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THE SPIRITUALITY AND BIOPSYCHOLOGY OF HUMAN HEART

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Introduction

The prophet Muhammad (S.A.W.) said (reported by Imams Bukhari and Muslim," ...In the body, there is a "mudghah" piece of flesh, if it is good, the whole body is good, and if it is bad, the whole body is bad; truly it is the heart."

Do they not travel through the land, so that their hearts (and minds) may thus learn wisdom.....their hearts are blind

The *Prophet Muhammad* said to Wabisa bin Mabad: "You have come to ask about righteousness?" He said:" Yes." Then the Prophet said: "*Consult your heart. Consult your heart*, no matter how many people give you fatwas and advices

Consult your heart? Follow your heart, they don't think with they heart? (Nicolai, 2013)

Many people said that these phrases are metaphorical. What do we mean when we say it?

Are we really referring to the muscle in the center of our chest that pumps blood? Is that what we should follow? Probably not, and yet, scientifically ,we have discovered new insights about how the heart works that may change our perceptions (Nicolai, 2013)

The Heart in the spiritual world and religious traditions

The heart is at the heart of all religious traditions. The ancient Hebrews, Greeks, Egyptians, Sumerians, Hindus, Muslims, Christians, and Buddhist all saw the heart as a major force in spiritual birth and rebirth. For ancients, the heart was not merely a metaphor for the home of the spirit; it was seen as being literally so. In fact, many traditional cultures saw the heart as the locus of the intellect, memory, spirit, and power. (Lopez & Snyder, 2011).

Throughout history and across diverse cultures, religions, and spiritual traditions, the heart also has been associated with spirituality, wisdom, and emotional experience, particularly with regard to other positive emotion such as appreciation and love. Current research provides evidence that the heart does indeed play a role in the generation of emotional experience. The model of emotion discussed includes the heart, together with the brain, nervous and hormonal systems, as fundamental components of a dynamic, interactive network from which emotional experience emerges. Heart-based, positive emotion-focused techniques designed to help people

self-induce and sustain states of positive emotions have proven effective in a variety of settings. The study of the relation of the heart to positive emotions is one of the exciting frontiers in positive psychology (Lopez & Snyder, 2011).

Many spiritual paths most notably Islam, Christian Budha – have always taught that the mind is in the heart, and now modern science seems to be offering evidence of that belief. The heart's neural-pathways interact directly with the brain, and this heart-based communication can be enhanced to improve brain functioning through focused attention to the heart (Wilson & Childre, 2006).

The disconnect of thinking about the heart as purely a mechanical organ and nothing else came about 300 years ago, when we started cutting up the body and looking inside. What we saw was this tiny muscle that pumps blood. Physicians of that day were probably expecting more than that – perhaps a fulcrum of the cosmos> with the realization that the heart was just a really efficient pump, they had an unimpressed sigh and started thinking of how the mind might be the center of the universe (Nicolai, 2013). From then on, people began to claim the mind as the major focal point to our studies. people began to look at the ideas of the ancients as superstitious beliefs, irrelevant in a world new ruled by the scientific method (Nicolai, 2013)

That is until Heartmath came onboard. The concept started before them, but we've seen some pretty amazing studies coming from the IHM and others that suggest the heart has such a bigger story than merely being a blood-pumping machine (Nicolai, 2013).

Nerves in the Heart

The Heart sits in the middle of our chest, slightly skewed over the left. The Vagus nerve connects our heart with the brain. Among its many functions, the vagus nerve promotes parasympathetic end-organ activity (such as slowing of the heart beat), primarily via acetylcholine release. (Segerstrom, 2012).

The vagal system provides the physiological substrate for regulating arousal, stated, and reactivity to stimulation that underlies individual differences in self-regulation, information processing, temperament, and emotion (Legerstee, Haley, & Bornstein, 2013).

_Neurotransmitters are generally either excitatory or inhibitory –. Meaning that they either increase or decrease the probability that a neuron will fire (Wolfe, 2010). The fetal heart has a pacemaker in the sinoatrial SA node that causes rhythmic contractions. The intrinsic pace is set by the SA node in the right atrium. Vagal stimulation causes a decrease in the rate of firing, after implantation of the embryo into the uterus in the fifth week to twelve weeks (laizzo, 2009; Blackburn, 2013).

