

Understanding and Correcting the Roots of Human Behavior for a Sound Heart

Why Is Understanding the Roots of Human Behavior the Key to Our Bliss?

Have you ever asked yourself why you wake up in the morning and start your day? Or why when we feel hungry, we crave food? The roots of human behavior are the hidden motivations behind every action we take. These factors act like invisible gears that drive us toward our decisions and behaviors. In reality, no decision is without cause. Every choice begins at a point, from those deep, hidden roots that shape our motivation.

Imagine a child insisting on buying a specific toy. On the surface, it looks simple: just a childish desire. But if we look deeper, there may be different roots behind this wish, perhaps jealousy of a friend, a need for parental attention, or even the advertising that made the toy look appealing. Or think of someone who turns to sports. Is it only for physical health? Not necessarily. It might be to reduce stress, to prove their abilities to others, or simply because it is fashionable. These are seeds planted in the mind, manifesting themselves as outward behavior.

Understanding the roots of human behavior helps us see behind the curtain of our actions. When we recognize our motivations, we gain a deeper understanding of ourselves. This awareness is like a treasure map that can guide us toward a sound heart.

The roots of human behavior, whether in our interactions with others or in our solitude, are fruits nourished from specific sources. For one person, serving others might come from a desire to look similar to God and seek His pleasure; for another,

the same act may stem from a desire to be seen and praised. Thus, two seemingly similar actions can lead to two very different outcomes. Understanding the roots of behavior and the reasons behind our actions allows us to recognize the motivations behind each act. This knowledge opens a window to the complexity of our existence and the understanding of ourselves. That is why we must ask: Do the roots of human behavior stem from a sound heart, or from a sick one? And what shapes these roots? To answer, we must go a little deeper.

The Necessity of Identifying the Roots of Human Behavior

We are born into this world to live here temporarily and then move on to the next realm. Life here is short, but its consequences are eternal. Although our time in this world is brief, it determines our destiny in the next stages such as the hereafter [1], resurrection [2], and eternity. This eternal destiny is shaped by our daily actions, thoughts, decisions, and relationships. The crucial point is that the origin and quality of these actions matter far more than their appearance or quantity.

That is why we must face questions such as: Why am I doing this? Why did I choose this friend? Why am I wearing this clothing? Why am I studying or exercising? Why am I showing kindness to someone? Is God pleased with this act, and does it bring me closer to Him or drive me away?

Interestingly, the timing of when people confront these questions varies. Some reflect before acting, while others only think about them afterward—when the golden time to act wisely has already passed. Both can be beneficial, but prevention before disease is far better than desperate treatment after falling sick.

If we reflect beforehand, we can prevent the heart from being infected by diseases that are difficult and time-consuming to cure. If we reflect only afterward, then removing the spiritual cancer, infections, and fires that have spread in the heart requires immense time, patience, and energy. Since individuals' capacities vary, some may abandon treatment midway. Therefore, the wisest and easiest path to acquire a sound heart is to pause before any thought or action, identify its root in our hearts, and prevent future hardship.

Types of Roots of Human Behavior

The first and most important foundation for success in any matter is precise knowledge and sufficient understanding of it. As long as we lack proper information about something, we cannot act correctly in that domain; the result is usually loss and wasted resources. For example, searching for treasure without a map is nothing but wasted time and energy with no reward. Similarly, on the path toward a sound heart and true bliss, our first duty is to know our true selves and gain sufficient knowledge about our existential dimensions and faculties of the soul. With this awareness, we can make the right decisions in critical moments.

Knowledge is like a lamp that illuminates the path, but it is up to us to walk the journey. Gaining knowledge is the first step toward acquiring a sound heart, enabling us to recognize the roots of human behavior. At every moment of life, for every thought, decision, and action, we stand between two pulls or paths and must choose one. It is crucial to know the nature of these thoughts and decisions: Is the call coming from the spiritual dimension of our being? From its material, vegetative, inanimate, or rational aspects? Or is it inspired by Satan?

If we can identify the root of a behavior and realize it comes from the divine call of our heart, then we must follow it. But if the root lies in Satan's whispers or in the inclinations of the lower dimensions of our being, we must immediately change the source and move toward nurturing the divine part of our heart, purifying it from contamination and disease.

The Importance of Considering Behavioral Roots in Daily Life

Paying attention to the roots of human behavior is not limited to major life decisions. Even the smallest daily actions may have different roots. Imagine two people who exercise for years. One does it to show off their body, while the other does it to gain more energy for service and good deeds. The act of exercising is the same, but the roots differ: One comes from vanity, the other from divine intention.

Or consider a scientist who spends years discovering a cure for serious diseases. In contrast, another person may use the same knowledge to create weapons or viruses. In these cases, the roots of behavior are completely different: One arises from a sound heart, the other from satanic whispers.

The important question that arises is: What should we do if we discover that the root of our behavior is flawed? The answer is not simple, but it is possible. In that very moment, we must trust in God and change the motivation and origin of our action. This means fixing the problem at its root. Once the first brick is laid correctly, the rest of the journey toward shaping a sound heart becomes much easier.

Constant vigilance over our decisions protects us against temptation. Choosing the right path from the beginning is like a builder laying a strong foundation for a sturdy wall.

Understanding the roots of behavior is not merely a theoretical or ethical matter but a practical strategy for daily life and eternal bliss. Every action begins at a point, and if that point is flawed, the whole path is corrupted. But if the roots are pure, the fruit of our behavior will be sweet.

By persistently asking “why,” by gaining knowledge of our soul, and by being cautious about the origins of our decisions, we can protect our hearts from corruption. A sound heart is ultimately what determines human bliss.

Thus, understanding and correcting the roots of human behavior is not only the key to a sound heart but also the source of strength, peace, and greater similarity to God. This is the path that leads us to a sound heart and eternal bliss.

References

[1]. Quran, 23:99-100

[2]. Ibid, 3:25