

TUSTARI'S THOUGHTS ABOUT THE HEART

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Abstract: *This article discusses Sahl ibn Abdullah Tustari's views on the heart and the actions necessary to protect it, as well as ways to escape from the calamities of the heart, the ranks of people who have purified their hearts, and the thoughts of other Sufis about the heart.*

Keywords: *Tustari, Qalb, Termizi, Allah, action, sincerity, hijab, enlightenment, magic, secret, manners, knowledge.*

The heart is a quality that distinguishes a person from other creatures. The heart is a miracle, if it is treated, it becomes polished, and if it is left unattended, it rusts. All people have the ability to purify the heart and achieve perfection, but few people actually do this. Since the heart is such a rare gem, those who want perfection have enriched this place and turned it into a treasury of spirituality. One of the Sufis who paid great attention to the issue of the heart is Hakim Termizi.

In addition to the path of wilayat, the issue of the heart also takes place in the Sufi teachings of Hakim al-Tirmidhi. Referring to the scholar's work "Bayan al-Furaq" on this issue, Zarrinkob comments on his thoughts as follows: Hakim divides the heart factor into the concepts of sadr, qalb, fuad, and lab, and all four of these naturally complement and require each other. For example, if the sadr is visible, the qalb is inside it, fuad (heart) is inside the qalb, and lab is inside fuad. The state of the heart in this system depends on the following relationships: for example, the sadr can be the source of the light of Islam, the heart can be the source of the light of faith. According to this division, the sadr is considered to belong to Muslims, the qalb to believers, fuad to the arifs, and lab to the monotheists. Thus, Hakim al-Tirmidhi considers the heart to be a mirror of enlightenment and creates a special Sufi teaching about it ¹⁹.

Addressing the issue of the heart, thinker and Sufi scholar Alisher Navoi expressed what the heart is in verse:

Knowing the heart of the moment,
He hides himself under a spell,
Rosie's secret treasure is this kind of body that dies.

¹⁹A. Abdullaev. Sufism and his/her representatives . - T.: Alisher Navoi named after Uzbekistan national library publishing house, 2009. - B. 133

Sun'idin ul ganj hiziga til sim ²⁰.

According to Nawai, God has made the heart a mine of enlightenment and a treasure, and has hidden himself and his secret secrets there. Again, this ganj sealed the treasure with a charm to keep it safe. People are powerless to open spells.

One of the Sufis who paid great attention to the issue of the heart was Sahl ibn Abdullah Tustari. Tustari expressed many thoughts about the heart in his views.

Sahl said: "The heart cannot find anywhere a better, greater, or more nurturing education than gazing at Allah, listening to His words, and talking to Him ²¹."

So, the cultivation of the heart is only in being with Allah.

Sahl said: "Whoever fills his heart with useless things, his heart will be blocked from meaningful things. When the heart is burdened with useless things, the beneficial things will be wasted."

The heart adapts to what it is taught.

Sahl said: "Whoever does not have a state between him and Allah in his secret will not be able to protect his limbs (from sins), control his soul, and be safe from his desires ²²."

Sahl said: "There are three things that harden the heart and spread hypocrisy. This is also mentioned in the Quran. 1. Leaving something that is due to Allah during the night and day and not caring about it. 2. Being busy with things that are not due to him at these times and being content with that. 3. Claiming things that are not pleasing to Allah ²³."

Sahl said: "The hardness of the heart due to ignorance is stronger than its hardness due to sins. Because ignorance is darkness. The eye does not see anything in darkness. Knowledge is light. Even if one does not walk in it, one can find a way forward ²⁴."

Sahl said: "Addressing Allah is with the heart, while addressing people is with the limbs."

Sahl said: "A slave should know what comes to his heart. Because he comes to his heart and says: 'Do this'. The second comes and says: 'Do this'. The third comes and says: 'Do this' ²⁵."

Sahl said: "Allah will not open the heart that loves three things: 1. It loves to live forever. 2. It loves wealth. 3. It eats up the worries of tomorrow."

