

# The 10 Series

## Ten ways to attain Ten Jewels

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### Day 3 – Ten Means for expansion of the Chest

July 30, 2018 18 Dhul Qu'da 1439



# Introduction:

The expansion of the chest is important in order for us to accept the decree, the rules and legislations and to accept all the people around us.

In the Quran Allah mentions this expansion of the chest as. Favor to the Prophet. Then Allah lifted all his burdens and then he elevated his remembrances.

Prophet Musa made dua to Allah asking him for expansion of the chest when receiving the command to face Firoun.

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2025

▶ Play

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Copy [Moses] said, "My Lord, expand for me my breast [with assurance]

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2026

▶ Play

SAHIH INTERNATIONAL

Copy And ease for me my task

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2027

▶ Play

SAHIH INTERNATIONAL

Copy And untie the knot from my tongue

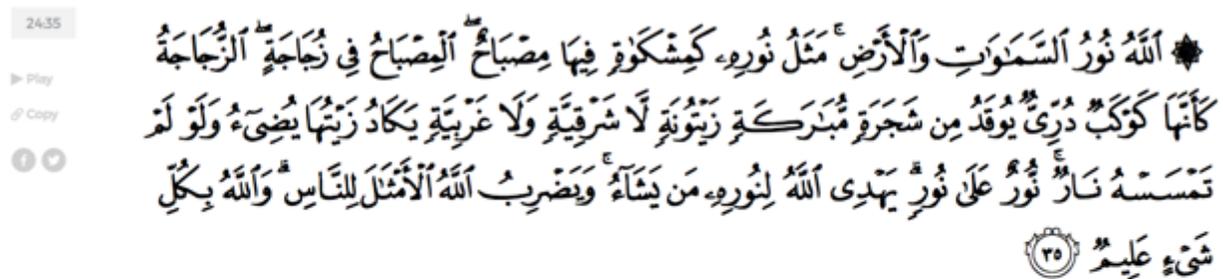
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When the heart is tight is tight then the affairs will be difficult but when it is open then the matters are easy. When the chest is tight the tongue will also be tight and there will be a knot and you cannot be fluent . When the chest is open the matter will be easy and your tongue will be eloquent.

We want to attain the expansion of the Chest. Ibn Qayyim listed the ten ways for expansion of the Chest. We cannot expect anyone on the outside to do this for us but it is our responsible to strive and struggle to attain these means.

# Means for expansion of the Chest:

1. **Tauheed ( Oneness of Allah):** To worship and believe Allah with Tauheed. Oneness of lordship, worship and names and attributes. When our tauheed is strong, will have the expansion of the chest.
2. **Al Huda (Guidance):** A Person will have his chest expanded when he is guided to the straight path
3. **Light of Faith** In Surah Noor Ayah 35 Allah says



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Allah is the Light of the heavens and the earth. The example of His light is like a niche within which is a lamp, the lamp is within glass, the glass as if it were a pearly [white] star lit from [the oil of] a blessed olive tree, neither of the east nor of the west, whose oil would almost glow even if untouched by fire. Light upon light. Allah guides to His light whom He wills. And Allah presents examples for the people, and Allah is Knowing of all things.

Opposite of Noor is the darkness of the disbelief. When some disbelieves then his heart is tight. The faith gives you light to see things. We ask Allah to put light in our hearts. As per hadith the light of the faith goes to the heart when a person is inclined to the hereafter, is not distracted by the Duniya and to be prepared for the death before it arrives.

4. **Knowledge:** The beneficial knowledge is a means for opening of the chest and the ignorance brings tightness to the chest. This is the beneficial knowledge that we inherit from the Prophet. The Prophet never asked for any increase except for the increase in knowledge.

5. **Always return back to Allah :** We should not feel self-sufficient to Allah for anything in life.. The more we come back to Allah the more we have the opening of the chest because the purpose of the heart is fulfilled when it comes back to Allah. It is only the people who return back to Allah who know the feeling of returning back to Allah. One of the things that makes the heart tight is when we turn away from Allah and turn to other people. When someone loves and is attached to someone rather than Allah then he will be miserable, tight and pain.
6. **Constant remembrance of Allah :** The more we remember Allah the more our chest will be open. We need to remember Allah in all the situations. Heedlessness will bring tightness. We need to remember Allah in worship ( prayer, fasting etc.) and also at all times (while sleeping, waking up, entering/exit etc.)
7. **Be good to the people :** We need to be good to the people and give them with what benefits them. Ihsan for one person is different from another. Ihsan for one is to smile, ihsan for another is to advise, ihsan for another is to discipline them, and it's important to ask Allah for the guidance. The upper hand is always better than the lower hand, and to show goodness to others is a remedy for sadness. The one who mistreats people is sad and miserable
8. **Courage :** A person must have the courage to take a move towards the truth and not harm people. Courage includes being silent, to say the good and to forgive others and anything that requires bravery . An example of courage is when Bilqees went forward to enter the palace when she was commanded to do so. A coward is very tight and there is no happiness
9. **Remove all the dispraised qualities from the heart :** In order to have expansion of the chest you need to erase all the bad characteristics from the heart e.g. jealousy. Arrogance, self-amazement, Riya etc. The dispraised characteristics causes tightness and one should ask Allah to remove it and struggle against himself.
10. **Leave excessive looking, speaking, listening, mingling, eating and drinking :** A person should be moderate in everything. When there is excessiveness in anything then there is tightness in our hearts.