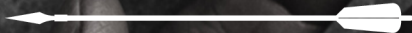


# THE SPIRITUAL BATTLEFIELD



Defining Hearts & How Jinn Exploit Its  
Weaknesses

GUARD YOUR HEART

CLOSE ITS DOORS!

WIN THE UNSEEN WAR

RAAQI ABDUL WAHAB

RUQYAH HEALING PUBLICATIONS

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*All Qur'anic verses and hadith references have been verified to the best of our knowledge. Any unintentional errors are sincerely regretted. May Allah forgive our shortcomings and accept this work as a means of benefit.*

Visit us at: [www.ruqyahealing.co](http://www.ruqyahealing.co)

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# DEDICATION

This book is sincerely dedicated:

- ◆ To the silent sufferers — those battling spiritual afflictions hidden from the eyes of others. May Allah grant you clarity, strength, and shifā’.
- ◆ To the families who stood firm with sabr — your patience is rewardable, your tears are recorded.
- ◆ To my beloved parents — for their endless support, du‘ā, and sacrifices that allowed me to dedicate my life to this work. And to my family — for their patience and love through every moment spent serving Ruqyah.
- ◆ To my Twin — whose presence, strength, and dedication have always doubled my resolve.
- ◆ To the noble Sahabah (RA) — who showed us how to combat the unseen through yaqīn (certainty), discipline, and tawakkul.
- ◆ And to every sincere seeker of truth — who chooses purification over comfort, healing over hiding, and Allah over everything.

May Allah make this book a means of light for hearts in darkness, and a path toward His healing and mercy. Āmīn.

# ACKNOWLEDGEMENTS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, the Most Merciful, the Most Compassionate

وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ

“My success is only by Allah.”

(Surah Hūd 11:88)

All praise and thanks are due to Allah alone, the One who guided us to the knowledge and means to serve in the path of Ruqyah and healing.

Peace and blessings be upon His final Messenger Muḥammad ﷺ, his family, his noble companions, and all those who follow their path with sincerity until the Last Day.

We would like to express our gratitude to:

- ◆ Our clients – who placed their trust in the process. Your strength and honesty shaped the very pages of this book. May Allah reward your courage.
- ◆ Our dedicated team at Ruqyah Healing – your sincerity, sacrifices, and unwavering commitment turned a vision into reality. May Allah accept it from you.
- ◆ Our teachers and scholars – whose guidance and preservation of sacred knowledge became the foundation of this work. May Allah preserve your legacies and grant you continuous reward.



# FOREWARD

The Prophet ﷺ said **“Verily, there is a piece of flesh in the body; if it is sound, the whole body is sound. If it is corrupted, the whole body is corrupted. Verily, it is the heart.”** (Bukhari & Muslim)

Every generation inherits its tests. Some battles are seen — poverty, sickness, conflict. But others are unseen — the silent sickness that eats the human heart from within. A wound left open, a greed uncontained, a fear unchecked, a grudge unhealed — these are not small, private flaws. They are seeds of darkness that ripple into families, communities, and entire societies. Unresolved heart diseases do not die with one person — they infect generations, often without anyone realizing it. A mother’s unhealed trauma can echo through how her children see the world. The ripple keeps spreading until someone stands up to break it.

When the heart is untouched, healing may not be complete and is susceptible to being reattached to spiritual sickness. At RuqyaHealing, we have seen how weak hearts are easily overcome by the dark clouds of Jinn affliction.

This book gives an opportunity for you to look deep: What door in your heart did you leave open? Which scars reside deep inside your chest?

This Book is the fruit of real cases, real lives, and real healing — not just theory. It offers a roadmap for how hearts break — and how Allah, in His mercy, heal them back again.

If you find yourself here, reading this line — know this: The ripple can end with you. Or it can start with you — light instead of darkness. May Allah accept this effort and make your heart among those that remain sound, alive, and unshakable — until the Day when only sound hearts will benefit.

Abdul Wahab  
Co-Founder, RuqyaHealing.co  
Twin Ruqya Therapist

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# INTRODUCTION

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THE HEART IS NOT JUST A BEATING ORGAN. IT IS THE SEAT OF YOUR HOPE, YOUR FEAR, YOUR ENVY, YOUR FORGIVENESS, YOUR SECRETS, YOUR LONGING FOR ALLAH. IT IS WHERE YOUR FAITH STANDS — OR COLLAPSES.

Every day, people visit doctors for headaches, weakness, depression, stomach issues, sudden failures — never suspecting that sometimes, the real cause is hidden deep inside the chest. Sometimes, it is not the body that is sick — it is the heart that is diseased, the soul that is leaking darkness into every corner of life. Black magic, Hasad (envy), Ayn (evil eye), Jinn afflictions — people know the words, they recite the ayahs, they play Ruqyah videos late into the night. But for many, the cycle never ends. One symptom leaves, another arrives. One problem solved, another opens. Why? Because the root remains ignored. The heart — with its wounds, its grudges, its greed, its fear, its pride — remains untouched.

