

## What Is the Way to Cross the *Sirat*?

### Is There a Shortcut for a Swift Crossing?

#### Examining the Relationship Between the Soundness of the Heart and to Cross the *Sirat*

In our previous discussion, we stated that contrary to popular belief, *As-Sirat* (the Bridge) is not a bridge over Hell, thinner than a strand of hair and as sharp as the sharpest sword. The bridge of *As-Sirat* is our very selves—it is the human heart. This heart must overcome the lower desires and worldly temptations.

The more we resist these temptations in this life, the straighter our path becomes and the easier and faster we move in the hereafter. *As-Sirat* is not a tangible object awaiting us after death; it is the heart we have shaped throughout our lives with our decisions, lifestyle, imaginations, thoughts, perspectives, food, relationships, thoughts, and daily actions and habits—big or small.

Surprisingly, one of the key factors that influences the quality of our ability to cross the *Sirat* is Satan. He constantly imposes pressure on our lower desires, trying to deviate us from the Straight Path. If we fail in this struggle, our hearts become corrupted and we will end up in Hell. Vices such as jealousy, hatred, lying, hypocrisy, fear, and anxiety act like hidden mines along *As-Sirat*, making it unsafe.

So we need an inner power strong enough to help us overcome these vices. Unless we find this inner power greater than all fleeting pleasures, we remain content with temporary delights and never pay attention to the divine dimension of our soul. If our inner power is not activated, we will fall into Hell, encompassing *As-Sirat*.

This is where the regulation of love hierarchy becomes crucial. The only factor that can help us to have a sound heart and remain steadfast on the Straight Path is finding the best Beloved and tasting the supreme joy of loving Him. Only by this inner power, we gain the strength to resist temptations and moral vices. This miraculous elixir is none other than love for the Infinite Beloved: God.

### **The Role of Satan on As-Sirat**

As long as we are not able to balance our material desires, have not learned to say no to temptations, and have not prioritized God over our other beloveds, there is a danger that we deviate from the Straight Path at every moment. And this is no easy task because we have a powerful enemy: Satan. When humanity was acknowledged as the noblest of creation, Satan vowed to lie in wait along the right path to mislead us. God let him mislead the human being until the day of the time appointed. From that moment, he has lied in ambush for us on *As-Sirat*, attacking from four directions, seeking to hinder us from having a sound heart.

This is why the moment we decide to live a pure and God-centered life, temptations increase. When we are in Satan's party, he leaves us alone. But once we break away from his party, he intensifies his attacks.

Yet God has turned this threat into an opportunity. Satan can serve as a strong sparring partner, forcing us to stay alert. Imagine walking on a narrow bridge while there are wild beasts below—you would naturally stay fully focused on every step. In this situation, naturally, all of a person's awareness and attention are focused on not falling, and nothing can distract them from their main goal.

We too are passing over *As-Sirat* encompassed by Hell. If we are not fighters, there is a high likelihood of our downfall. However, this very danger makes life more exciting. A vigilant heart remains strong and sound.

But how does Satan operate? By creating false thoughts, misleading motivations, and negative emotions like, fear, sadness, hopelessness, jealousy, and suspicion. These feelings make the heart sick, and a sick heart has no compatibility with Heaven. Therefore, such a person will end up in Hell. In contrast, a sound and strong heart is like a flowing river, always alert, ready, and dynamic. The presence of Satan makes a person more dynamic on the Straight Path and prevents them from becoming indifferent or unmotivated in life. As a result, they achieve self-knowledge. In this case, by facing Satan's attacks, we can make a beautiful, exciting, and vibrant life for ourselves. So taking care of heart in the struggle against Satan is what that makes us pass safely through Hell, which has encompassed the Straight Path.

### How to Safely Cross the *Sirat*

The main question is: Despite soul's inclinations and Satan's attacks, how can we cross the *Sirat* safely? First, we must understand that Hell is not something outside of ourselves; it is our material and lower dimensions. In other words, it is our lusts, material attachments, and wrong beloveds. Each time we resist and say “no” to them, they become weak, while our divine *fitrah* awakens and grows strong.

At that stage, the layers of our inanimate, vegetative, animal, and even our intellectual dimensions, peel away, revealing the innate self. This self can cross the *Sirat* at the speed of light. However, we cannot resist our desires without tasting a

greater joy. To resist small pleasures, we must have experienced a greater pleasure. Only the one who has tasted the sweetness of solitude with God can truly rise at dawn to worship Him. One can overcome the need for people's approval only after they have found freedom in God's presence.

Thus, we require an other-worldly driving force, and that force is love. Love for God, the ultimate Beloved, empowers us to give up all the beloveds of our lower dimensions. By learning and practicing to love God, we can easily cross the *Sirat*.

The Quran tells us that on the Day of Judgment, believers will say to hypocrites: "Go back to the world and seek a light there" [1]. This light is none other than the love in the heart—the measure of similarity to God. It is this light that guides us to cross the *Sirat*, helping us to maintain our balance on it. Therefore, the true way to cross the *Sirat* is practicing to love: love our true self, *our fitrah* (our pure primordial nature), and above all, God. The stronger this love becomes, the firmer and clearer *As-Sirat* is.

In this lesson, we learned that *As-Sirat* is not a tangible bridge but the heart we have shaped in this world. The soul's inclinations and Satan's temptations form the hell through which this bridge passes. Safe crossing is only possible with a sound heart. A sound heart is cultivated by saying "no" to lower desires and "yes" to the greatest Beloved—God. Love for Him is the light that brightens *As-Sirat*, helps us to maintain our balance, and enables us to let go of lowly pleasures. So the real shortcut is not some hidden magic outside us; it lies within. The more God's love fills our hearts, the stronger *As-Sirat* becomes, and the swifter our crossing. Here lies the timeless secret to *As-Sirat*: love, light, and a sound heart.

## References

[1]. Quran, 57:13

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