Ten Principles Concerning Purification of the Soul

Shaykh Abdur-Razzaaq ibn Shaykh Abdul-Mu<u>h</u>sin al-'Abbaad al-Badr (<u>H</u>afidhahumAllaah)

1. Title of the Book (in Arabic and English):
2. Mention the author's name [including the name of his father].
3. Mention the year & place of birth [including city, province and country].
4. Mention three (3) of the author's (<u>H</u> afidhahullaah) most well-known teachers .
5. Mention three (3) of the author's (<u>H</u> afidhahullaah) most well-known books .
6. Discuss how the Qasam (Oath/swearing) of Allaah in Soorah ash-Shams [91:1-10] shows the importance of the Nafs.
7. Discuss briefly what is meant by 'purifies it' in the Aayah: 'Indeed, he has succeeded who purifies it (the soul).' [91:9]
8. Discuss briefly what is meant by 'corrupts it' in the Aayah: 'Indeed, he has failed who corrupts it (the soul).' [91:10]
9. Memorize a <u>H</u> adeeth is which the Prophet (ماميليه) clearly states that the Nafs has a right over the Muslim.
10. Highlight five (5) of the Qawaa'id (principles) concerning purification of the soul contained in this book.

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1. What is al-Qaa'idah al-Uolaa (the First Principle) related to purification of the Soul?
2. What is the Ghaayah (objective/goal) for which Allaah created us & brought us into existence ; and the evidence for it?
3. Memorize the Aayah [16:36] which proves that the Mi<u>h</u>war (core) of the Da'wah of every Messenger was Taw<u>h</u>eed .
4. Discuss the <u>H</u> adeeth of Mu'aadh ibn Jabal (رضي الله عنه) and what it teaches us about the proper Minhaaj of Da'wah.
5. Memorize an Aayah [41:6, 7], the threat it contains and who it is that is threatened by Allaah in this Aayah?
6. Discuss Shaykhul-Islaam Ibn Taymiyyah's (Ra <u>h</u> imahullaah) explanation of the word 'Zakaah' in the above Aayah & what it contains of Naf-yu (negation) and Ithbaat (affirmation).
7. Discuss the consequence of Shirk and its effect upon both the soul and good deeds of the human being.
8. Memorize & briefly discuss the meaning of Aayah [4:48] and how it shows the severity of the consequence of Shirk.
9. Memorize & briefly discuss the meaning of Aayah [5:72] and three (3) of the consequences of Shirk mentioned in it.
10. Mention three (3) of the tremendous benefits achieved by one who actualizes Tawheed (in their life).

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1. What is al-Qaa'idah ath-Thaaniyah (the Second Principle) related to purification of the Soul?
2. Discuss the meaning of the statement of Shaykh al-Islaam Ibn Taymiyyah (Ra <u>h</u> imahullaah) concerning Du'aa being a key .
3. Memorize the Aayah [40:60] in which Allaah promises the one who calls upon Him that He will respond to him.
4. Discuss the statement of Umar Ibn al-Kha<u>tt</u>aab (رضي الله عنه) concerning du'aa and it being responded to by Allaah.
5. Memorize the <u>H</u> adeeth of the Prophet (ميلواله) in which he asks Allaah to purify his (ميلواله) soul [<u>Sah</u> ee <u>h</u> Muslim].
6. Memorize the supplication of the Prophet (مطياله) which is said to be the one he (مطياله) most frequently supplicated with.
7. Complete the Aayah [24:21] 'And had it not been for the Favor of Allaah and His Mercy upon you'
8. Discuss the Tafseer of Ibn 'Abbaas (رضي الله عنهما) for the above Aayah [24:21].
9. Memorize & briefly discuss the meaning of the words repeated by the Prophet (عليك) during the digging of Khandaq .
10. What is it that the Prophet (ﷺ) would always begin his Khutbahs with which makes us know that guidance is in the Hands of Allaah, Alone?

