

What Is Inner Transformation, and What Is Its Relationship with a Sound Heart?

How Does Inner Transformation or a Sudden Change in Lifestyle Occur and What Does It Signify?

Inner transformation or a fundamental existential change means a profound change and growth in the core areas of a one's personality, beliefs, values, and intentions. This change is not just about a person's behavior or appearance, but is rooted in their inner being, identity, and essence of their spirit and soul. This transformation is an inner and true movement from impurities, attachments, vices and worldly possessions toward purity, soundness, honesty, love, and harmony with divine criteria. Inner transformation usually begins with self-knowledge and, following it, the individual evolves into a better and more fulfilled version of themselves through effort, learning, and making the necessary changes. But what is meant by the statement "Inner transformation is a sign of a sound heart"?

In the divine worldview, the heart is not merely a physical organ, but the main center of human identity, growth, and perfection. A person's true worth is tied to their heart, and their eternal destiny is shaped by its nature and quality. A sound heart is not only the key to worldly peace and contentment, but also evidence of salvation in the hereafter and the only asset for entering the "*Dar al-Salam*," the abode of peace, or the Promised Heaven. A sound heart is one that is free from all material and spiritual impurities and is in complete harmony with the truth. On the path to eternal bliss, every human must strive to make a sound and strong heart that will help them enter Heaven on the Day of Judgment. But how can this sound

heart be created? The answer lies in a path known as inner transformation. It must be said that inner transformation is the sign of a sound heart and a prerequisite for achieving it. This article aims to explore the relationship between inner transformation and a sound heart and show how inner transformation is a sign of a sound heart and, in addition, a necessary condition for achieving it. This is because understanding this connection paves the way for personal and social excellence.

What Is Meant by Inner Transformation in the Human Dimension?

Inner transformation is a profound, gradual, continuous, and conscious process through which a person tries to free their heart from attachments to desires, such as inanimate, vegetative, and animal ones, and even limited intellectual attachments. This path begins with self-knowledge and avoidance of inappropriate attachments, compelling the individual to train their inner attitudes and emotions toward truth and divine values. The continuous purification of vices and the cultivation of various moral virtues for proper nourishment of the heart are the fundamental factors of this transformation.

Each stage of inner transformation is the same path and method that gradually separates the human heart from lower levels of existence such as inanimate (like stone), vegetative, and animal, and leads it on the path of elevation toward acquiring a sound heart. With each step to purify their soul and moderate their emotions and affections, a person who is on the path of inner transformation sees more clearly in themselves the signs and effects of a sound heart. The practical result of this spiritual journey is the experience of deep peace, inward contentment,

and spiritual growth in this world, as well as preparation for eternal life and salvation in the hereafter.

In this regard, it should be emphasized that inner transformation is not only the criterion for determining a person's spiritual soundness, but also a necessary condition for entering Heaven and enjoying eternal bliss. This is because a sound heart is the result and fruit of these very efforts and personal inner changes. Only this sound heart, which is in harmony with the atmosphere of Heaven and *Dar al-Salam* can lead a person to desired and eternal perfection.

Inner Transformation, a Sign of and Path to a Sound Heart

The question then arises: How can inner transformation be a sign of a sound heart and lead to its acquisition? To better understand this, imagine the human body. The body is a very complex system that naturally maintains its balance and health. If a person develops cancer, the cancerous cells begin to disrupt the body's internal order. These defective cells endanger the health of the entire system and, if left untreated, lead to death. If a person is treated using methods such as chemotherapy, it means that a fundamental change has occurred in their body's system, the disease has ended, and health has returned to the individual's body. In fact, none of the cells show any signs of disease, and the body's function has returned to a point of balance and health. This change is not merely a superficial or symbolic process; rather, this transformation has occurred in the essence and internal structure of the body.

Just as a patient's healing requires a transformation in the essence of their body, spiritual health and the attainment of a sound heart also require a deep

transformation within the individual's inward system. This change cannot be merely superficial or conventional, but must be accompanied by a profound inner transformation and purification of the individual's essence. This inner transformation is a sign of the revival of a sound heart and a real movement on the path of achieving human perfection. There are many people who outwardly wear religious attire and perform all their religious acts, but their hearts are filled with arrogance, hatred, jealousy, or other vices and have not yet reached a sound heart. Here, the individual has not undergone any inner transformation and has only been content with observing appearances. Thus, religious appearances are not a sign of a sound heart, but rather inner transformation and inner purity bring about a sound heart.

