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# *Tazkiyah Al-Nafs* in a Noisy World

*Purifying the Soul for the Modern Mind*

Waleed Fekry Faris  
Raudlotul Firdaus Fatah Yasin

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Islamic Book Trust  
Kuala Lumpur

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## Preface

*In the Name of Allah, the Most Gracious, the Most Merciful.*

All praise is due to Allah, the Lord of the worlds, who has blessed us with the light of faith and the guidance of the Qur'an and Sunnah. May His peace and blessings be upon our beloved Prophet Muḥammad ﷺ, his family, his companions, and all those who follow his path with sincerity until the Day of Judgment.

The heart, though small in size, is immense in significance. It is the seat of faith, the wellspring of sincerity, and the mirror of one's spiritual state. A sound heart is the foundation of a sound life—one that is aligned with the pleasure of Allah and rooted in divine wisdom. Yet, in an age of distractions and heedlessness, many hearts grow distant from their true purpose, weighed down by worldly attachments and spiritual neglect.

This book is a humble effort to guide the seeker—particularly the new Muslim—toward understanding, purifying, and nurturing the heart. It is a journey through the essential teachings of Islam that revive the soul, strengthen faith, and cultivate a profound connection with Allah. Drawing from the Qur'an, the Sunnah, and

the insights of classical and contemporary scholars, this work seeks to illuminate the path of spiritual refinement.

We begin with sincerity (*ikhhlās*), the cornerstone of all righteous deeds, for without it, actions lose their value in the sight of Allah. From there, we explore the necessity of sacred knowledge, the different conditions of the heart, and the toxins that corrupt it, as well as the remedies that heal and elevate it. The discussions on asceticism (*zuhd*), self-accountability (*muḥāsabah*), patience (*ṣabr*), gratitude (*shukr*), and trust in Allah (*tawakkul*) provide practical and spiritual tools for transformation. Finally, we reflect on the delicate balance between fear (*khawf*) and hope (*raja'*) and conclude with the ever-open door of repentance (*tawbah*), the means by which the heart is continually purified and renewed.

This book is not merely a theoretical exposition but a call to action—an invitation to self-reflection, disciplined practice, and sincere devotion. It is our hope that readers, especially those new to Islam, will find in these pages a roadmap to spiritual clarity, inner peace, and a heart that truly lives in remembrance of Allah.

Here is a refined, book-appropriate acknowledgment with a calm, reflective tone suitable for *Tazkiyatun Nafs in the Noisy World*.

We ask Allah to accept this effort, to purify our intentions, and to make it a means of guidance and benefit for all who read it. May He grant us hearts that are alive with His remembrance, souls that are content with His decree, and lives that are pleasing to Him.

**Waleed Fekry Faris**

**Raudlotul Firdaus Fatah Yasin**

January 2026, Kuala Lumpur, Malaysia

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*Tazkiyah al-Nafs in a Noisy World* is a gentle yet profound guide for those seeking to understand, nurture, and transform the inner self. It is written for Muslims, both those born into the faith and those who have embraced Islam later in life, and will help them embark on their path of faith. At the same time, it speaks to people of other faiths who wish to explore the transformative spirituality of Islam. Rooted in the Qur'an, the Sunnah, and the wisdom of both classical and contemporary scholars, this book offers a clear roadmap to spiritual refinement and heartfelt devotion understand, nurture, and transform the inner self—for Muslims both who have born into the faith and those who chose Islam as their father, the will help all of them to embark on their path of faith. Not only Muslims but also people of other faiths who would like to explore the transforming spirituality of Islam as well.

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