At RuqyaHealing, we have seen how one neglected heart can poison an entire household. How a father's secret envy can pull Shayateen into a home. How a mother's unhealed trauma can feed the dark whispers that settle on her children. How people become magnets for evil without ever realizing which door they left wide open. This book will not just tell you what to recite. It will show you where to look inside. It will show you how to see your own ripple — and how to stop it before it passes to the next generation.

You will read real stories. You will see real diagnosis steps. You will learn the Qur'an's method, the Sunnah's medicine, and a clinical process that we have tested over years of helping people close these doors for good.

This book is not comfortable. It might sting — because it shows you the hidden side of your own self. But may it sting enough to wake your heart up before it is too late.



# CHAPTER I

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## THE HEART IN THE QUR'AN & SUNNAH: SOUND, SICK, DEAD, NUMB — THE ENTIRE FOUNDATION

### The Heart Allah Speaks Of

The Qur'an mentions the heart over a hundred times. Not the organ that pumps blood — but the Qalb that turns, hardens, softens, lives, dies. It is the throne of faith or the breeding ground of darkness.

Allah divides people by their hearts — not by wealth, tribe, fame, or name. The sound heart (Qalb Saleem) is the only thing that will save a soul on the Day when neither wealth nor children will help, except the one who comes to Allah with a pure heart.

**“The Day when there will not benefit [anyone] wealth or children, but only one who comes to Allah with a sound heart.”** (Qur'an, Ash-Shu'ara: 88–89)

A sound heart is free of hidden sicknesses: pride, arrogance, hypocrisy, envy, greed, fear that denies Allah's promise. But a diseased heart carries these germs inside it like a poison — eating its owner alive before it spills into the world around them.

### The Prophet ﷺ Warned Us

The Messenger of Allah ﷺ gave us a simple truth that every believer should remember daily:

**“There is a piece of flesh in the body; if it is sound, the whole body is sound; and if it is corrupted, the whole body is corrupted. Verily, it is the heart.”** (Bukhari & Muslim)

He ﷺ taught that sins stain the heart. Pride seals it. Hardness kills it. Tawbah, Dhikr, Qur'an, sincere action — these polish it back to life.

## CHAPTER I

### **The Three States of the Heart**

Our scholars, reflecting on the Qur'an and Sunnah, teach that hearts live in three states:

**The Sound Heart (Qalb Saleem)** — alive, humble, anchored in Tawakkul, easily moved by Qur'an, soft towards truth.

**The Diseased Heart (Qalb Mareed)** — carrying envy, fear, grudges, hidden arrogance, seeking dunya at any cost.

**The Dead Heart (Qalb Mayyit)** — so sealed that reminders bounce off it; it drifts, lives numb, or becomes a tool of oppression and corruption.

### **Where Is Your Heart?**

In this world of noise, chase, gossip and hidden envy — where is your heart today? Is it sound? Diseased? Or slipping towards numbness and death?

This book will take you deeper into each hidden disease — from greed to trauma to fear to pride. It will show you the ripples each heart sends into homes and societies. And it will show you how the Qur'an and Sunnah guide us to treat it — step by step.

May Allah make our heart sound before it is too late. For when the heart is sound, the body, the home, the life, and the hereafter are all safe.

## CHAPTER II

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# DUNYA IS THE HEART'S TRAP: THE RESTLESS SOUL CHASING TEMPORARY COMFORT

**Beautified for people is the love of that which they desire — women, children, heaps of gold and silver, fine branded horses, cattle and tilled land. That is the enjoyment of worldly life. But Allah has with Him the best return.”**

**(Qur'an, Al Imran: 14)**

### **When the Heart Chases Glitter**

The world has always been beautiful — but that beauty is a test. Allah never hid its pull from us. He told us the Dunya would look sweet, easy, comforting. He told us the heart's clinging to it is what destroys it.

Many hearts that start sound slip into sickness — not because they planned to, but because the Dunya dresses up its bait so well. It promises comfort, praise, followers, a sense of worth. It whispers that the emptiness inside can be filled with more — more money, more likes, more praise.

But the heart that forgets its true Owner begins to worship what was never meant to be worshipped. Money becomes the goal. Fame becomes the obsession. Pleasing people becomes more urgent than pleasing Allah. And the soul grows restless — always hungry, always fearing loss, never satisfied.

### **The Hidden Hooks**

It is not wealth itself that poisons the heart — it is love of wealth that anchors the disease. It is not status that corrupts — it is when status becomes a god.

