

Q What is Self-Purification & Ehsan?
Explain it in light of Quran & Hadith
and its impact on individual &
Society?

Answer:

Self-Purification

→ Introduction

Self-purification one of the fundamental aspect of Quranic teaching. It serve as the fulcrum points in the Islamic system. The reason for its importance is that it is a point or phase where human clean his/her heart from all sort of evil deed or thoughts and make it like a clean mirror. No doubt, it leads to a well-prosperous society, where everyone lives a healthy life.

→ Definition of Self-Purification:

Self-purification refers to the purification of soul from every type of pernicious and exrenous (evil) thoughts.

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→ It makes human heart a place of peace and calmness, where there is only remembrance of Allah.

* Arabic Term

In Arabic language, term Tazkiya-al-Nafs is used;
It means, Tazkiya → cleansing
Naf. → soul

Types of Tazkiya-al-Nafs

→ There are Total three types of Self-purification defined in Quran;

1 Nafs-al-Ammarah

"Unruly Animal Self"

→ It is the human nafs which commands only evil or bad deeds. It is one of the lowest type in human nafs stages, due to its very bad functioning.

ان النفس الامارة بالسوء .

Indeed, it is the ~~common~~ overwhelming soul which commands sin
(Yosuf : 53)

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2 Nafs - al- Lawamma

The human soul which regrets after committing sin. And try to recover from it by repenting.

ولا أقم النفس اللوامة .

I call witness to the regretful soul

(Al- Bayannah : 1-5)

3 Naf - al- Mutmaeenah

The type of human soul which is entirely at peace and calm stage. Which gives an immense confidence to humans.

In Light of Quran and Sunnah

The concept of self-purification has also been mentioned in Quran and Hadith greatly.

وقد قلب افلح من زكاه . وقد قاب من دساها .

If he purifies it, it will be successful & if he corrupt it it will be failure.

→ Hadith:

Prophet (P.B.U.H) said that On the Day of judgment Only good hearted soul will be at peace and calmness.

Impact on Society and Individual

1. Peaceful and Calmful environment

When humans purify their soul, every sort of evilness eliminated. This create a kind human heart, who donot want any bad for his fellow being, not want to harm any other creature living in the environment whether it be a bird or a tree.

2. Cooperative and condusive community

When impunity is not remained in a heart, humans ultimately incline towards doing good and also invoke others to participate in good and work for society welfare and prosperity.

3. Attaining Pleasure of God

Human soul after becoming good and evil free, He always seek goodness in his/her deeds

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and actions. These good deeds make him motivated to attain pleasure and blessings of Allah both in this world and hereafter.

Ehsan

→ Introduction

Ehsan is a third element of faith and belief. It carries a lot of positive energy. Because it is all about intentions of humans while doing actions. Ehsan refers to doing actions in its best way. It gives human a chance to let his body, soul and health to grow in a positive way.

Definition

Ehsan is an Arabic word, عِشَان.

It refers to doing actions or deeds in its best form.

It emphasised human pure intentions and efforts while performing any duty or action in the way of Allah or for Allah.

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In light of Quran and Sunnah:

In Quran and Hadith, the term Ihsan has been used for very time. Allah says;

ان الله يامر العن والاسان

Indeed, Allah enjoins both for justice and Ihsan.

(Al-Nahl: 90)

In Surah Rahman, about 2 times verses about Ihsan is used;

هل جزاء الااسان الااسان

Is there any reward for Ihsan except Ihsan.

Hadith;

Angel Gabriel asked Prophet (P.B.U.H) about Ihsan,

Prophet (P.B.U.H) said while you are doing deeds imagine as if you are seeing Him. Although, you cannot, yet He is watching you.

Main components of Ihsan

Ihsan is very effective term,

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because helps the person to truly attain God's pleasure and to take or feel pleasure while performing the act. Ihsan is a very pure term because it only requires four pure things:

Truthfulness (Sahih)

Truthfulness

Sincerity (Ikhlas)

Correctness

These components reflect the fact that actions and deeds in order to be accepted by Allah, only requires true intentions and Ikhlas.

Impact on Society and Individual:

1 Coexistence and Pluralism

Once humans understand that actions only requires truthfulness and correctness, they ultimately become pure and kind hearted. And they want to be accepted in sight of Allah. For this reason they try to forgive everyone and kind with others. This leads to

coexistence and pluralism in Society.
Because individual of any race
or colour do not bother each other.

2 Healthy and Spiritually good Person

Once an individual starts
to focus on his heart purity
and truthfulness, they started
to grow and develop in a
positive way in health wise and
physical or spiritual way. They
do not want to consume
any evil or bad thing. Which
keeps them healthy.

3 Grateful to Allah

Ehsan makes a human
to think about Allah's blessings
and Mercy. His blessings are numerous
in way - it ranges from nature
to our parents. This makes human
to always be grateful to Allah
in every situation.

Conclusion

In a nutshell, Ihsan
and self-purification are the
fundamental elements in
a human society. Muslim society
can grow in a very positive

way, if they understand these two and started to adopt it.

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