We have learned that the autonomic nervous system signals originate in the brain and are sent to all of our organs and subsystems, including our heart. The heart communicates with the brain via two primary pathways, the vagus nerve and the sympathetic afferent nerves in the spinal column (Legerstee et al., 2013).

We may think of the heart that pumps blood and the metaphorical, emotional heart as somehow separate, yet research has shown that the physical and metaphysical heart intersect. The ways in which the heart communicates to the brain and the rest of the body has led researchers to postulate that the heart is linked to a higher intelligence available to people through intuition. This, of course, is what traditional wisdom including Islam has been telling us for centuries (Loring, 2012).

Neuron in human heart

Neuro-scientific research in the late 90s helped me understand why this exercise worked as it did. Recent medical research has shown that the heart itself has a sophisticated pathway of neurons that previously were thought to only be located in the brain (Wilson & Childre, 2006).

Neurocardiologists have found that 60 to 65 percent of the cells of the heart are actually neural cells, not muscle cells as was previously believed. They are identical to the neural cells in the brain, operating through the same connecting links called ganglia, with the same axonal and dendritic connections that take place in the brain, as well as through the very same kinds of neurotransmitters found in the brain (Wilson & Childre, 2006). (pearce 1999).

Scientists have discovered that the heart has a brain- its own independent nervous system with at least 40.000 neurons functioning within it. The heart's brain relays information back and forth between it and the brain within our head. We've found that the heart sends more information upward than the brain sends downward (Nicolai, 2013).

Think about heart transplantation, through the miracle of modern medicine, we have found a way to bypass the heart, providing oxygen and circulation to the body while we remove a diseased heart and transplant it with a healthier one. When surgeons do this, they have to disconnect the heart from its plumbing as well as its neurological connections. These are direct links to the brain in our head. The challenge is that you can reconnect the blood vessels, but the surgeons can't reattach nerves. They can eventually reconnect, but it takes a long time, years at least. If ever. (Nicolai, 2013; Steinbock, 2011)).

And the heart seems to do fine. The transplanted heart performs remarkably well, without much of any handicap. It can beat hard or fast, manage blood pressure needs, fluid balance, and fulfill all of its physical roles (Nicolai, 2013).

Heart's memory

With the development of medical technology that has made organ *transplants* possible Paul Pearsall a psychoneurologist cites several *case* studies people with *transplanted* organs (Seaward, 2012) It's estimated that twenty percent of *heart transplant* patients experience some form of cellular *memory* exchange. One involved a murder case, where the heart recipient was able to eventually identify the donor's murderer through dreams (Smythe, 2013). Some *heart transplant* recipients report receiving various degrees of *memories* from their donors, and Dr. Schwartz, Russek, and Pearsall have recently published new *case* studies of such cardio-transplant *memories*. (Pearsall, 2001).

The most stunning example of cellular memory was found in an eight year old girl who received the heart of a ten year old girl. The recipient was plagued after surgery with vivid nightmares about an attacker and a girl being murdered. After being brought to a psychiatrist her nightmares proved to be so vivid and real that the psychiatrist believed them to be genuine memories. As it turns out the ten year old whose heart she had just received was murdered and due to the recipients violent reoccurring dreams she was able to describe the events of that horrible encounter and the murderer so well that police soon apprehended, arrested, and convicted the killer.

Other common quirks recorded have been changes in attitude, temperament, vocabulary, patience levels, philosophies, and and tastes in food and music. The phenomena has just recently been put into studies. The most notable of which was Dr Paul Pearsall's questioning of 150 heart transplant patients which was published in 2002 entitled "Changes in Heart Transplant Recipients That Parallel the Personalities of Their Donors" (Flint, 2012).

Between Heart and Brain,

The heart is among the first organs to form and the first to work. Scientists still don't know exactly what makes it start beating. The heartbeat is generated from within the heart itself and doesn't need connection to the brain to keep beating. This implies that some force exists inside the heart that causes it to begin pulsing. (Garrison, 2003). The heart starts to beat at about twenty-one days when the embryo is only about 5 mm in size. it is best heard over the fetus's back and can be detected by echocardiography. (Orshan, 2008). From this we can conclude that the heart can survive and function adequately without needing a signal from the brain. What we are learning is the opposite of what we were taught in medical school.

