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BOOK REVIEW

## Let's Keep Allah in Our hearts

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### Reclaim Your Heart:

*Personal Insights On Breaking Free From Life's Shackles*

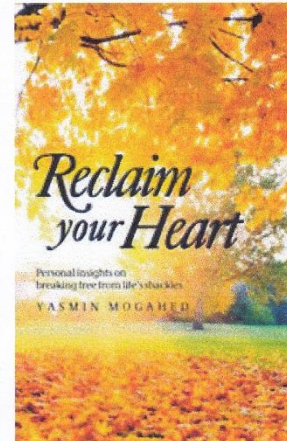
**Yasmeen Mogahed**

**FB Publishing, San Clemente, CA**

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Reviewed by **DR. ANIS ANSARI**

Many of us live our lives entrapped by the same repeated pattern of heartbreak and disappointment. Often we have no idea why this happens. *Reclaim Your Heart* is about freeing the heart from this slavery. It is about this journey in and out of life's most deceptive traps. This book meant to awaken the heart and provide a new perspective on love, loss, happiness and pain. A manual of sorts, *Reclaim Your Heart* will teach readers how to live in this life without allowing life to own you. It is a manual of how to protect your most prized possession – the heart.

Her language is lucid and eloquent and examples are practical and down to earth. This book is suited for all, but will appeal more to the young generation. If someone is really lost in this-worldly affairs, and wants to return to God but does not know how to, he/she should read this book.

The writer makes a very good point that in order to fill our hearts with God, we have to empty it of all the worldly things. We have to stop worshiping wealth, fame, desires like cars, houses. In fact, Allah the Exalted says in the Qur'ān, "Have you seen he who has taken as his god his own desires?" 45:23. If we don't empty our hearts of these, then we can't fill it with God.

She emphasises that we must focus on our Creator and ultimate purpose. Five times a day, we detach from worldly life and turn to God. In one narration she explains basing on Hadith where Prophet Muhammad (peace and blessings of Allah be to him) said, "Whoever makes the hereafter his preoccupation then Allah places freedom from want in his heart, gathers his affairs, and *dunya* comes to him despite being reluctant to do so. And whoever makes *dunya* his preoccupation then Allah places his poverty in front of his eyes, makes his affairs scattered, and nothing of the *dunya* comes to him except that which has been decreed for him."

She gives a beautiful example of what will happen if worldly affairs creep into our heart. It is like the ship in the ocean continues to float. But what happens as soon as the water creeps into the ship? It can destroy the whole ship. Someway if *dunya* enters our hearts, we will be lost. Boat sinks or the God is replaced by *dunya*. She proves her point that we must interact in this *dunya* but not lose sight of *Akhirah*. Our final home is the hereafter.

This short life is merely a test full of worldly temptations. A person passes that test if they keep God in their heart instead of subjugation to temptations. There are people who commit suicide, kill others, sacrifice their dignity, body and self-respect, family, place of mind, and *deen*. Allah the Exalted says, "Do you see such a one as takes his own vain desires (*hawa*) as his lord? Allah has left him astray and sealed his hearing and his heart and put cover on his sight." Qur'ān 45:23

For Muslims any calamity, small or big, is a blessing and means of erasing sins. The Prophet (peace and blessings of Allah be to him) said, "Whenever a Muslim is afflicted with hardships, sickness, sadness, worry, harm or depression, even a thorn's prick, Allah the Exalted expiates his sins because of it. We can't know the wisdom behind every act that is being played out here. Allah says in the Qur'ān, "It is Allah who created life and death in order to test which of you is best in deeds. And He is exalted in might and forgiving." Quran 67:2

This book is appropriately titled *Reclaim Your Heart*. It is a strong depiction of belief in Allah as supreme and rest of the things as means to reach him. Our goal should be to keep Allah in our hearts. That is the best way to achieve salvation and reach Paradise.

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