The Prophet ﷺ warned: “By Allah, it is not poverty I fear for you, but I fear that the world will be given to you in abundance as it was given to those before you. So you compete for it as they competed for it, and it destroys you as it destroyed them.”

**(Bukhari & Muslim)**

## CHAPTER 2

The Dunya's poison is its promise: "Just a little more..." But the heart never says enough. It keeps wandering — gathering the world while losing itself.

### A Magnet for Envy

When a heart clings to the Dunya, it not only corrupts itself — it becomes a beacon for envy. People see what you flaunt. The onlookers' silent wish becomes Hasad — especially when their own hearts are weak, never grounded in the priorities of Allah's remembrance.

Allah shows us this lesson in the story of Qaroon: **"So he came out before his people in his adornment. Those who desired the worldly life said, 'Oh, would that we had like what Qaroon has been given! Indeed, he is one of great fortune.' But those who had been given knowledge said, 'Woe to you! The reward of Allah is better for he who believes and does righteous deeds...'"** (Al-Qasas: 79–80)

Some hearts see glitter and whisper, "I wish I had that..." — and that unguarded envy becomes Hasad. But the hearts anchored in knowledge and Dhikr see the trap and say, "The reward of Allah is far better." This is how flaunting the Dunya and neglecting remembrance can silently invite envy — and sometimes, open the door for Jinn.

Food for thought: how many times have we given Ayn or Hasad to someone in the same way — with a careless glance, a wish, or a hidden grudge we never cleaned from our own heart?

### A Hidden Network of Darkness

It does not stop at one person. A person hijacked by Black Magic or Jinn can become an unseen channel for Hasad. The Jinn overcome them and push envy toward whoever's guard is weak — spreading poison far beyond the first victim.

Allah says: **"Indeed, he (Iblis) and his tribe watch you from where you do not see them..."** (Al-A'raf: 27)

The enemy sees the cracks we leave open — and builds hidden webs of Hasad, Sihr, and darkness through them.

### What We Witness at RuqyaHealing

At RuqyaHealing, we have seen this silent network again and again:

- The flaunter who gathers eyes like magnets.
- The traumatized soul whose wounds make it easy prey for Ayn.
- The person afflicted by Sihr who unknowingly becomes a channel of envy to others through the Jinn's unseen ripple.

## CHAPTER 2

Indeed, the heart that clings to Dunya, flaunts blessings carelessly, or leaves its wounds unhealed becomes a playground for the Jinn and Shayateen. The cure begins when the heart lets go of what it was never meant to worship — whether wealth, fame, or hidden pain — and turns back to the One who owns all blessings and every heart.

Allah reminds us: **“Unquestionably, in the remembrance of Allah do hearts find peace.” (Ar-Ra’d: 28)**

### **Where We Go Next**

The trap is real — but so is the way out. Before you can seal the doors, you must see how they were first opened. The next chapter will take you deeper — into wounds: the traumas, betrayals, and silent breaks that invite darkness when they are left untreated.

## CHAPTER III

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# WOUNDED HEARTS — TRAUMA & BROKENNESS: HOW EARLY WOUNDS BREED HIDDEN DOORS FOR ENVY & JINN

**“And when I am ill, it is He who cures me.”**

**(Qur'an, Ash-Shu'ara: 80)**

### **Not Every Disease Begins with Sin**

When we think of a diseased heart, we often imagine greed, arrogance, envy. But many hearts do not rot because they were proud — they break because they were wounded. Some hearts are born soft and trusting — but life's storms scar them before they know how to guard themselves. A father's anger. A mother's cold silence. Abuse behind closed doors. Betrayal by someone trusted. Neglect when love was needed most.

What begins as trauma — if left untreated — becomes a silent open wound inside the chest. The person keeps living. They smile, they work, they pray — but deep inside, the wound festers: bitterness, fear, self-doubt, anger. A wounded heart is like a cracked fortress wall. It does not take much for the enemy to slip through.

### **How Trauma Becomes a Door**

We have seen it again and again:

- A child abused by relatives grows up with silent rage — then attracts toxic friends who feed that rage.
- A wife betrayed by her husband lives in fear and suspicion — her heart never settles.
- A young man raised with harsh words feels worthless — he chases Dunya to feel enough.

## CHAPTER III

When these wounds remain open, they weaken the spiritual shield. Hasad lands faster on such hearts. Waswas multiplies. Jinn find an easy host because the heart has no solid guard of Tawakkul and Dhikr — and because emotions are not stable in a heart that is traumatized and harmed

### **A Wounded Heart that Wounds Others**

The danger does not stop at the one who suffers. Wounded hearts often wound other hearts. A mother who never healed her bitterness may pass envy into her words about others. A father who hides anger in his chest may spread fear in his home. A child who grows up in that darkness learns to envy, gossip, blame — or sometimes, turn to darkness to feel powerful.