The embryo gets most of its nourishment and oxygen via diffusion from the mother and the yolk sac. At this early stage, it has formed a neural tube, but the brain is just beginning to form and the lungs won't form until the sixth week of development. So what is the heart doing if it is not needed as a primary pump for blood? Some scientists hypothesized, the heart is beginning its work of imprinting information that is crucial for the fetus's continued development. In other words, the fetus is forming not just according to genetic, chemical, and anatomical templates, but through a quantum informational template as well. The heart produces myriad sounds (phonons and various kinds of waves, from pressure sound and vibration waves to electromagnetic waves, to help direct fetal development. (Fraser, Massey & Wilcox, 2008). Data enters through the heart first and is transmitted to the brain. The *fetal heart rate* ranges generally between 130 and 150 *beats/minute* (Volpe, 2008).

Once the fetal brain develops, it works in concert with the heart to direct development. (Fraser *et al.*, 2008). The *fetus's heart rate* is also tied to its body movement (higher during activity, lower during inactivity), which tells us that the *fetus* is tuning into its environment. (Steinberg, Vandell & Bornstein, 2011). The *brain* actually grew from the *bottom* up after the heart start beating, with its higher, thinking *centers developing* out of lower. From this beginning emerged the emotional centers – and later, the neocortex, or thinking brain. (Jawer & Micozzi, 2009).

The dominant theory states that the central nervous system is what controls the entire human being, with the brain as its center. Yet we also know that the nervous system does not initiate the beat of the heart, but that it is actually self-initiated, or, as we would say, initiated by God. We also know that the heart, should all of its connections to the brain severed (as they are during a heart transplant), continues to beat.

So we understand from this that the center of the intellect, is actually the heart and not the brain. Two physiologists in the 1990 John and Beatrice Lacey, conducted a study and found that the brain sent messages to the heart, but the heart did not automatically obey the messages. Sometimes the heart sped up, while at the other times it slowed down. Indicating that the heart itself has its own type of intelligence. The brain receives signals from the heart through the brain's amygdala, thalamus and cortex. The amygdala relates to emotions, while the cortex or the neocortex relates to learning and reasoning (Loring, 2012; Al-Muratani & Yusuf, 2012).

The Heartmath's work has demonstrated with exacting scientific rigor in this two-way interaction: the generation of positive emotional states felt by the heart—especially the feelings of appreciation, gratitude, and love – does have a direct and highly beneficial effect on physical health and the functioning of the human organism as a whole. Many people had often read in spiritual literature about 'the intelligence of the heart' and Scientist had come across many sayings suggesting such ideas as 'the true mind is in the heart' learn to think with the heart, and the like.

But while these ideas had always appealed to people, they had taken them to be more poetic and metaphorical than actual. Now this fascinating research on heart rate variability, the heart's intelligence, and the power of positive emotion to affect the body and mind was proving that there was a scientific basis these age – old spiritual maxims.

DNA in coherence heart

The feelings we experience every day, can affect the very structure of our DNA. Research done at the IHM has demonstrated that when feelings of love, gratitude, and appreciation are felt, DNA relaxes itself and unwinds to become longer. Conversely, when feelings of anger, frustration, stress, or fear are experienced, dna tightens itself and unwinds to become longer. Conversely, when feelings of anger, frustration, stress, or fear are experienced, DNA tightens itself and becomes shorter. Some DNA codes even shut down during such negative emotional states. The good news is that these detrimental effects can be reversed by feeling the positive emotional states. An example of this is the case in which the heart math institute found that when experiencing feelings of love, joy, and gratitude, HIV positive individuals had a measurable improvement in their health- their immune system was found to have a colossal 300.000 times the amount of resistance than they had prior to those states of consciousness. Using the power of human thoughts, human are able to help with the healing process of whatever they may be suffering from. (Lenda, 2012).

Relaxation response, can be elicited by deep, conscious, and focused breathing, which stimulates the vagus nerves (in the cranium (calms and soothes the body, lowers the blood pressure, and protects the heart (Kennedy & Jennings, 2010).

Positive Emotion and Heart coherence

Coherent waves. The experience of positive emotions, such as love or appreciation, creates a coherent pattern in the heart's rhythmic activity that is smooth and ordered. When this happens, these emotions change the heart's beating patterns, corresponding with changes in the structure of the electromagnetic field that is radiated. In contrast, negative emotions, such as anger or frustration, are associated with an incoherent wave pattern that is erratic and disordered. Much of this research into the power of the heart comes from the institute of Heartmath. Investigators have shown that the capacity of the heart to create enormous electromagnetic fields arises when it is in a state of coherence. This occurs when the waves being generated by the heart are in resonance with other bodily systems, such as respiration and brain waves. The heart and all these other systems operate at the same frequency, vibrating together in rhythmic harmony, which allows the tremendous electromagnetic field to manifest (Goldman, 2010; Dana, 2011).

