The “MY LIFE PROJECT” encompasses five things we need to reach Allah!!

1. My mirror
2. Paradise in my heart
3. Thorns on my path
4. 20/20 vision
5. My worth

In our Life project journey we have talked about the self, paradise in the heart, the fitna, the vision etc but there is something important in this journey beyond all these and this is our value. I know myself, I have the paradise, peace within my heart, I know the thorns in my way and I have a clear vision but I need to know...

**What is my value, my worth?**

*Ma keematî? It is where kalbi hi – where the heart is.*

A person’s value is based on his heart. This is the place which we all need to focus and look at. How valuable a person is will depend on what he has in his heart...

The evidence for this is based on two Hadiths by the Prophet saw.

**Hadith 1**

Truly in the body there is a morsel of flesh, which, if it be whole, all the body is whole, and which, if it is diseased, all of [the body] is diseased. Truly, it is the heart.” [Al-Bukhari] [Muslim]

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If the heart is good everything will be good, i.e., the tongue, eyes limbs etc and if it is spoilt then everything will be spoilt.

**Hadith 2**

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, “Verily, Allah does not look at your appearance or wealth, but rather He looks at your hearts and actions.”

*Source: Sahih Muslim 2564*

Anything external, beauty, wealth, the body etc is not a person’s value. Allah will look at our hearts and our deeds and this defines the value for that human being. The heart is the place where Allah will look. **Therefore “My worth is my heart”**.

**Why?? ?**

The *kalb* – heart is the place where Allah will look - *al kalb nahal nadr Rabb*. It is a very different scale. People look at the face, the body, money, beauty, the family etc to see the value of the human being but The Creator - Allah *subhana wa ta’ala* will look at the righteousness of the heart and the deeds. This defines the *keemati fi kalbihi* –the worth of the heart. In front of Allah it is our heart, in front of people it is money, beauty etc which is actually not worth anything. The last station in the Life project is our heart and ultimately (at the end) our heart is what matters!!!
Khalq Al Kalb - The creation of the heart.

And Allah has brought you out from the wombs of your mothers while you know nothing. And He gave you hearing, sight, and hearts that you might give thanks (to Allah).

This ayat(Surah Nahl 78) is telling us about the life cycle. Allah subhana wa ta’ala is telling us that He has brought you (us) out. Wa Allahu akrraja -this is an action of Allah that He brought us out from the wombs of our mothers.

**And what is your characteristic?**

*la taalamuna shaein*- you did not know anything.

There is no knowledge at all. We have zero knowledge, there is no value and then observe how Allah subhana wa ta’ala gives us the value. ..

**What did Allah give us?**

*Waja ala lakum Umahatikum* - Allah gave us three things

1. *As - samaa* the hearing
2. *Wal abswaro* - the sight
3. *Wal afaeda* - the heart

**How can get the knowledge?**

The means of getting the knowledge are by hearing and by seeing the guidance. But where do both of these go?

What blessing does Allah subhana wa ta’ala conclude with? *al afaeda* –the heart. Whatever guidance the ears and the eyes hear and see is **not worth anything without the heart**. **The entrance for the guidance is the eyes and the ears but the place if the guidance is the heart.**
Thank Allah

Then Allah subhana wa ta’ala says la alakum tash kuruun - we need to take the blessing Allah has given us, the eyes, ears and the heart in order to thank Allah.

The creation of the heart:

Allah subhana wa ta’ala created al Insaan and Insaan has two parts:

1) Al dwahirun - the outside, the apparent, i.e., the body - al jasad
2) Al baatiun - the hidden, invisible, what is inside, i.e., the heart - al kalb
Kalb - The Heart

What is our value? the heart
Where is it? It is inside and hidden
The word kalb has two meanings:

1) hua al lahm moujood fi – the tangible heart (flesh) which can be viewed via ultrasound, X-ray etc. It is that piece of flesh which is placed on the left side of the chest. From biology we learn that the heart is like a container and has four chambers. The blood enters through the arteries and gushes out through the veins. It functions as a blood circulatory system. Why is this operation present? To nourish the body, without it the person will die or have problems.

2) Latifa rabbaniya roohaniya - The other meaning of the heart is something spiritual. The heart is latifa -something very subtle, gentle, - rabbaniya – divine and roohaniya - spiritual and it is not tangible.

Haqiqatul Insaan - it is actually the reality or the worth of that person.

That heart cannot be nourished spiritually without talking about Allah and bringing that knowledge (of Allah) into it. It has feelings and emotions. Only something divine can nourish it. This is like the blood for it. Physically we are alive because our heart (physically) is alive and it is nourished through blood. What makes us alive spiritually is how we take care of our hearts, nourishing it spiritually through divine means such as talking about Allah, the Prophet saw etc.

Nourishing the heart spiritually....

How is the heart nourished spiritually? Hua al mudrik al alim al arif min al insaan. Through:

Al mudrik - to realise
Al alim - the knowledge which we didn’t know before.
Al Arif - to recognize, to know

The two parts of the heart are connected together. We cannot separate the tangible and intangible heart. This is the meaning of the heart. There is a connection between these two: The creation of the heart is tangible – the physical part and the intangible part which is the divine and the spiritual one which is nourished by realising, the knowledge and recognising anything divine.
The heart is addressed by Allah

*Huwa al mukhtabar* - this is the only part of the body being addressed.

When Allah addresses us, i.e., by saying *ya ahuhal naas*, Allah subh ana wa ta’ala is addressing the heart, what is inside us, because this is our value.

Out heart is *hua al mukathar* – the addressed

Everything is required from the heart

*Huwa almutalab* - All that is required is from within the heart. Whatever is required -
tawakul, the prayers, all the legislation, the duties, the commandments etc. is required from the heart. Allah speaks to our hearts and all the command and duties are directed to the heart and therefore *hua al muthaba wa hua al muakaab* - the reward and the punishment are for the heart...the recompense will be based on the heart.

Now we can understand the hadiths:

Sometimes we intend to do something and don't do it and get rewarded because it is the heart. Sometimes we don't intend to do anything and do it and there is no recompense because there was no intention.

Reflect:

We were created knowing nothing. 
Allah gave us the means of acquiring the knowledge -> which is the hearing, seeing and the heart...
The hearing and seeing are the 2 entrances to attain the faith and guidance, and the heart is the place of faith and guidance.
Without the heart, we are of no value.
Just as the tangible heart nourishes the entire body by pumping the blood to all the organs, the spiritual aspect of the heart nourishes the body with the divine knowledge, guidance and faith placed within.
The more you nourish your heart with knowledge, guidance and faith, the more it will be alive, full of life.
The heart is your value, and true worth. It is not the outside appearance, status and wealth.

The heart is what is addressed by Allah in the Quran; all the duties and commands are requirements for the heart; your reward is based on your heart; your punishment is based on your heart.
Your value is your Heart!!!