### **What We See at RuqyaHealing**

At RuqyaHealing, many cases start here — not with Sihir or direct Ayn, but with untreated pain. The jinn do not always break a strong heart overnight. They circle the wounded places first. The believer who refuses to face old wounds — forgive, seek help, close the doors — leaves a gate open for the unseen to enter. We ask. And we assess — using tools from CBT and deep counseling to help trace the answers:

- *Where did the wound begin?*
- *Did you ever truly forgive?*
- *Have you told yourself the truth about what broke you?*

### **What We See at RuqyaHealing**

The Qur'an is not just for treatment of blackmagic or envy. It is for the heart's deepest cuts.

Allah says: **"...and when I am ill, it is He who cures me."** (Ash-Shu'ara: 80)

Allah reminds us: **"And let them pardon and overlook. Would you not love for Allah to forgive you? And Allah is Forgiving and Merciful."** (An-Nur: 22)

The Prophet ﷺ showed us what this looks like in real life. He once pointed to a man and said, **"A man from the people of Paradise will enter now."** When a Companion asked the man his secret, the man said, **"I do not hold any grudge against any Muslim, nor do I envy anyone for what Allah has given him."**

**(Musnad Ahmad)**

This is the real healing: a clean heart, free of grudges, envy and wounds left to fester. This is the heart that Jinn and Shayateen cannot easily hijack

## CHAPTER IV

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# FEARFUL & SUSPICIOUS HEARTS — VOID OF TAWAKKUL

**“And whoever puts his trust in Allah — then He is sufficient for him.”  
(Qur’an, At-Talaq: 3)**

### **Fear: A Silent Door**

Some hearts do not cling to wealth. They do not flaunt blessings. They do not even nurse envy. Their disease is quieter: fear. A heart that fears people more than Allah, fears loss more than the promise of Rizq, fears the Jinn more than it trusts the Qur’an — is a heart with a door wide open. Fear is natural. The Prophet ﷺ and the Sahabah (RA) felt fear. Even Musa (AS) felt fear when he faced the magicians of Pharaoh: **“So Moses conceived in his heart fear. We said: ‘Fear not; surely you will have the upper hand.’”(Ta-Ha: 67–68).** But the Prophets anchored that fear with Tawakkul — true trust in Allah’s promise. Without that anchor, fear multiplies. It becomes waswas. It becomes suspicion. It becomes spiritual weakness.

### **How Fear Hijacks a Heart**

Fear does not stay still. When left unchecked, it feeds anger, frustration, and constant tension in the chest. We have actually seen how a heart trapped in constant fear — whether from trauma, abuse, betrayal or waswas — turns that fear into chronic emotional anger. This anger weakens the shield and opens the door for the Jinn to attack.

At RuqyaHealing, we have seen people who were victims of Sihir or Ayn — but the real gateway was a hidden rage fueled by fear. Instead of being sealed with Tawakkul, the fear was left to boil — until the Jinn found an easy host in that restless storm of emotion.

Fear, when it becomes greater than your trust in Allah, does not protect you — it invites what you fear.



## CHAPTER 4

Allah says: **“And whoever puts his trust in Allah — then He is sufficient for him...” (At-Talaq: 3).** When the believer’s heart leans fully on Allah, the fear of creation shrinks. Fear that once fed illusions is replaced by confidence that whatever Allah has written will come — and nothing else can touch you.

### **The Fearful Heart Feeds Shayateen**

A fearful, suspicious heart becomes a playground for Jinn and Shayateen — because fear is food for waswas. The more you feed it, the bigger the shadows grow. When we diagnose fear in Ruqya, we often find the real cure is addressing the heart with stronger Tawakkul:

- Rebuilding Salah with Khushu.
- Daily Dhikr that truly anchors the heart.
- Counseling to break the loop of overthinking and illusions.
- And we apply CBT techniques to face the fear honestly, remove it by Allah’s leave, and replace it with complete Tawakkul on Him alone.

A heart that trusts fully is a fortress no Jinn can toy with easily

### **Where We Go Next**

Some people, when fear is not enough, try to overpower it by controlling everyone around them — seeking power, collecting grudges, oppressing to feel safe. The next chapter will show how power-hungry and unforgiving hearts become a different kind of disease — hearts that oppress and feed darkness instead of fearing it.

# CHAPTER V

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## POWER-HUNGRY & UNFORGIVING HEARTS — THE TYRANTS AMONG US

**“So woe to those whose hearts are hardened against the remembrance of Allah...” (Qur’an, Az-Zumar: 22)**

### **When Fear Turns Into Oppression**

Some hearts do not settle for being afraid. They hide fear behind anger — and then hide anger behind control. When a heart loses Tawakkul, it seeks power to feel safe. It tries to dominate others to feel protected. It holds grudges to justify cruelty. It does not forgive — because forgiving feels like losing control.