Electromagnetic 1 and emotion

The *heart* has by far the strongest *magnetic field* of any organ; it's about 5,000 times stronger than that of the brain and Heartmath's research has also shown that the heart gives off an electrical field 60 times greater in amplitude than the brain's, making it the largest electromagnetic field in the body (Church, 2009; McCarty, *et al.*, 2004; Doctor & Shiromoto, 2010), This field, measured in the form of an electrocardiogram (ECG), can be detected anywhere on the surface of the body (Page, 2013). Research done by IHM and the University of Utah have demonstrated that our heart generates an electromagnetic field in the form of a torus which surrounds our physical body. (Simmons, 2009; Vries, 2012; Buhner, 2004).

Sciences have recently discovered that the heart has an incredible intelligence, which generates significant power over the rest of the body. The heart electromagnetic field contains information and coding that is transmitted inside and outside the body, and it's believed to be connected to the field of energy that connects all things in the universe. So although our thoughts are very mighty, our thoughts plus heart centered intention and feeling is exponentially more powerful. (Wilson, 2011) Our thoughts and emotions both have a powerful influence over our own lives and the world around us. Research has shown that both the brain and the heart are electrical devices, so they can impact all kinds of electrical fields – including those of human beings and even the planet itself (Wilson, 2011; James, 2007).

Biologists have confirmed that emotions of love, care, and compassion are linked to physiological changes everywhere in the body, in the heart as well as the brain and the nervous and immune systems. Their positive signals are relayed through particular hormones that specialize in encouraging peaceful emotional states. No wonder we believe intuitively that the heart is the center for love and compassion (James, 2007). Such physical coherence seems to underlie the connection between positive emotions, health, and longevity (James, 2007)..

In keeping the heart variability profile healthy, the most powerful, safe, and reliable measures are the simple ones, namely, learning to develop a positive or appreciative view on life for example Keep healthy body and food, maintain a healthy state of mind, keep up social connection or make new ones. Develop practices that help you feel calm, centered, present and appreciative. Prayer either on your own or in a group, for the social connection, Even writing down a few words and phrases per day can be healing (Rakel, 2012).

The heart speaks to us at times in words, at other times in images and symbols or even in feelings. When we tune into our hearts we hear a different message than we expect (Wilson & Childre, 2006).

Heart brain communication

The *heart*, on the other hand, has been scientifically shown to *communicate* with the *brain* in *four ways*: through hormones (biochemically); through nerve impulses being transmitted (neuro- logically); through pressure waves (bio-physically), ..and: through electromagnetic field interactions (energetically, when the heart beats, there are nerves that get activated that go to the brain. (Behnke, 2011).

Doc Childre and Howard Martin the HeartMath solution, authors explain how the electromagnetic fields radiating from the heart affect the fields around us, they also show us how to move into sensing life with the intuitive nature of our heart's brain rather than operating only from cranium's brain of limited linear thinking. The heartmath system (HMS- offers a model for efficient living in our world . beyond what they have been able to prove by researching the fields of neuroscience, cardiology, psychology, physiology, biochemistry, bioelectricity and physics. IHM holds the theory that 'the heart links us to a higher intelligence through an intuitive domain where spirit and humanness merge (see the picture). They say that 'heart intelligence is the intelligent follow of awareness and insight that we experience once the mind and the emotions are brought into balance and coherence through a self initiated process. This form of intelligence is experienced as direct intuitive knowing that manifests in thoughts and emotions that are beneficial for our selves and for others.

