

A CURE FOR THE HEART

EPISODE 3: A JOURNEY FROM DISTRESS TO CLOSURE





*“O humanity! Indeed, there has come to you a warning from your Lord, **a cure for what is in the hearts**, a guide, and a mercy for the believers.”*

(Surah Yunus 10:57)

TRANQUIL SEEKER

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ^{قَلِّ}
 أَلَّا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Those who have believed and whose hearts are assured by the remembrance of Allah. Unquestionably, by the remembrance of Allah hearts are assured."

(Surah Ar-Ra'd 13:28)

- ^{قَلِّ} تَطْمَئِنُّ in this verse is also mentioned in Surah Al-Fajr 89:27 *“O tranquil soul!”* is what we all yearn to seek.
- Years ago, upon publishing her first book, Kak Natasha faced a monumental trial which turned her world upside down. What was once a genuine persona became a facade as she struggled to portray an image of strength and composure while internally grappling with the emotional turmoil. This trial involved someone wronging her.
- She struggled to comprehend why someone would betray her in such a manner. She was consumed by the negativity of these thoughts as the trial had lapsed for over four years.



A TURNING POINT

- As Kak Natasha worked on writing her book, the trial inspired her to read the Surah Al-Araf from a different perspective.
- Reflecting on the conversation of Iblis from the verse ***"Then I will come to them from before them and from behind them and on their right and on their left, and You will not find most of them grateful [to You]."*** (7:17), Kak Natasha realised that Iblis's mission was to make us ungrateful and that she had been allowing herself to indulge in negativity and bitterness, under the misconception that it wasn't harming anyone in essence.
- Kak Natasha realised that **these emotions were standing in the way of making Dhikr and being grateful to Allah SWT.** This realisation was Kak Natasha's turning point.





ALLAH ALONE FIXES HEARTS

- When seeking Allah's Help in matters like controlling anger or practising patience, Kak Natasha confided that she previously made the mistake of feeling as though she might be "cheating" by asking for His Help.
- However, Allah SWT in His infinite wisdom, directed her to a book which spoke of the story of a companion facing a trial. This man sought advice from a knowledgeable person but proved ineffective. Upon the companion's third return for more advice, the knowledgeable person advised the man **"Ask Allah to change your heart because your heart is no longer yours."**

Shahr bin Haushab reported: I asked Umm Salamah RA, "O Mother of the Believers! Which supplication did the Messenger of Allah (ﷺ) make frequently when he was in your house?" She said: "He (ﷺ) supplicated frequently:

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

**O Controller of the hearts make my heart steadfast
in Your religion. (Tirmidhi)**



There are moments when we deeply feel the need for Allah SWT to “reformat” our hearts.



HER NEGOTIATION WITH ALLAH

- Kak Natasha reflected on a moment when she attempted to negotiate with Allah SWT, saying, *"I understand the importance of forgiveness, intending to earn Your forgiveness, I forgive everyone else but regarding this particular matter, I wish to assert my right not to forgive."*
- The next time Kak Natasha opened the Quran, Allah SWT sent her a verse from Surah Al-Hijr 15:85: ***"And indeed, the Hour is coming; so forgive with gracious forgiveness."***
- It struck her as a clear sign that Allah SWT did not accept her proposed negotiation. In response, Kak Natasha humbly sought Allah's Help, saying, *"Show me how"*.



ON FORGIVENESS

- On the concept of forgiveness through the story of Habil and Qabil in Surah Al-Ma'idah, Kak Natasha realised that we are often influenced by secular thinking that portrays forgiveness as solely an emotion that we feel within the heart.
- However, in Islam, **forgiveness first begins by recognising that we've chosen to forgive, even if we may not necessarily feel good about it initially.**
- Secondly, it involves recognising that many situations are beyond our control, and little can be done to fix them.
- During the period of intense emotions, Kak Natasha poured herself into her writing. She discovered that having a clear sense of purpose helped her channel excess energy and racing thoughts into something constructive. This enabled her to publish four books SubhanAllah!

In hindsight, Kak Natasha could see
the wisdom behind her hardship,

“Allah SWT
needed me
to feel the
intensity to
fuel my
creativity”



WORKING DURING TRIAL

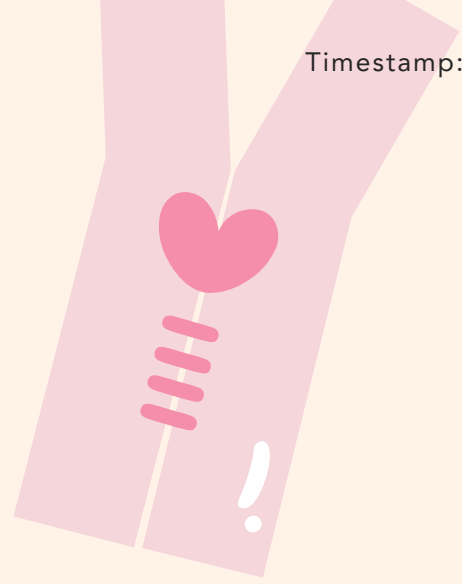
- The concept of forgiveness in Islam encompasses the understanding that we have the choice of whether or not to forgive. While some exceptionally pious Muslims may be able to forgive right away, for many of us we can't.
- Allah's SWT Lateef plan is evident throughout the beautiful concept of "stages" in Islam, such as the revelation of the Quran and the victory of Islam coming to where it is now.
- Despite enduring immense hardships and abuse during the year of sadness, Rasulallah ﷺ continued to fulfil his duties for 10 days at Taif. **Despite his profound grief, he ﷺ remained steadfast in his role as a messenger.** Similarly, when Kak Natasha was confronted with intense emotions, she channelled that emotion into publishing four books.
- The four books from which she touched other people's lives were like a gift from Allah SWT to Kak Natasha, akin to how Rasulallah ﷺ received the Isra' and Mi'raj and Solah as his gifts.