Sahl said: "The heart itself is a piece of meat."

Sahl said: "A heart whose deeds are not owned by God is a veiled heart. Whoever has such a heart, he will not be able to walk in the heavens. He will not be shown divine power. He will not be able to observe God ²⁶."

²⁰ N. Komilov. Sufism. - T.: Movarounnahr, 2009. - p. 42

²¹ 1444h-2023m. p. 114 kwbryly زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري وكرامة. الردونية الحاشمية، دار الرياحين

²² 1444h-2023m. p. 114 kwbryly زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري وكرامة. الردونية الحاشمية، دار الرياحين

²³ 1444h-2023m. p. 114 kwbryly زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري وكرامة. الردونية الحاشمية، دار الرياحين

²⁴ 1444h-2023m. p. 115 kwbryly زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري وكرامة. الردونية الحاشمية، دار الرياحين

²⁵ 1444h-2023m. p. 116 kwbryly زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري وكرامة. الردونية الحاشمية، دار الرياحين

Sahl said: "He who is negligent in religion has no value in the sight of Allah. He who is negligent in something is narrow-minded and shallow in knowledge."

Sahl said: "The heart is very delicate, even the smallest thing affects it. Be careful of it. Because people shoot arrows from their hearts into yours."

Sahl said: "Day and night are twenty-four hours. During these hours, if Allah sees the sorrow of the world in the heart of a servant, He will be angry with him ²⁷."

Sahl said: "If a servant's heart is at peace with Allah, his mind will be at peace and will not disturb him at all ²⁸."

Sahl said: "The slave who controls his heart does not let anything that prevents him from God. Because the heart is precious."

Sahl said: "Whoever's heart knows God, sleep will rise from him."

Sahl said: "The key to the heart is to know that Allah is watching you and your members, and that your actions are to please Him. Action is complete with the knowledge and satisfaction that Allah is watching all the actions of the members ²⁹."

Sahl said: "Allah created hearts and put locks on them. Faith is the key to them. These hearts are opened only by prophets and messengers and siddiqs. All other people, ascetics, obedites, famous scholars, will pass away without opening the locks of their hearts."

Sahl said: "Allah created hearts and entrusted them with their secrets. He covered up their secrets with His lines. He tested people with them. He commanded them not to reveal their secrets and not to tear their lines. But they followed their desires and revealed their secrets and tore their lines ³⁰."

Sahl said: "Hearts are veiled by three things: 1. The world and its adornments. 2. Satan. 3. The self."

Sahl said: "Allah looks at the hearts. He rewards the one whose heart is the most humble with whatever reward He wills. Then He rewards the one whose heart returns to Him the quickest ³¹."

The heart is a rare jewel that contains the spiritual world of a person.

According to Tustari, the heart must be protected from worldly love, heedlessness, the desires of the soul, and the temptations of Satan. Even though it has a heart, if it is not nurtured, cultivated, and subjected to hardship, the heart will not be pure. By turning the heart away from God, everything is lost.

²⁶ 1444h-2023m. p. 117 زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري و كرامة. الردونية الحاشمية، دار الرياحين

²⁷ 1444h-2023m. p. 117 زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري و كرامة. الردونية الحاشمية، دار الرياحين

²⁸ 1444h-2023m. p. 117 زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري و كرامة. الردونية الحاشمية، دار الرياحين

²⁹ 1444h-2023m. p. 118 زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري و كرامة. الردونية الحاشمية، دار الرياحين

³⁰ 1444h-2023m. p. 119 زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري و كرامة. الردونية الحاشمية، دار الرياحين

³¹ 1444h-2023m. Sh.120 زاده نعمان باشا. تحديب كلمة شل بن عبد الله التستري و كرامة. الردونية الحاشمية، دار الرياحين

In his teachings, Tustari explained what the heart is like, the disasters that befall it, and how to escape from them. Considering that every person has a heart, teachings about the heart are still very useful today, and play an important role in shaping the character of the younger generation.