These hearts become small tyrants:

- Parents who control every breath of their children with fear and guilt.
- Siblings who use grudges to poison family gatherings.
- Community leaders who bully instead of guide.

When the Prophet ﷺ described the worst hearts, he described the oppressors — those whose hearts have hardened against Allah’s reminders.

“So woe to those whose hearts are hardened against the remembrance of Allah...”  
(Az-Zumar: 22)

### **How Oppression Breeds More Darkness**

A family ruled by fear and grudges becomes a feeding ground for the Shayateen — because grudges and oppression block forgiveness, Dhikr, and mercy — and they breed a next generation burdened with trauma and ill feelings that repeat the cycle.

In psychology, we see this same pattern: the oppressed often become the oppressors if they never heal. A wounded child raised under fear and cruelty can grow up to lead with the same harshness — whether in a company, a family, a masjid, or a community organization. This is how hidden darkness keeps finding new doors to disrupt society when hearts remain unhealed.

## What We See at RuqyaHealing

We have seen families broken by one controlling parent or sibling whose fear of losing power becomes daily cruelty. Many come to us seeking help for Sihr or Ayn — but the real root is an unforgiving heart that refuses to let go. Grudges rot the heart. They keep it spiritually sick. They justify oppression. And they blind a person from seeing how they themselves became a gateway for darkness to enter the family.

We have seen it clearly in real cases:

· *Case 1: A lady, when recited over, showed signs of heavy spiritual affliction. During the CBT session, when asked how many people she needed to forgive, she said, “Many.” This constant holding back poisoned her spiritual health — her mind replayed old grudges every day. When she finally let go, SubhanAllah, she recovered the very next week.*

· *Case 2: A young woman, whose father was a strict military man, had grown up without warmth or love — only harsh discipline. She reacted heavily to Ruqyah. In her CBT session, the hidden wound surfaced: a broken heart from a father she still resented. When she was guided to forgive him sincerely, it unlocked deep buried emotions — and once she let go, she recovered fully from her spiritual weakness, finally free from the affliction.*

These stories show what many miss: sometimes the strongest Sihr or Ayn cracks when the heart chooses to forgive and close the doors that grudges keep open

## The Prophet's ﷺ Example

The Messenger of Allah ﷺ showed the opposite of a tyrant heart. He forgave enemies, freed slaves, and never held a grudge that festered.

**Abdullah ibn ‘Amr (RA) reported: They said, “O Messenger of Allah, who are the best of people?” He ﷺ said: “Every heart that is makhmoom and truthful in speech.” They said, “O Messenger of Allah, we know truthful speech, but what is a makhmoom heart?” He ﷺ said: “It is the heart that is pious, pure, with no sin, no injustice, no rancor, and no envy.”**

**(Reference: Sunan Ibn Majah #4216, graded Sahih by Al-Albani.)**

## Breaking This Ripple

The cure for a tyrant heart is humility — remembering that control belongs to Allah alone. The cure for grudges is forgiveness — not because the other deserves it, but because you deserve to be free. The cure for hardness is returning the heart to Dhikr until it softens.

## CHAPTER VI

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# FIROUNIC HEARTS — PLAYING GOD & CALLING THE SHAYATEEN: THOSE WHO MAKE PACTS WITH DEVILS FOR POWER

**“And Pharaoh said, ‘I do not show you except what I see, and I do not guide you except to the way of right conduct.’” (Qur’an, Ghafir: 29)**

### **When a Heart Wants to Be a God**

Some hearts do not settle for fearing loss, envying blessings, or ruling small homes with grudges. They want more. They want to play god.

Firoun (Pharaoh) stood on the earth claiming, “I am your lord, the most high!” But Firoun is not just a man in a history book — his disease lives on in any heart that wants to get what it wants by any means, even if it must ally with the devils themselves.

These are the hearts that make open or secret deals with the Shayateen:

- Black magicians who sell themselves for a false promise of power.
- People who pay for Sihr to break homes, destroy businesses, block marriages.
- Spiritual frauds who stand in pulpits with hidden contracts with jinn.

### **When Control Becomes a Pact**

The Firounic heart does not trust Allah’s plan. It demands results — control over people, praise from crowds, fear from rivals. And when normal means fail, it sinks deeper into sins, crossing prohibitions set by Allah — unseen by people but wide open in the sight of the One who sees all.

Most often, this darkness hides infidelity too — even after marriage, secret affairs and betrayals, just to feel a false self-worth. And for power, they may go to any depth of darkness — aligning with the dark arts of black magic (may Allah protect us) — only to prove one thing to themselves: “I am powerful. I can do what I want. No one can stop me.”

## CHAPTER 6

A small opposition from people is enough to trigger this hidden arrogance — pushing them to play behind the scenes, manipulating, harming, controlling — doing what their pride demands, no matter the cost.

