

WHY DID THE QURAN DECLARE THAT THE HEART CONTROLS THE BRAIN? (SCIENTIST ARE SHOCKED)

What truly guides or controls our thoughts and actions? The heart or the brain?

This question might sound straightforward but it has been at the core of human curiosity for ages. Most people have always assumed that the brain is the control center of thoughts, the **Commander of the Body**. Meanwhile, the heart has been viewed primarily as the organ that circulates blood, simply keeping us alive.

However, recent scientific discoveries reveal a different perspective. After extensive research scientists have arrived at an answer that has astounded many leading Cardiologists and Neurologists worldwide. What's even more surprising is that these insights were already highlighted in the Holy Quran, 14 centuries ago.

Let's delve into this topic. I'll begin by presenting verses from the Quran about the heart's role. Then explore the remarkable findings of modern science that affirm what was already stated in the Quran.

Allah says in **Surah Al-Hajj, Verse 46**:

أَفَلَمْ يَسِيرُوا فِي الْأَرْضِ فَتَكُون لَهُمْ قُلُوبٌ يَعْقِلُونَ بِهَا أَوْ آذَانٌ يَسْمَعُونَ بِهَا ۗ فَإِنَّهَا لَا تَعْمَى الْأَبْصَارُ وَلَكِنْ تَعْمَى الْقُلُوبُ الَّتِي فِي الصُّدُورِ

-Have they not traveled through the land and have they Hearts wherewith to understand and ears wherewith to hear? Verily, it is not the eyes that grow blind but it is the hearts which are in the breasts that grow blind.

In this verse we learn that the heart, not the brain, is identified as the **primary source of reasoning**.

Allah links reasoning to the heart acknowledging its essential role in human cognition. No part of the body including the brain could function without it. For example, the brain would only survive a few minutes without the heart's support. Although science has developed machines that can temporarily substitute for a heart this solution only works for a limited period.

In another verse, Allah states in **Surah Muhammad, Verse 24**:

أَفَلَا يَتَدَبَّرُونَ الْقُرْءَانَ أَمْ عَلَى قُلُوبٍ أَقْفَالُهَآ

-Do they not then think deeply on the Quran? Or are their hearts locked up (from understanding it)?

This suggests that without an open heart one cannot truly reflect or comprehend. Perhaps we should focus on having an open heart rather than just an open mind as a receptive heart can lead to a receptive mind, allowing for true reflection.

In an authentic Hadith Prophet Muhammad (Peace Be Upon Him) said:

“Verily, Allah does not look at your bodies or your faces but He looks at your hearts.”

Why did he emphasize the heart instead of the brain?

Because it's the heart that directs our inner self. From it spring emotions and thoughts that guide our actions. Having examined the Quranic perspective, let's now look at what science says.

Gregg Braden, a **New York Times best-selling author** is known for pioneering the bridge between science, spirituality and human potential. His insights have led to more than **15 films, 12 award-winning books and recognition across over 40 languages.**

According to Braden: *“When I was in school, I was taught that the brain is the master organ in the body. But the new science shows that the brain receives instructions from the heart. This understanding reshapes how we view ourselves and our relationship to our bodies. Now we now know that the emotions generated in the heart create signals that prompt the brain to release chemicals into the body. Every moment an ongoing conversation takes place between the heart and the brain.”*

In 1991, a Canadian scientist **Dr. Armor** discovered that the heart has what he called **“a Little Brain”** or an **Intrinsic Cardiac Nervous System** which acts independently. This heart-brain is made up of a network of around **40,000 neurons similar to those in the brain.** These neurons allow the heart to process information, learn, remember and generate feelings which are then communicated to other cells in the body. This groundbreaking discovery in alignment with the Quran's teachings has transformed scientific views on the heart-brain relationship.

When Allah stated that many people have hearts but fail to understand, people of the 7th century might not have grasped its significance. Back then it was commonly believed that the brain controlled thoughts. Today, with the advancement of science, we can finally

comprehend this truth. Truly the Quran is the word of Allah as no one in the 7th century could have composed a book that touches upon scientific realities and future prophecies in such profound ways.

Allah says in Surah Fussilat, Verse 53:

سُرِّيهِمْ ءَايَاتِنَا فِي الْآفَاقِ وَفِي أَنْفُسِهِمْ حَتَّىٰ يَتَبَيَّنَ لَهُمْ أَنَّهُ الْحَقُّ ۗ أَوَلَمْ يَكْفِ بِرَبِّكَ أَنَّهُ عَلَىٰ كُلِّ شَيْءٍ شَهِيدٌ

-We will show them our signs in the universe and in their own selves until it becomes manifest to them that this the Quran is the truth. is it not sufficient in regard to your Lord that He is a witness over all things?

Thank you for watching this video. I hope it brought you valuable insights into the fascinating relationship between the heart and the brain as seen through both scientific discoveries and the timeless wisdom of the Quran. It's amazing to consider how something revealed centuries ago aligns so closely with modern research and I hope this encourages you to reflect on the profound depth within these teachings. Please feel free to share your thoughts and if you found this content meaningful consider liking, subscribing and sharing it with others who might benefit. let me know if further refinements are needed.

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