According to the teachings of Islam, the human heart can only attain peace and soundness when a person follows the path of self-knowledge, purifying their intentions, and managing their attachments [1]. In other words, a sound heart is the product of an inward change, through which a person, by becoming aware of their weaknesses and correctly organizing their love hierarchy, set their heart in order and, with effort and struggle, cultivates positive human qualities within it. Such a transformation is accompanied by the emergence of signs such as love, happiness, peace, etc., preparing the person to enter eternal Heaven and enjoy its countless blessings.

Inner Transformation and a Sound Heart: Two Inseparable Elements

At first glance, inner transformation and a sound heart may seem like two completely separate concepts, but in fact, there is a deep and unbreakable

connection between them. Wherever deep and inward transformation occurs in a person, clear signs of a sound heart are observed. A sound heart is a concept that goes beyond a simple state of mind. This heart, free from arrogance, jealousy, selfishness, and other moral vices, is the key to contentment in this world and the gateway to bliss in the hereafter. In fact, anyone who seeks a sound heart has no choice but to begin the journey with their own inner transformation. In other words, inner transformation is a sign of a sound heart because without a fundamental transformation deep within, a sound heart cannot be achieved.

Inner transformation is the starting point of change, and a sound heart is the result of continuous effort and inner transformation. These two are different points on the same path. Inner transformation is the beginning of the movement toward perfection, and a sound heart is the clear sign of this movement. This is because with every positive and reformative change within a person, their heart becomes closer to purity and distances from impurities. What makes a person valuable to God is not their outward appearance, but the truth of their inner self and heart. Without inner transformation and achieving a sound heart, a person cannot achieve true peace in this world and eternal bliss in the hereafter.

Focus on Inner Transformation Instead of Outward Appearance

In our daily lives, superficial standards and external signs often become the main criteria for judging a person's success and religiosity. Sometimes social status, religious appearance, or even adherence to outward worship are mistakenly considered as signs of goodness or being a true human. But do these criteria really

reflect the inner self of a person? Can a person be considered to have a sound heart based only on their appearance?

Inner transformation is not just a change in outward behavior, but a profound inner change that affects a person's entire intellectual and emotional system. Therefore, inner transformation is a sign of a sound heart and indicates that the individual has freed themselves from attachment to moral vices such as hatred, jealousy, arrogance, or greed and has truly transformed.

For this reason, an appearance adorned with religious beliefs or even performing acts of worship, if not accompanied by inner transformation, is not enough to achieve a sound heart; it is merely a mask. As religious teachings emphasize, what truly holds value in the sight of God is a sound heart, free from impurities and full of truth and light.

Therefore, it is necessary to turn our attention to the interior and the depths of the heart instead of outward appearance. A person must examine how much they have been freed from attachments and moral vices and to what extent divine love and purity flow within their being. It is only with this kind of inner transformation that one can claim to be on the path to achieving eternal bliss and the Promised Heaven. To achieve this goal, we need to put aside superficial appearances and titles and believe that the main criterion for being human lies in inner transformation. Let us remember that outward knowledge and action, without the transformation of the soul and heart, will never bring a person to perfection.

In this article, we examined and proved the truth of “inner transformation.” We stated that the heart is known as the main center of human emotions, beliefs, and values, and its soundness or illness determines a person's worldly and eternal

destiny. On the other hand, Heaven is not only a physical place but a manifestation of absolute perfection and eternal peace, a place that only those with pure and sound hearts can enter.

We also emphasized that the inner transformation to acquire a sound heart is a gradual and continuous process that is accompanied by self-knowledge, purification of moral vices, and cultivation of virtues. Humans must always be striving to build a sound heart in the path of moving toward eternity, humanity, happiness, and peace. To build a sound heart, transformation must also occur within the human heart and soul.

The soundness of the heart, like physical healing, is not a matter of convention. A person cannot claim to be a good person by acquiring titles such as seminary student, *mujtahid*, sayyid, doctor, engineer, or performing obligatory and recommended acts of worship. The sign of being a good person is that transformation occurs in one's inner system and soul, allowing them to acquire a sound heart.

References

1. "It is he who sent down tranquility into the hearts of believers, that they might enhance their faith." (Quran 48:4)