



A SELF-REFLECTION GUIDE • TAZKIYAT AL-NAFS

The Tazkiyah Audit

Purifying the Heart with Al-Quddus

THE MOST HOLY

الْقُدُّوس TRANSLITERATED: AL-QUDDUS



What Is Tazkiyah?

Tazkiyah comes from the Arabic root *z-k-w*, the same root found in *zakat* — meaning both "to purify" and "to grow." A heart undergoing tazkiyah is not merely being scrubbed of fault; it is being cultivated, the way a gardener prunes a tree so it can bear better fruit.

In Surah Ash-Shams, Allah swears a striking series of oaths and then draws the conclusion: true success belongs to the one who purifies the soul, while loss belongs to the one who lets it become corrupted (91:9–10). Tazkiyah is the lifelong inner work standing behind every outer act of worship.

ROOT WORD

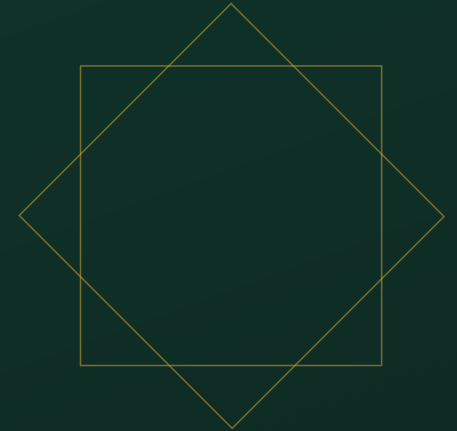
z · k · w

"To purify" + "to increase / grow" — purification in Islam is never subtraction alone. It is the clearing of space for good to flourish.

Meet Al-Quddus — The Most Holy

Al-Quddus shares its root, *q-d-s*, with *quds* — purity, sanctity, freedom from every flaw. He is the One whose perfection cannot be grasped by imagination or limited by any creation. This is the same root behind *Bayt al-Muqaddas*, "the Purified House," an old name for Masjid al-Aqsa.

The name appears at the head of two Qur'anic verses — [Surah Al-Hashr 59:23](#) and [Surah Al-Jumu'ah 62:1](#) — both describing Allah as the King, the Holy, free of every imperfection. To reflect on Al-Quddus is to be reminded that purity is not incidental to Him — and that He is inviting His servants toward their own share of it.



"The Most Holy — free from every imperfection, above being conceived by sense or imagination."

Why Call It an "Audit"?

A financial audit exists because books drift quietly out of balance — not usually from one dramatic error, but from small unnoticed entries. The heart works the same way. A little heedlessness here, a little pride there, and a person can drift far from where they meant to be without ever making one obvious wrong turn.

The Qur'an describes the Day when neither wealth nor children will be of any benefit — except for the one who comes to Allah with a *qalbin saleem*, a sound, unblemished heart (26:88–89). A regular, honest audit is how that soundness is protected — caught early, named honestly, and corrected before it hardens.

TWO STATES OF THE HEART

Qalb Saleem

the sound heart — alive, soft, sincere

Qalb Qaasi

the hardened heart — heedless, unmoved

Six Diseases of the Heart

01

Kibr

Arrogance — seeing yourself above others, or above correction.

02

Hasad

Envy — resenting a blessing Allah gave to someone else.

03

Riya

Showing off — doing good for eyes, not for Allah.

04

Hubb al-Dunya

Love of the world — letting this life outweigh the next.

05

Ghaflah

Heedlessness — drifting through days without remembrance.

06

Qaswah

Hardness — a heart no longer moved by Qur'an or reminder.

Sit With These Honestly



Whose approval am I really working for?

Allah's pleasure, or the praise of whoever happens to be watching.



What did envy whisper to me this week?

Name the blessing in someone else you quietly resented.



When did I last feel Qur'an move me?

Not read past — actually felt, in the chest.



Where do I refuse correction?

The topic where advice always meets a defense, not reflection.



What does my time reveal about my love?

Where minutes go without a fight tells the truth about the heart.



Did I forgive, or just stop mentioning it?

Buried resentment still hardens a heart quietly.



How many times today was I truly heedful?

Present with Allah, not just moving through motions.

Five Ways Back to Purity

1

Dhikr

Remembrance that keeps Al-Quddus present, not just recited.

2

Istighfar

Honest seeking of forgiveness, repeated, not performed once.

3

Muhasabah

A short nightly reckoning with yourself before sleep.

4

Good Company

Sitting near people who remind you of Allah, not just of dunya.

5

Qur'an, Slowly

Fewer verses, read until one of them actually lands.

None of these purify on their own — they simply clear the space where Allah's mercy can work.

A Simple Daily Rhythm

WHEN	PRACTICE
<i>Fajr</i>	Open the day with a few unhurried lines of dhikr. Even one minute of stillness before the day speeds up.
<i>Midday</i>	Pause for one honest question: "Whose eyes am I performing for right now?" A single check-in breaks the drift of a busy day.
<i>Asr – Maghrib</i>	Read a small portion of Qur'an slowly enough to actually hear it. Depth over distance.
<i>Before Sleep</i>	Muhasabah: name one thing done for Allah, one thing to repair, one to forgive. Close the books before the day is filed away.



A CLOSING SUPPLICATION

**"O Allah, make my heart a sound heart —
free of every trace You do not love."**

Tazkiyah is not a project you finish. It is a return you make, again and again, to the One whose Name is Al-Quddus — asking Him to make you a little more like what that Name describes.