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1. What is al-Qaa'idah ath-Thaalithah (the Third Principle) related to purification of the Soul?	
2. Mention the previous two Qawaa'id (Principles) presented by the author (<u>H</u> afidhahullaah).	
3. Describe in detail the favor of Allaah upon the believers - mentioned in Aayah [3:164].	
4. What has Allaah guaranteed , according to the statement of Ibn 'Abbaas (رضي الله عنهما), to those who follow the Qur' o	aani
5. Memorize Aayah [10:57] in which Allaah describes the Qur'aan as a Shifaa' (healing) for that which is in the chests	S.
6. Memorize the Aayah [2:121] in which Allaah describes the believers as those who 'recite it as it should be recited	.'
7. Discuss the author's (<u>H</u> afidhahullaah) explanation of the words of Allaah: ' they recite it as it should be recited'	
8. Discuss the manner of the Sahaabah (رضي الله عنه) in learning Qur'aan as described by Ibn Mas'ood (رضي الله عنه).	
9. Discuss the statement of Fudail ibn 'Iyaad (Rahimahullaah) concerning the purpose for which the Qur'aan was revea	ıled.

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1. What is al-Qaa'idah ar-Raabi'ah (the Fourth Principle) related to purification of the Soul?
2. Mention the previous three Qawaa'id (Principles) presented by the author (<u>H</u> afidhahullaah).
3. Memorize the Aayah [33:21] in which Allaah describes the Prophet (ﷺ) as an 'excellent example' to be followed.
4. Discuss Ibn Katheer's (Ra <u>h</u> imahullaah) statement about this Aayah being an A<u>s</u>l Kabeer (a great foundation)
5. How does al- <u>H</u> asan al-Ba <u>s</u> ree (Ra <u>h</u> imahullaah) explain the reason for the revelation of Aayah [3:31].
6. Mention three things which A'immatud-Dalaal claim as benefits of following their Turuq Munkarah (evil paths).
7. Discuss Ibnul-Qayyim's (Ra <u>h</u> imahullaah) comparison between purification of the soul and healing the physical body .
8. Memorize the <u>H</u> adeeth related to performing actions which have no basis in the Deen of Allaah.
9. Discuss the statement of Imaam Sufyaan Ibn 'Uyainah (Ra <u>h</u> imahullaah) concerning 'al-Meezaan al-Akbar' which judges between truth & falsehood.

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1. Briefly outline the first four (4) Qawaa'id (Principles) related to purification of the Soul .
2. Mention al-Qaa'idah al-Khaamisah (the Fifth Principle) related to purification of the Soul - in Arabic, in 3 words.
3. Discuss this Fifth Principle , outlining its two essential elements and the relationship between these two elements.
4. Memorize the Aayah [9:103] which alludes to the Fifth Principle and show how it points to both Takhliyah & Ta<u>h</u>liyah .
5. Memorize the Hadeeth which shows the effect of sins upon the heart , [as mentioned in Soorah al-Mutaffifeen, 83:14].
6. Memorize the Aayah [29:69] where Allaah mentions those who strive hard in His Cause & those who do good (Mu <u>h</u> sineen).
7. Discuss the statement of Shaykhul-Islaam Ibn Taymiyyah (Ra <u>h</u> imahullaah) wherein he mentions the necessity of combining between Takhliyah & Ta<u>h</u>liyah .
8. Discuss the Tafseer of Imaam as-Sa'dee (Ra <u>h</u> imahullaah) for Aayah [4:49]: "Rather, Allaah sanctifies whom He wills."

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1. Briefly outline the first five (5) Qawaa'id (Principles) related to purification of the Soul .
2. Mention al-Qaa'idah as-Saadisah (the Sixth Principle) related to purification of the Soul.
3. Discuss the Mathal from as-Sunnah which clarifies the danger of entering doors which cause a person to lose his religion.
4. Explain what is meant - in this Hadeeth - by: The straight path, the two walls, the open doors, and the two callers.
5. What are the two main categories of al-Mahaarim (prohibited matters) mentioned by <u>H</u> aafidh Ibn Rajab (Ra <u>h</u> imahullaah) in his discussion of this <u>H</u> adeeth?
6. Memorize the Aayah [24:30] which mentions one of the main doors that leads to prohibited matters and destruction.
7. Discuss the statement of Abu <u>H</u>ayyaan al-Andalusee (Ra <u>h</u> imahullaah) concerning the above Aayah [24:30].
8. Discuss two benefits mentioned by Imaam as-Sa'dee (Ra <u>h</u> imahullaah) for those who abandon the prohibitions of Allaah.
9. Memorize the <u>H</u> adeeth of Abu Hurairah (Ra <u>d</u> iyAllaahu an-hu) concerning leaving alone that which does not concern you.
10. Discuss al-'Allaamah Ibnul-Qayyim's (Rahimahullaah) statement concerning excessive speech & looking (at the prohibited).