But where does this heart come from?

Most of these hearts were once broken. Many of these tyrant souls were abused, humiliated, made to feel worthless for years. Instead of turning that pain to become closer to Allah, they turned to the Dunya to feel powerful. They built thrones of control to hide their old fear. They used the wounds of their past to justify becoming oppressors themselves. They forget that true worth belongs only with Allah — to Whom belongs the heavens and the earth. The one who finds self-worth through Dunya will never have enough — and the one who feeds on control can become a door for the Shayateen.

### How This Darkness Spreads

A single person with a Firounic heart can poison an entire community. They anchor generations of hidden oppression and spiritual sickness — breaking families, relationships, and trust wherever they take root.

### What We See at RuqyaHealing

- Families destroyed by a single elder who used Sihir to control inheritance.
- Marriages shattered by jealous relatives who chose black magic to seek revenge just because of the blessings Allah granted to them.
- Even passionate love — when driven by desperation — can push someone to perform black magic to forcefully bind the heart of the one they desire, trying to bend Qadr itself to their pride.
- People venturing into the dark arts only to gain power for themselves — sacrificing their hereafter to feed a hollow pride in this fleeting Dunya.

The Firounic heart does not just harm itself — it breeds new fear, new trauma, and new spiritual cracks for Shayateen to build on. Its ripple seeps into homes, entire communities — breaking families, relationships and communities.

### The Only Escape

No pact with devils can stand when the Qur'an's light is sincerely embraced.

As Allah warns: “**...The magicians will never be successful, wherever they are.**” (Ta-Ha: 69) But the cure begins when the Firounic heart breaks its pride, repents, and surrenders control back to the One who owns all things — the heavens, the earth, and every secret within the hearts.

## CHAPTER VII

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# THE QAROON COMPLEX — SELF-GLORIFYING HEARTS & THE SEEDS OF HASAD

**“Indeed, Qaroon was from the people of Musa, but he tyrannized them. And We gave him of treasures whose keys would burden a band of strong men...”**  
(Qur'an, Al-Qasas: 76)

### The Heart That Flaunts

Not every dark heart wants to rule openly like Firoun. Some feed their darkness by showing off. They flaunt what they have — wealth, beauty, status — seeking praise to feed a hole inside. Qaroon was from the people of Musa (AS). He had knowledge, he had means — but his heart clung so tightly to what Allah gave him that he turned it into a crown of arrogance.

### Flaunting Feeds Envy

When a person flaunts blessings carelessly, they become a magnet for Hasad. The weak hearts around them see what they parade — and silently wish it would be taken away. Some send evil eye knowingly. Some carry it without realizing it. The People looked at his treasures and said: **“Oh, would that we had like what Qaroon has been given! Indeed, he is one of great fortune.”**(Al-Qasas: 79)

But the people of knowledge replied: **“Woe to you! The reward of Allah is better for he who believes and does righteous deeds...”** (Al-Qasas: 80)

### What We See at RuqyaHealing

Not everyone who flaunts is Qaroon in arrogance — but many forget to guard the hearts of others. They do not think how someone struggling for years might feel when seeing endless posts of blessings they do not have yet.

· Some people filled their social media with their travels, luxuries, and daily comforts — not caring if someone looking might feel deprived or silently envious. The Ayn they unknowingly gathered stopped their Rizq almost overnight.

· One brother built wealth in business at a young age (25–30). Without arrogance, but without care, he shared every car, every meal, every trip — until even close friends started saying, “I wish I had what you have.” Soon after, his Rizq narrowed, debts mounted, and what looked like a blessing turned to hardship. May Allah preserve us all.

Their daily flaunting keeps feeding rivers of silent envy.

The Prophet ﷺ warned us plainly: **“The evil eye (Ayn) is true. If there were anything that could change the Qadr, it would be the evil eye.”**

**(Sahih Muslim 2188)**

### **What Roots This Heart?**

Most people who flaunt do not plan to show off arrogantly like Qaroon. The root is often hidden: a heart that once felt neglected, overlooked, or desperate for praise. Instead of healing that void with Dhikr and quiet gratitude, it fills it by collecting attention and validation — parading blessings for eyes to see, forgetting that blessings are a trust, not a trophy.

When this heart forgets humbleness and the impact on others, the same blessing that could have brought it closer to Allah becomes a reckless show — feeding hidden envy, hurting unseen hearts, and turning barakah into burden.

### **The Real Cure**

Allah does not forbid wealth. He forbids arrogance, heedless flaunting, and pride that blinds a person to the effect on others.

A sound heart guards blessings quietly, spends generously for His sake, and remembers that all praise belongs to Allah alone. Humbleness means not just lowering yourself before Allah — but caring for the hearts of the people around you too. It means being mindful of what you share, how you speak, and whether your blessing helps or harms someone’s heart.

