

Monotheism and the Sound Heart: Their Link to Human Desires and Wishes

Exploring the Link Between *La ilaha illa Allah* or Monotheism and the Sound Heart: The Role of the Soundness of the Heart in Grasping the Oneness of Allah

What comes to mind when you hear the phrases monotheism and the sound heart? Do you see them as purely religious concepts meant for a specific group, or do you believe they hold a profound message for everyone, regardless of their background or beliefs?

Outwardly, La ilaha illa Allah ("There is no deity but Allah") is a pillar of the Islamic testimony of faith, a declaration of God's oneness. It is a statement that no deity is worthy of worship except Allah. But what is its inner meaning? How does this phrase move from a mere slogan into the very fabric of our lives? Can verbal repetition alone transform the depths of our being?

On the other hand, a sound heart (*qalb salim*) outwardly means a heart purified from corruption, impurities, and doubts. In discussions of the role and status of the heart in self-knowledge, it is described as the most vital organ of our existence and the command center of the self, from which all decisions and inclinations originate. The ultimate purpose of creation is to attain this very sound heart. Our heart, whether sound or unsound in this world, is our only true asset and companion as we enter the intermediate realm (*Barzakh*) and eternal life. The purer and sounder the heart is in this world, the greater its compatibility and harmony with the conditions of the next.

This raises a fundamental question: What exactly is the connection between La ilaha illa Allah or monotheism and the sound heart? Given that the heart is the absolute ruler of our being and the point of connection to the true Beloved, how can we ensure this sovereignty is entrusted to the human and loving dimension of our being? Is theoretical knowledge of God's existence and the verbal declaration of La ilaha illa Allah enough to purify the heart so that only God resides within? Does accumulating vast information and knowledge about God necessarily lead to His real, loving presence in the heart?

The answer is that the declaration La ilaha illa Allah is far more than a religious slogan; it is a precise report on the health of the heart and a code to activate the loving aspect of our existence. To reach the depth of this statement and grasp its reality, we need a sound heart. In fact, the sound heart provides the necessary foundation for the truth of monotheism to manifest, enabling us to be fully and practically immersed in love and devotion to Allah, rather than merely repeating this phrase with our tongues. Therefore, monotheism and the sound heart can be seen as two sides of the same coin.

The Alignment of the Truth of Monotheism and the Sound Heart

To deeply understand the link between monotheism and the sound heart, we must first examine the essence of the heart itself. As mentioned in previous lessons, the heart is our only asset upon entering the hereafter and the Barzakh; our entire true existence is our heart. The sensate, imaginal, estimative, and even our intellectual faculties are preliminary to this central and core part of our being. Hence, God's valuation of people is not based on worldly knowledge, outward

perfections, or material successes, but on the beloveds that reside in their hearts. God does not look at our outward appearance but at our inner selves and our hearts.

The sound heart, which is the most important provision for the hereafter, has a clear and precise definition in the narrations. Imam Sadiq (Peace be upon him) described it, saying: "The sound heart is one that meets its Lord with no one in it but God" [1]. This definition perfectly mirrors the inner reality of the declaration La ilaha illa Allah. The core tenet of Islam, which proclaims there is no deity but Allah, actually expresses the truth that there is no beloved or object of worship other than Allah. Therefore, the structure of a sound heart is perfectly aligned with this monotheistic phrase. A sound heart is a heart in which no other beloved has a place besides God, and all its love and focus are directed toward the Almighty.

Furthermore, we must remember that the human heart is the sanctuary of God. As Imam Sadiq (Peace be upon him) also said: "The heart is the sanctuary of Allah, so do not allow anyone but Allah to reside in Allah's sanctuary" [2]. This narration shows that attaining the reality of La ilaha illa Allah is not a verbal matter but requires inner purification. To acquire a sound heart, we must expel everything other than God from it and reduce and weaken our connections to all else, from objects and people to worldly desires.

The sound heart is the fertile ground where the declaration of monotheism transforms from a slogan into a tangible reality within a person, where one's existence and heart become filled with the remembrance of God, leaving no room for any other deity.

The Transformative Power of Believing in Monotheism for a Sound Heart

Now that the spiritual connection between monotheism and the sound heart is clear, we must ask: How does this monotheistic belief practically enter our lives, and what effect does it have on our mental health and behavior? Are these concepts only for achieving peace and reward in the hereafter, or do they have applications in this world as well?

The phrase La ilaha illa Allah is not just a religious slogan or a philosophical concept; it is a precise report on the health of the heart and a code to activate the loving dimension of our existence. When someone truly believes this reality and internalizes it, fundamental changes occur in their personality.

Believing in La ilaha illa Allah as a core human principle builds a resilient character. This means a person whose heart is filled with the remembrance of God, and who has no object of worship but Him, becomes resistant to life's adversities, hardships, and unfortunate events; they do not break easily. This deep belief can cure many psychological and spiritual ailments. Belief in monotheism and the truth of La ilaha illa Allah helps eliminate conditions like anger, aggression, irritability, oversensitivity, jealousy, obsessive thoughts, and psychological complexes. This is because when someone sees God as their only beloved, the hollow attachments and the roots of resentment and jealousy—which stem from attachments to things other than God—wither away in their heart.

Moreover, the remembrance of La ilaha illa Allah serves as a reminder of the transient and unstable nature of this world. This awareness prevents a person

from being deceived by worldly appearances and prepares them for the living conditions of the hereafter. Someone attached to this world, who entangles themselves with things other than God, cannot carry a sound heart with them to the next life—a heart that, as the Quran states, is the only beneficial and true asset for eternal life: "The Day when neither wealth nor children will be of any benefit, except for he who comes to Allah with a sound heart" [3].

Putting the principle of La ilaha illa Allah into practice transforms a person into someone who is forgiving and merciful, able to let go of grudges and complexes, and ultimately live a happy and peaceful life. This inner peace and mental well-being are the fruits of God's true presence in the heart and a direct result of having a sound heart.

The relationship between monotheism and the sound heart is deep and structural. The sound heart is the tangible and internal manifestation of the monotheistic declaration La ilaha illa Allah, where the sanctuary of the heart is cleansed of everything other than God, and the individual reaches a state of practical love and oneness where no other beloved resides within them.

This belief not only prepares a person for eternal life but also, in this world, forges a resilient personality, dries up the roots of spiritual diseases like jealousy, resentment, and obsession, and brings true peace and mental well-being. Therefore, achieving the reality of La ilaha illa Allah and attaining a sound heart are two sides of the same coin, the realization of which is the ultimate purpose of creation and the key to humanity's everlasting bliss.

Have you ever experienced a moment in your life when only God resided in your heart? What effect did this feeling have on your inner peace?

References

[1]. Kulayni, *Al-Kafi*, Volume 2, Book 1, Chapter 11.

[2]. Majlisi, *Bihar al-Anwar*, vol. 67, p. 42.

[3]. Quran, 26:88-89