



**VIOLENCE FREE**  
**MINNESOTA**

THE COALITION TO END RELATIONSHIP ABUSE

## How Is Your Heart Practice

### How is Your Heart?

In many Muslim cultures, when you want to ask them how they're doing, you ask: in Arabic, Kayf haal-ik? or, in Persian, Haal-e shomaa chetoreh? How is your haal?

What is this haal that you inquire about? It is the transient state of one's heart. In reality, we ask, "How is your heart doing at this very moment, at this breath?" When I ask, "How are you?" that is really what I want to know.

I am not asking how many items are on your to-do list, nor asking how many items are in your inbox. I want to know how your heart is doing, at this very moment. Tell me. Tell me your heart is joyous, tell me your heart is aching, tell me your heart is sad, tell me your heart craves a human touch. Examine your own heart, explore your soul, and then tell me something about your heart and your soul.

Tell me you remember you are still a human being, not just a human doing. Tell me you're more than just a machine, checking off items from your to-do list. Have that conversation, that glance, that touch. Be a healing conversation, one filled with grace and presence.

From The Disease of Being Busy by Omid Safi