Scientific researchers also study the physiological methods the heart uses to communicate with the brain to influence how we act, feel, and perform. Heart intelligence is defined by the Boulder Creek California based institute of heartmath research center as ' the flow of awareness, understanding, and intuition we experience when the mind and emotions are brought into coherent alignment with the heart. It can be activated through self-initiated practice, and the more we pay attention when we sense the heart is speaking to us or guiding us, the greater our ability to access this intelligence and guidance more frequently. The institute emphasizes the importance of coherence when it comes to ur individual physical, spiritual, emotional, and personal well being. Coherence, in relation to any system, including the human body refers to a logical orderly, and harmonious connectedness between parts. Borrowing from physics, when we are in a coherent state, virtually no energy is wasted because our systems are performing optimally and there is synchronization between the heart, brain, respiratory system, blood pressure rhythms, heart rate variability patterns, and so on. When we speak of heart rhythm coherence, we are referring to smooth, ordered

heart-rhythm patterns. Among the many benefits of coherence are calm, good energy levels, clear thinking, emotional balance, and proper immune system function. The institute maintains. Each of us is capable of achieving, maintaining, and increasing our coherence... through intentional positive feelings – compassion, caring, love, and other such emotions. In contrast, we can quickly become incoherent when we experience negative attitudes such as anger, fear, and anxiety. Happiness is key to your physical, mental, emotional, and maternal health and well-being (Greenberg & Avigdor, 2009; Braden, 2008).

We've discovered that the heart does not beat in regular metronomic patterns but rather in varying intervals, changing slightly in length from second to second. We first realized this when we found that children being born actually have better health outcomes the more variable their heart rate is. The heart rate variability HRV is also related to cardiac health as well as to overall mortality; the more variable the heart rate, the better your heart health and your overall survivability or chance of not dying from any cause (Nicolai, 2013).

Appreciation and gratefulness

According to the IHM, gratefulness and appreciation for self and others are among the most concrete and easiest positive feelings to self-generate in order to shift out of stressful, painful emotions. The Heartmath program is designed to help people develop empowering, heart based living. The focus is on developing positive intentions and actions in daily life originating from the intuitive wisdom of our hearts that takes the form of sincere appreciation, caring, and kindness toward self and others. Heartmath tools are based on twenty years of careful research to factors such as the impact of stress on heart rate variability and the benefits of aligning physical, mental, emotional, and spiritual dimensions of experience (Levine & Phillips, 2012).

Take time every day to *appreciate* what's right in the world and in your life: Research scientists at the Institute of *Heart Math* have discovered that *generating* feelings of *gratitude*, on purpose, reduces the amount of damaging stress hormones (Singh, 2010)

According to Rollin McCraty, the director of research for the institute of Heartmath, the organ of the heart is more involved in this body mind than we could have ever guessed. It is much more than just the pump that pushes blood around. The heart not only pushed blood around but it also sends out electrical frequencies that resonate with the brain's rhythms. While it resonates with the brain's rhythms, it is also interacting with the earth's electromagnetic field. The heart literally synchronizes with the earth (Zion, 2012). This prestigious organization has measured the human heart electrical field and found that it radiates far beyond the body. The institute has not only found that our heart energy is literally interconnecting us with other people (Zion, 2012).

Electrical pulses move back and forth between the heart and the brain, the heart is actually sending more information to the brain than the brain does to the heart (Zion, 2012; De Vries - 2012).

The quality of our thoughts and emotions affect the heart's electromagnetic field. IHM is confirming the theory that our negative and our positive thoughts are affecting the human heart The brain has short and long term memory (Zion, 2012).

There is compelling evidence that the body's perceptual apparatus is continually scanning the future and that the heart is involved in processing and decoding intuitive information. Bruce and Doc Childre and have achieved global recognition for their work in harnessing the power of the heart-brain connection. They and their team of research scientists have developed practical, scientifically validated methods and groundbreaking products designed to increase individual workplace performance while reducing stress. Bruce said, intelligence in the human system is far more distributed than we used to think. The old model that the brain was the master computer and everything else followed its commands is wrong. We're saying the heart is a highly intelligent system produces hormones and neurotransmitters that we used to think were only produced in the brain. The heart affects brain function in many ways- electrically, biochemically, biologically, there's compelling evidence to suggest the heart is an intelligent system. He continued, Neurochemicals such as nor epinephrine and dopamine, formerly believed to be produced only in the brain and nervous system, are also produced within the heart, as well as hormones such as ANF, known as the balance hormone. The heart generates oxytocin which is the 'feel good hormone. Prior to this finding it was thought that only the brain generates this hormones (Jaworski, 2012; Zion, 2012).

Intuitive heart.