THE FORMULA OF ALLAH

- It is the formula of Allah SWT that we will all be tested. However, it's crucial to remember that **the most challenging aspect of any trial often lies in the emotional aspect of it**, particularly for women.
- Once we've found clarity in how we can make sense of the situation, Insha Allah, the rest will gradually fall into place.
- Although Kak Natasha channelled her energy into writing, deep down, she'd secretly nurtured hope for restorative justice. She yearned for acknowledgement from the person who wronged her, hoping they would recognise the harm inflicted and not dismiss it as if it were nothing.
- However, the one thing that enabled her to get over the trial completely was the realisation that if her goal was inner peace, she didn't need restorative justice, which Allah SWT would grant to her.

ON SEEKING CLOSURE

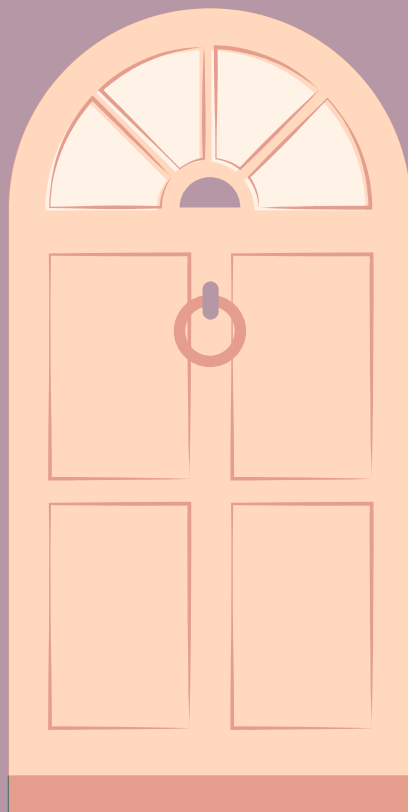


- Despite the painful memories, Kak Natasha braved herself and confronted those who wronged her in her memory, showing herself that she could recall these incidents without letting them hurt her anymore, and then surrendered the rest to Allah SWT, understanding that the matter no longer held significance for her.

- **What mattered most to her was that Allah SWT forgives her and she gets closer to Him.**

- Thus this Ayah (Surah Ar-Ra'd 13:28) held special significance for Kak Natasha, as it underscored that **closure doesn't come from the validation or acknowledgement of wrongdoing from the one who caused harm.** At the end of the day, **closure is just a feeling that Allah SWT can give to us independent of them.**

If we want
closure, we
need to close
that door
ourselves.



DO THE HEART WORK

- Many of the hardships we face are beyond our control, which shows that **many trials require a lot of heart work that we often avoid**. Allah SWT wants us to engage in this heart work, despite its uncomfortable and confrontational nature, as it pushes us out of our comfort zones.
- But we tend to bargain, rationalise, and analyse the trial, avoiding the actual heart work itself.
- While it is uncomfortable, the moment we realise that our hardships draw us closer to Allah, we'll begin to feel that we're able to breathe again.
- Each time the memory returns, we'll feel the turbulent washing machine of emotions. This is why the quote "**healing is not linear**" resonates — our journey towards healing has ups and downs. Throughout this process, Allah SWT is ever-present, ready to embrace and carry us.

To be from the people of Quran..

Our limbs have
to carry out what
our mouth utter.
Our hearts need
to believe what
we recite.





A TEST FROM THE GENTLE ONE

- As Allah SWT mentions in Surah Al-Mulk, the Fitrah of our life is to be tested to determine who among us excels in deeds - this is our ultimate purpose.

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ
أَحْسَنُ عَمَلًا ۗ وَهُوَ الْعَزِيزُ الرَّحِيمُ

‘He is the One’ Who created death and life in order to test which of you is best in deeds. And He is the Almighty, All-Forgiving. (Surah Al-Mulk 67:2)

- However, we shouldn't live in constant fear anticipating these trials. Instead, we should equip ourselves with the understanding that Allah SWT is the Most Kind, the Most Merciful, and the Most Gentle.
- When tests arise, we can find solace in knowing that they come from a Rabb who wants only the best for us.



ABOUT GRATITUDE

- It's crucial to remind ourselves of Who our Rabb is while simultaneously enjoying the blessings Allah has bestowed upon us.
- Gratitude is paramount, as Shaytan wants us to be ungrateful.
- **Gratitude has to always come first** because if we are not careful, that's the path we spiral down into when we're tested, to prevent ourselves from spiralling into negativity, focusing solely on what we lack rather than acknowledging our blessings.





May we always
maintain balance
and equilibrium in
our lives, ensuring
that Allah SWT
remains at the
core of our lives.



HEART WORK

ACTION:

Do you need closure in your life right now? Come up with an action plan on how to close that door yourself.

REFLECTION:

What are some intense emotions you have felt and how did you channel those emotion productively?

CONTRIBUTION:

Reach out to someone you may have wronged today and ask for their forgiveness.