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1. Briefly outline the first six (6) Qawaa'id (Principles) related to purification of the Soul.
2. Mention al-Qaa'idah as-Saabi'ah (the Seventh Principle) related to purification of the Soul.
3. Memorize the Aayah [59:18] in which Allaah commands the people to look to what deeds they send ahead for themselves.
4. Mention four (4) fundamental principles mentioned in the above Aayah [Soorah al-Hashr, 59:18].
5. Memorize the <u>H</u> adeeth in which the Prophet (عليوسلم) commands the people to remember the destroyer of pleasures .
6. Mention three (3) affairs in which death (al-Mawt) is the divider , separator or the distinguishing line
7. Memorize one of the Aayaat [62:8, 7:34] which proves that death will definitely meet or reach every human being.
8. Can death (al-Mawt) be delayed or advanced ahead of the appointed time? Mention a daleel (proof) for your answer.
9. Discuss the statement of Sa'eed ibn Jubair (Ra <u>h</u> imahullaah) concerning the remembrance of death .

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1. Briefly outline the first seven (7) Qawaa'id (Principles) related to purification of the Soul.
2. Mention al-Qaa'idah ath-Thaaminah (the Eighth Principle) related to purification of the Soul.
3. Memorize the Aayah [18:28] which the author (<u>H</u> afidhahullaah) uses to support this Eighth Principle.
4. Discuss Imaam As-Sa'dee's Tafseer of this Aayah, including the commands it contains & the reason for the commands.
5. Memorize the <u>H</u> adeeth in which the Prophet (مطوله) commands us to carefully consider who we choose for a friend.
6. Discuss the main points contained in this <u>H</u> adeeth, as explained by Imaam Abu Sulaymaan al-Khattaabee (Ra <u>h</u> imahullaah)
7. Memorize the <u>H</u> adeeth containing the parable (mathal) of the righteous companion and the evil companion.
8. Summarize the Shar <u>h</u> of al-Qaa<u>d</u>ee 'Iyaa<u>d</u> (Ra <u>h</u> imahullaah) concerning the <u>H</u> adeeth of the righteous & evil companions.
9. Mention at least one of the steps that each one of us must take in order to apply this <u>H</u> adeeth to our individual lives,

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1. Briefly outline the first eight (8) Qawaa'id (Principles) related to purification of the Soul .
2. Mention al-Qaa'idah at-Taasi'ah (the Ninth Principle) related to purification of the Soul.
3. Memorize the Aayah [53:32] which the author (<u>H</u> afidhahullaah) uses to support this Ninth Principle .
4. Discuss the author's explanation of this Aayah , including the reasons mentioned by the author for this prohibition .
5. Memorize the supplication which the Prophet (مليوساء) taught Abu Bakr (Ra <u>d</u> iyAllaahu anhu) to recite in his <u>S</u> alaah.
6. Discuss the point which the author intends to make by this mention of the <u>H</u> adeeth of Abu Bakr (Ra <u>d</u> iyAllaahu anhu).
7. Memorize the Aayah [23:60] about which Aa'ishah (Ra <u>d</u> iyAllahu anhaa) asked if it referred to those who drink & steal
8. Discuss Aa'ishah's (Ra <u>d</u> iyAllahu anhaa) question & the Prophet's (ﷺ) response to it [explaining what they feared].
9. Memorize the statement of Abdullaah Ibn Abi Mulaikah (Ra <u>h</u> imahullaah) and discuss its significance to this principle.
10. Discuss the statement of Al- <u>H</u> asan al-Ba <u>s</u> ree (Ra <u>h</u> imahullah) contrasting the Mu'min & Munaafiq relative to this poin

