

# SELF PURIFICATION: DEFINING MEANING & ESSENCE:

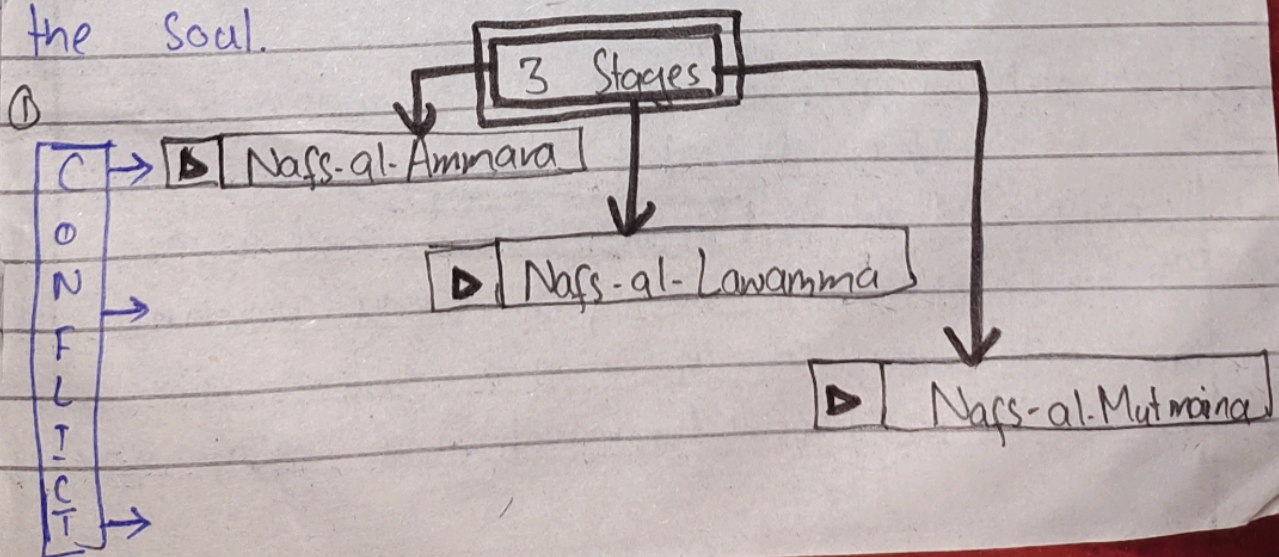
## PURIFYING SOUL FROM EVIL ATTRIBUTES TO ATTAIN INTERNAL CONTENTMENT:

According to Quran, the purpose of man's life is to take the test given by Almighty Lord and passing it is the actual success. Indeed he who purifies is succeeded, and the one who does not purify is ruined. For example there is a flower in a garden full of <sup>extra</sup> shrubs. Purifying or cleaning it would be cutting the surrounding long-grass. So the flower can grow with its full potential. That's how the process of self-purification in Islamic theology proceeds.

The Prophet (ﷺ) says that those who purify their hearts will enter Paradise, with hearts as like those of birds. To conclude this Hadith, it means to purify hearts/nafs/body from negative <sup>within</sup> strengths and free self from all the burdens of world.

## ⇒ How to attain self-purification? Follow 3 Stages:

Self-Purification can be achieved by absorbing a couple of actions. But, it involves three stages to reach to the final top stage of purifying the soul.



### ① Nafs-al-Ammarah; Self Evil Commanding Stage:

This is the stage of nafs (self-soul) that develops craving to fulfil the lustful force. It's a place in self where Evil resides. Fears, depression, confusion, anxiety are the traits that are visual existence of nafs-al-Ammara.

It commands whatever a self can wish in this world. It's like an untamed wildest animal who listens to none.

### ② Nafs-al-Lawamma; Self-Reproaching Stage:

This is a stage where inner conscious of self/soul shows its signs. Here the <sup>responsible</sup> feeling of wrongdoing is felt. We may say it's 50-50 situation where one side is the worst <sup>self-</sup>enemy (Nafs-al-Ammara) stands against the other side.

Though, the understanding of guilt exists but a human self lacks the power to say 'No' to the lustful desire. Nafs-al-Lawamma acts as a coach telling what's the strength and what's the weakness to <sup>win</sup> build a battle.

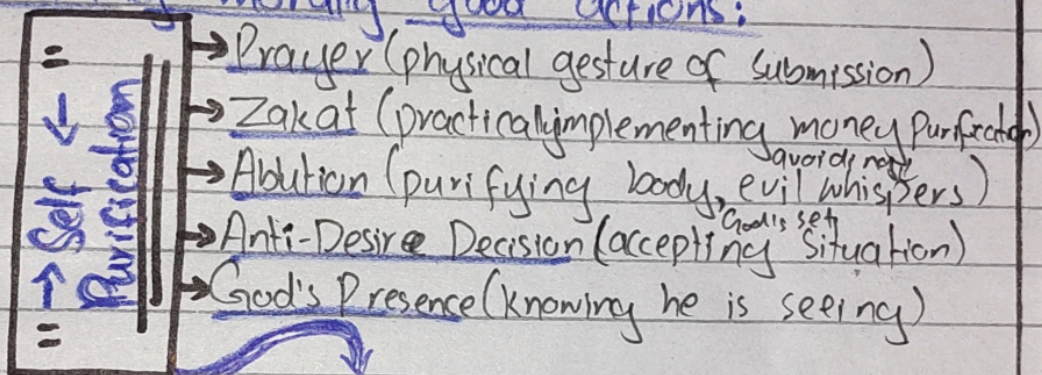
### ③ Nafs-al-Mutmama; Self-Satisfying Soul as of Bird's

It is the last stage of self-purification. After fighting Jihad-al-Akbar (Jihad against Self [Prophet (P)]), the soul feels empty portion inside its carnal self as a true Muslim kills his own desires (Nafs-al-Ammarah). That hollow space

is gradually filled with satisfaction. Yes, it happens as a fighter, a true Muslim believer, **accepts** whatever situation and state God has put him in and **submits** his likes and dislikes according to God's desires too.

===> It's a very painful stage of self-purification. But, those <sup>believers</sup> who reach at this place are the ones actual lovers of Allah and His Deen.

→ Tazkiya-e-Nafs is possibly achieved by observing morally good actions:



As **Imam Ali** said; "Body is purified by water, self (nafs) is purified by tears, intelligence is purified by (education) knowledge, soul is purified by love."