**“But seek, through that which Allah has given you, the home of the Hereafter; and [yet], do not forget your share of the world...” (Al-Qasas: 77)**

A blessing kept humble and hidden is safer than a blessing turned into reckless display. The cure is gratitude anchored in humility — so what you have brings you closer to Allah and protects the hearts of those around you.

## CHAPTER VIII

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# THE SPIRITUALLY DEAD HEART — NEITHER HERE NOR THERE

**“Or do they have locks upon their hearts?”**

**(Qur'an, Muhammad: 24)**

### **The Living Dead**

Not every spiritual danger comes from active arrogance or flaunting. Some hearts die while still beating in the chest — alive in the body but empty inside. These are the hearts that live without purpose. They pray without feeling. They sit in gatherings of knowledge but remember nothing. They recite Qur'an but never let it sink in. Their hands work. Their tongues speak. But inside, the heart is locked, dusty, cold.

### **When a Heart Stops Wanting Good**

The Prophet ﷺ said: **“There is a piece of flesh in the body — if it is sound, the whole body is sound. If it is corrupted, the whole body is corrupted. Indeed, it is the heart.”** (Bukhari & Muslim)

When this piece dies, the whole person drifts. A spiritually dead heart is not just lazy — it is a door for waswas, illusions, addictions, apathy, and whispers. It becomes easy food for Shayateen because it neither resists nor remembers.

### **What We See at RuqyaHealing**

We see it more than people admit:

- Young people who have everything yet feel nothing.
- Families full of Dunya but empty of Dhikr — children who inherit the same emptiness.
- Clients who come for Ruqyah, hoping to fix Ayn or Sihr, but the real issue is that their hearts are too numb to hold the cure when it comes.

A dead heart cannot fight whispers. It cannot repel envy. It cannot hold firm in hardship — because it has no anchor.



### **What Roots This Heart?**

Most hearts do not die overnight. They are neglected until the light flickers out:

- Salah done in haste, or left altogether.
- Qur'an recited without reflection.
- Gratitude lost when blessings feel deserved instead of gifted.
- Hope lost when hardship feels like a curse instead of a test.

Little by little, the heart becomes hard, then empty, then dead — locked away from the light.

### **Allah Warns**

**“Or do they have locks upon their hearts?” (Muhammad: 24)**

**“Then woe to those whose hearts are hardened against the remembrance of Allah...” (Az-Zumar: 22)**

### **The Real Cure**

No human can unlock a dead heart but Allah — but the doors open when you want them to. The cure begins with remembrance: Salah with presence, Qur'an with reflection, gratitude for every drop of Rizq, Dhikr that softens and polishes the rust inside.

At RuqyaHealing, we see that a heart which turns sincerely back to Allah — even if black with neglect — is given life again, by His leave. It is this living heart that can withstand envy, fight whispers, close doors for Shayateen — and stand safe on the Day when only a sound heart will matter.

## CHAPTER IX

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# THE PATH TO QALBUN SALEEM — HEALING, GUARDING, THRIVING

**“The Day when there will not benefit [anyone] wealth or children, But only one who comes to Allah with a sound heart (Qalbun Saleem).”**

**(Qur'an, Ash-Shu'ara: 88–89)**

### **The Final Goal**

Every ripple you have read — trauma, fear, grudges, flaunting, oppression, heedlessness — begins and ends in the same place: the heart. The real mission of Ruqyah is not only to cast out a Jinn or break Sihr — it is to protect the heart, purify it from what weakens it, and help return it to Allah safe, sound, and alive. On the Day when wealth and children are worthless, only a Qalbun Saleem — a heart sound, clean and uncorrupted — will save us.

### **How to Begin the Real Healing**

A sound heart is not built overnight. It is guarded and polished drop by drop:

- ✓ Tawheed first — only Allah heals, protects, and controls.
- ✓ Daily Salah — not rushed motions, but deep presence.
- ✓ Dhikr — true remembrance that scrapes the rust from the heart.
- ✓ Qur'an — not only for Ruqyah, but for reflection and softening.
- ✓ Forgiveness — grudges poison; forgiveness cleans.
- ✓ Gratitude — blessings anchored with shukr, not flaunted.
- ✓ Tawakkul — fear anchored in Allah, not illusions.
- ✓ Counseling & CBT — break the hidden loops and old wounds that keep spiritual doors open.

At RuqyaHealing, we teach that real Ruqyah is not only recitation — it is diagnosis, clinical healing, Sunnah-based action, and daily discipline.

## Do Not Walk Alone

No heart stays safe in isolation. Sit with the Scholars – these gatherings fill you with knowledge and wisdom. Stay in gatherings that remind you of Allah – gatherings where angels descend, Rahmah spreads, and darkness loses its hold. A heart surrounded by the pious does not wander too far into shadows.