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1. Briefly outline the ten (10) Qawā'id (Principles) related to purification of the Soul [as mentioned by the author].
2. Mention the author's reason why he says it is incumbent in the affair of purification of the soul to know its reality.
3. Mention the three (3) Sifāt (characteristics) with which Allāh describes the Nafs in His Noble Book (al-Qur'ān).
4. Discuss the author's (<u>H</u> afidhahullāh) description of an-Nafs al-Mutma'innah (the content soul) [mention 4 points].
5. Discuss al-'Allāmah Ibnul-Qayyim's (Rahimahullāh) detailed description of an-Nafs al-Mutma'innah.
6. Memorize one of the Aayāt [ar-Ra'd, 13:28; al-Fajr, 89:27-30] which contain mention of an-Nafs al-Mutma'innah .
7. Discuss the author's (<u>H</u> afidhahullāh) description of an-Nafs al-Lawwāmah (the self-reproaching soul) [mention 3 points].
8. Mention the view of 'Abdullāh ibn 'Abbās (Ra <u>d</u> iyAllāhu an-humā) concerning an-Nafs al-Lawwāmah & how we reconcile between the two views.
9. Discuss the author's (<u>H</u> afidhahullāh) description of an-Nafs al-'Ammāratu Bis-soo' (the soul which commands evil) [mention 3 points].
10. Memorize the Aayah [Yoosuf, 12:53] which contains mention of an-Nafs al-'Ammāratu Bis-soo'.

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1. Briefly discuss the First Mithaal for the Nafs as mentioned by Imaam Abu Bakr Mu <u>h</u> ammad al-Aajurree (Ra <u>h</u> imahullaah)
2. What has been mentioned as being essential for the trainer of a Muhr (colt) - if its owner is to one day benefit from it?
3. Mention two cases in which the trainer's effort will not result in the owner or rider benefitting from the horse.
4. Discuss the type of 'Nadam' (regret) experienced by one who neglects to train the Muhr even though he knows better.
5. Discuss the lesson to be learned from this First Mithaal of Imaam Abu Bakr Muhammad al-Aajurree (Ra <u>h</u> imahullaah).
6. Briefly discuss the Second Mithaal for the Nafs as mentioned by Imaam Ibn Qayyim al-Jawziyyah (Rahimahullaah).
7. Most travelers stop trying and return (i.e. give up on the journey) for three main reasons; mention these reasons.
8. Mention the four things which are between the 'Abd (person) and as-Sa'aadah (happiness) and al-Falaah (success).
9. Discuss the lesson to be learned from this Second Mithaal of Imaam Ibn Qayyim al-Jawziyyah (Ra <u>h</u> imahullaah).
10. Memorize two statements of Imaam Ibn Qayyim al-Jawziyyah (Rahimahullaah) which remind us that being saved and being successful in from Allaah Alone.

'Ashru Qawaa'id fee Tazkeeyatin-Nafs' Ten Principles Concerning Purification of the Soul Shaykh Abdur-Razzaaq ibn Shaykh Abdul-Muhsin al-'Abbaad al-Badr (HafidhahumAllaah)

1. What is the main point discussed by the author (\underline{H} afidhahullaah) in his conclusion ?
2. Mention some of as-Salaf a<u>s</u>-<u>S</u>aali<u>h</u> (Ra<u>h</u>imahumullaah) from whom the author conveys Wa<u>s</u>aayaa (advices).
3. Summarize two (2) of the main points from the Wa<u>s</u>eeyah (advice) of Abu Bakr as-Siddeeq (Ra <u>d</u> iyAllaahu 'anhu).
4. Memorize the Wa<u>s</u>eeyah (advice) of ' Umar Ibn al-Kha<u>tt</u>aab (Ra <u>d</u> iyAllaahu 'anhu) concerning preparation for al-<u>H</u>isaab .
5. Summarize two (2) of the main points from the Wa<u>s</u>eeyah (advice) of Uthmaan ibn 'Affaan (Ra <u>d</u> iyAllaahu 'anhu).
6. Mention the two things most feared by Alee ibn Abi <u>T</u>aalib (Ra <u>d</u> iyAllahu 'anhu), from the people, and why he feared them.
7. Memorize the statement of Alee ibn Abi <u>T</u> aalib (Ra <u>d</u> iyAllaahu 'anhu) concerning the Dunyaa & the Aakhirah .
8. Discuss the statement of Hasan al-Basree (Ra <u>h</u> imahullaah) concerning those whose accounting will be lightened Yawm al-Qiyaamah.
9. Memorize the statement of Maymoon ibn Mahraan (Ra <u>h</u> imahullaah) concerning how one may become Tageey (pious).
10. Complete the statement: 'The nafs is like a Shareek Khawwaan (treacherous business partner)