McCraty et al.,(2004) replicated and extended the results of previous experiments demonstrating that the body can respond to an emotionally arousing stimulus seconds before it is actually experienced. They used a counterbalanced crossover design, in which 30 calm and 15 emotionally arousing pictures were presented to 26 participants under two experimental conditions: a baseline condition of normal psychophysiological function and a condition of physiological coherence. Primary measures included: skin conductance; the electroencephalogram (EEG), from which cortical event-related potentials and heartbeat-evoked potentials were derived; and the electrocardiogram (ECG), from which cardiac decelerations/accelerations were derived. These measures were used to investigate where and when in the brain and body intuitive information is processed.

The study's results are presented in two parts. The main findings in relation to the heart's role in intuitive perception presented here are: (1) surprisingly, the heart appears to receive and respond to intuitive information; (2) a significantly greater heart rate deceleration occurred prior to future emotional stimuli compared to calm stimuli; (3) there were significant gender differences in the processing of prestimulus information.

The later part they presented results indicating where in the brain intuitive information is processed and data showing that prestimulus information from the heart is communicated to the brain. It also presents evidence that females are more attuned to intuitive information from the heart. They concluded that the heart heart is involved in the processing and decoding of intuitive information.

Once the prestimulus information is received in the psychophysiological systems, it appears to be processed in the same way as conventional sensory input. This study presents compelling evidence that the body's perceptual apparatus is continuously scanning the future.

The results of previous McCarty et al., experiments demonstrating that the body can respond to an emotionally arousing stimulus seconds before it is actually experienced.

Their primary measures included: skin conductance; the electroencephalogram (EEG), from which cortical event-related potentials (ERP) and heartbeatevoked potentials (HBEP) were derived; and the electrocardiogram (ECG), from which cardiac decelerations/accelerations were derived. These measures were used to investigate where and when in the brain and body intuitive information is processed.

The main findings are: (1) surprisingly, both the heart and brain appear to receive and respond to intuitive information; (2) even more surprisingly, there is compelling evidence that the heart appears to receive intuitive information before the brain; (3) there were significant differences in prestimulus ERPs for calm versus emotional stimuli; (4) the frontal cortex, temporal, occipital, and parietal areas appear to be involved in the processing of prestimulus information; (5) there were significant differences in prestimulus calm/emotional HBEPs, primarily in the coherent ode; (6) there were significant gender differences in the processing of prestimulus information.

Their data suggest that the heart and brain, together, are involved in receiving, processing, and decoding intuitive information. On the basis of these results and those of other research, it would thus appear that intuitive perception is a system-wide process in which both the heart and brain (and possibly other bodily systems) play a critical role.

Spirituality to improve Heart Rate Variability

Training at Heartmath

Heart rate coherence training once example of application of the use of heart rate variability in psychospiritual training has been done by the Heartmath corp. in this process, individuals are trained to regulate heart rate coherence usually by cultivating a sense of appreciation and loving kindness. Most of the research has demonstrated improved psychological functioning, decreased stress and depression, and reduced hypertension as example changes in the body. Preliminary research has shown that when individuals are practicing heart rate coherence they also can have impact on the physiological changes of others near them and even at a distance (Bradley, 2006).

The latter, the impact of heart rate coherence of others at a distance, would be an area for exploration of the connection between the biological phenomena (heart rate) and the spiritual characteristic of omnipresence (Miller, 2012)..

The results of The Electricity of Touch experiment were positive: The data showed "when people touch or are in proximity, a transference of the electromagnetic

energy produced by the heart occurs. wrote. It (coherence) is the harmonious flow of information, cooperation, and order the subsystems of a larger system that allows for the emergence of more complex functions. Coherence is a term used to refer to connection, harmony, order and structure within and among systems. Physiological coherence refers to the ways in which the whole human body communicates and stays in alignment with itself and with outside forces. Heart coherence is this phenomenon as it occurs in the heart. (Waller & Lloyd, 2008; Heley, 2010)

Building Healthy Heart through Spirituality (By Practicing Religious Teaching)

There are some examples of Islamic teaching concerning human hearts. The some sayings from Qur'an and Hadis are

It was narrated that 'Abdullah bin 'Amr said:

"It was said to the Messenger of Allah (ﷺ): 'Which of the people is best?' He said: 'Everyone who is pure of heart and sincere in speech.' They said: 'Sincere in speech, we know what this is, but what is pure of heart?' He said: 'It is (the heart) that is pious and pure, with no sin, injustice, rancor or envy in it.'"