## Live With Purpose

A heart that only gathers knowledge but stays alone may not go far. The Prophets and Sahaba did not just correct their hearts and then sit. They worked hard to benefit society in whatever way they could – with every gift Allah gave them. Our purpose is to serve Allah. But it's vital to know specific purpose the unique task Allah made you for.

Look at the Companions:

- **Abu Bakr (RA)** — his knowledge of the tribes supported the Prophet ﷺ with wisdom in alliances.
- **Umar ibn Al-Khattab (RA)** — his firmness protected the Ummah from corruption and chaos.
- **Uthman ibn Affan (RA)** — his wealth preserved the Ummah when no one else could give the same.
- **Ali ibn Abi Talib (RA)** — his strength crushed enemies when others could not stand.
- **Khalid ibn Al-Walid (RA)** — the master of strategy, he became the Sword of Allah, winning impossible battles.

Each Companion served Islam with the best gifts Allah placed in them. Ask yourself: what is yours?

Today, many sit without purpose. They know the general duty — worship Allah — but do not seek their specific task. A purposeless life weakens the heart. As the Prophet ﷺ warned, knowledge without action fades.

## Search for your purpose. Ask Allah to guide you to it.

When your talent, mind, body, and soul align in serving His Deen, even your sadness loses meaning — because every day you wake up moving forward under the guiding Light of Allah.

**“And say, My Lord, let me enter with a sound entrance and exit with a sound exit and grant me from Yourself a supporting authority.”**

**(Qur'an, Al-Isra: 80)**

### **Signs You Are On the Path**

You know you are moving towards Qalbun Saleem when:

- ✓ You feel envy shrink.
- ✓ You sleep lighter — grudges lifted.
- ✓ You share blessings wisely, guard your eyes and tongue.
- ✓ You run to Dhikr when fear comes.
- ✓ You look at trials as tests, not punishments.
- ✓ You remember that only Allah owns all power, wealth, healing.

### **And If You Slip?**

No heart stays perfect forever — but a sound heart repents quickly. It does not justify darkness. It does not let a crack fester. It returns again and again to the One who can polish it clean, no matter how black it gets.

### **A Dua for the Final Return**

“O Allah, O Turner of the hearts, keep our hearts firm upon Your religion.”

(Tirmidhi — Sahih)

“O Allah, grant me a heart that is humble before You, alive with Your remembrance, safe from pride, envy, grudges and fear, until I meet You with a Qalbun Saleem.”

Ameen.

**GUARD YOUR HEART.  
CLOSE ITS DOORS.  
WIN THE UNSEEN WAR.**

# CONCLUSION

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## GUARD WHAT ALLAH VALUES MOST

On the Day when nothing will help except a heart that is sound — this was the war you were never told about. Not bullets. Not weapons. But ripples of envy, wounds left open, egos inflated, and fear unchecked — these are the cracks that jinn exploit. These are the doors that darkness slips through.

We at RuqyaHealing have seen it again and again: those who only recite, without repairing the heart — relapse. But those who begin the inner war, win the outer battle. They seal their hearts with Tawheed. They clean old grudges. They align their purpose with the Deen. They rebuild Salah, hold tight to Dhikr, and cry to Allah with full trust.

**“The day when neither wealth nor children will benefit — except one who comes to Allah with a sound heart.” (Qur’an, Ash-Shu’ara 88–89)**

You have now seen how hearts break.

You’ve seen how the Jinn enter.

But you’ve also seen how Allah, in His Mercy, shows the map back.

**Now it’s your turn.**

Will you guard your heart?

Will you close the doors?

Will you win the unseen war — and walk toward Allah with a heart sealed in light?

**“O Turner of the hearts, keep our hearts firm upon Your Deen.”  
(Tirmidhi – Sahih)**

Ameen.

Your heart is a battlefield. Where envy, grudges, trauma, arrogance, fear — or heedlessness live unchecked, cracks open. And when cracks open, Jinn and Shayateen find doors to hijack your soul, break families, poison generations, and drain barakah from your life.

The Spiritual Battlefield reveals every hidden loophole:

- Why broken hearts feed envy and Hasad
- How fear, anger, and grudges weaken your shield
- Why some hearts attract Sihr and Jinn so easily — while others repel them
- The clinical Ruqyah insights that seal these doors with pure Qur'an & Sunnah

You'll see real RuqyaHealing cases. You'll learn how to understand the cracks, break the ripple, and revive your heart as a fortress — a Qalbun Saleem standing clean before Allah on the Day when wealth and children will not benefit, but only a sound heart will save you.

Your heart is the battlefield. The Qur'an is your shield.

RAAQI ABDUL WAHAB

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