit from the sounds and light of this world, despite their presence all around. A heart enslaved by vices is, in reality, diseased and in need of healing. Heaven is not a hospital but the residence of healthy souls. Only those whose spirits and hearts are in compatibility with this environment can enter. Spiritual health, therefore, is essentially “being on the same frequency” as Heaven. This health enables us to repel moral vices, nurture moral virtues within ourselves, and as a result, possess a sound heart prepared to enter Heaven. For this reason, spiritual health is not merely a necessary condition for entry, but an inseparable component of Heaven itself.

Finally, we must recognize that spiritual health is not exclusive to the Hereafter; it also brings peace and bliss in this world. Therefore, striving for spiritual health is a valuable investment for both worlds.

In this article, we explored the connection between spiritual health, a sound heart, and Heaven. The heart, as the center of emotions and divine beliefs, plays a key role in determining our eternal destiny. The health of the heart and spiritual health are guarantees of entry into Heaven.

What do you think is the connection between spiritual health, a sound heart, and Heaven? Please share your thoughts and experiences with us.

## References

[1]. Al-Shaykh al-Saduq, *Kitab al-Tawhid*, trans. Sayyid Ali Raza Rizvi, 215. “As we see in the Word of the Mighty and High: They shall have the abode of peace with their Lord. Thus, the peace is Allah, the Mighty and High, and the abode is Heaven. It is possible that He may have named Heaven ‘peace,’ because the one that reaches it is intact from the sickness of the world, hardship, death, aging and so forth. Therefore it is the abode of peace from calamities and disease.”

[2]. The Quran, 26:88–89

[3]. Al-Kulaynī, Muḥammad b. Ya‘qūb. *Al-Kāfī*, vol. 2, book 1, chap. 11, ḥadīth no. 5, trans. Muhammad Sarwar. “A safe and protected heart is such a heart that goes in the presence of his Lord while there is nothing in it besides his Lord.”

[4]. The Quran, 56:25–26.