Abu Hurairah (May Allah be pleased with him) reported:

The Prophet (ﷺ) said, "A group of people (both men and women) whose hearts will be like the hearts of birds, will enter Jannah". Narrated Abū Hurairah : Allah's Messenger said, "Allah looks not at your figures, nor at your outward appearance but He looks at your hearts and deeds."(Muslim)

For them are grades of dignity with *their* Lord, and Forgiveness and a And united their hearts; had you spent all that is in the earth, you could not have united their hearts, but Allah united them; surely He is Mighty, Wise.

Appreciate everything what you get, although very small thing or being grateful, thankful

What should we do as a moslem to enhance our heart coherence. There are many practices that could be done. One of them is practicing these teaching

Love other and compassionate

Narrated 'Aisha:

A bedouin came to the Prophet and said, "You (people) kiss the boys! We don't kiss them." The Prophet said, "I cannot put mercy in your heart after Allah has taken it away from it."

It is narrated in Saheeh al-Bukhari and Saheeh Muslim that Nabi صلى الله عليه و سلم kissed Hasan bin Ali (May Allah Ta'ala be pleased with both of them) in the company of Aqra' bin Habis. Aqra' bin Habis said, "Verily I have ten children, and I never kissed any of them." Nabi صلى الله عليه و سلم looked at him and said, "He who does not show mercy will not be shown mercy."

Get in touch and touch

The Prophet said:] "Straighten your rows (he said it three times), by Allah either you straighten your rows or Allah will cause conflict between your hearts."

(Narrated by Al- Bukhari) and in another narration reported by Abu Dawood, he said: "...or Allah will alter your hearts.

There is no other aspect of Islamic practice that has been broadcast across the world more often than *prayer*. ... themselves, Muslims line up *shoulder to shoulder* following the instructions of a hadith in which the *Prophet Muhammad* stated (Cornell, 2007).

- 2) Imam Tirmidhi narrates that Ayesha (May Allah Ta'ala be pleased with her) said, Zaid bin Haaritha came to Madinah while Nabi صلى الله عليه وسلم was at my place. He came and knocked at the door. Nabi صلى الله عليه وسلم hastened towards him, hugged him and kissed him."

In Sunan Abi Dawood, Tirmidhi, Nasai and Mustadrak Hakim it is narrated that Ayesha (May Allah Ta'ala be pleased with her) said, "I have not seen any person who resembled the Prophet saw more in his speech than Fatimah (May Allah Ta'ala be pleased with her). Whenever she would come in the presence of Nabi صلى الله عليه وسلم he would stand up, welcome her, kiss her hands and seat her in the same place where he was sitting. And when Nabi saw would go to her, she would also stand up and kiss his hand."

It has been established in one narration that when Abu Bakr (May Allah Ta'ala be pleased with him) came, Nabi saw embraced him and kissed him on his face. When Ali (May Allah Ta'ala be pleased with him) said this, he emulated Nabi saw and also kissed Abu Bakr (May Allah Ta'ala be pleased with him). On this, Nabi saw said to Ali, "O Abul Hasan, Abu Bakr's status to me is like my status in front of my mother."

Abu Ya'la narrates that Ayesha (May Allah Ta'ala be pleased with her) said, "I saw Nabi صلى الله عليه وسلم hugging Ali and kissing him."

In Musannaf Ibn Abi Shaybah and Sunan Abi Dawood it is narrated that Nabi met Jafar bin Abi Talib t and kissed him between his eyes.

Imam Hakim and Imam Tabrani narrated that when Jafar bin Abi Talib t returned from Abyssinia, Nabi Muhammad kissed him between his eyes and said, "I don't know if I am more happy with the return of Jafar or with the conquest of Khaybar."

Make your rows straight and get close together bukhori, and in a version of the hadith the sahabi (companion of the prophet, who narrated it added: we used to have our shoulders touching the shoulders of our adjoining person, and our feet touching their feet (Muhammad, 1998). 'Anas said, " ... so I saw each of us adjoining our shoulder

with those of our companions and also (adjoining) our feet with those of our companions, (al-Bukhari and Muslim).

'The rider should salute the walker, the walker the sitter, and the few the many' (*Prophet Mohammad*). Finally, the ... 'When two Muslims *shake hands*, their sins fall to the ground, as leaves of the tree fall to the ground' (*Prophet Mohammad*).

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