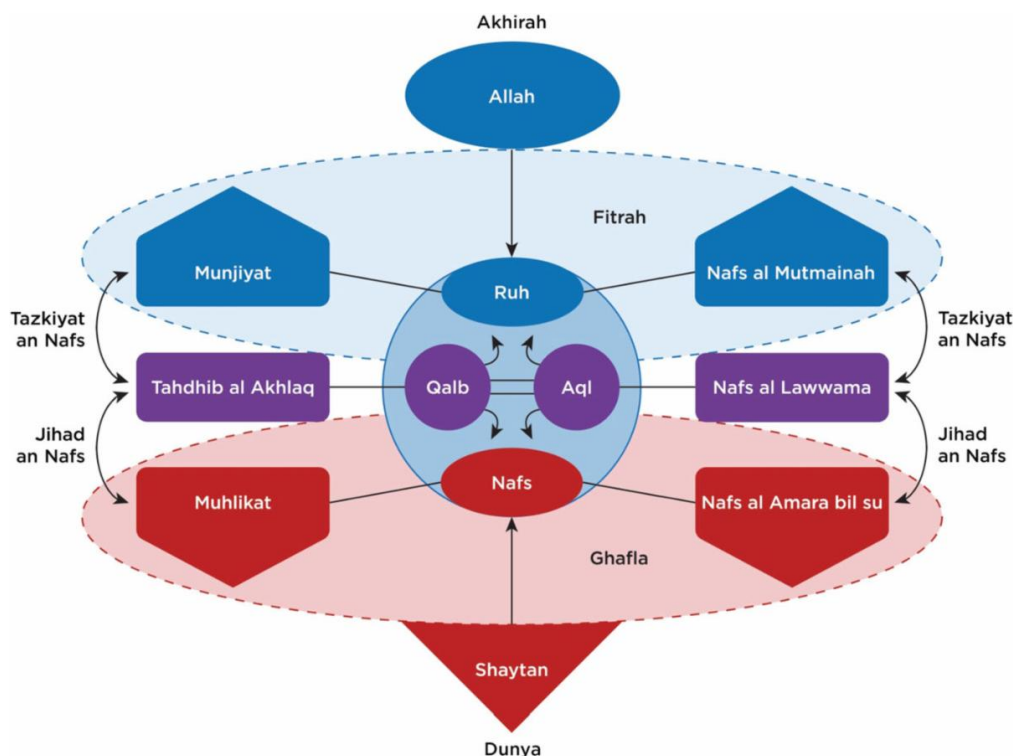


## Achieving Wellness Through Tazkiyat

The below infographic developed by A. Rothman translates traditional Islamic teachings into a graphical model of the soul, incorporating the organization of the four core elements: ruh (spirit), qalb (heart), aql (intellect), and nafs (stages of the soul) (see reference 1 at the end of the article).

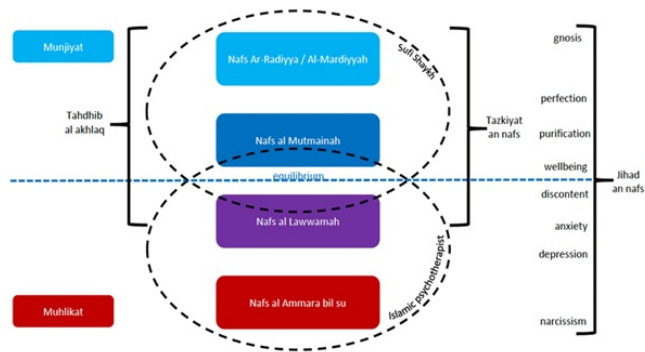


Current scientific works define Wellness as “a holistic integration of physical, mental, and spiritual well-being, fueling the body, engaging the mind, and nurturing the spirit” (3)

The process of Tazkiyat, (also spelled Tazkiyah/Tazkiyya) purification of oneself is an Islamic practice that offers a pragmatic approach to integrating mind, body, and soul resulting in a *fulfilling life* in all aspects and thereby promoting contentment and health.

While Tazkiyat may sound like a novel idea to some, its roots run deep in Islamic teachings and scholarship. Recent works by Abdullah Rothman (1, 2) have brought the basic principles to light, offering Muslims and individuals of all backgrounds the opportunity to understand the connections between mind, body, and spirit and how to attain the blissful state of ‘wellbeing’. At its core, Tazkiyyah advocates for keeping in check the desires of the self (nafs) with the guidance of reason (Aql) to maintain the purity of the heart (Qalb) that results in a healthy ruh (spirit) and body. The ultimate goal, at the end of the lifespan, is to return back the ruh in its original, pristine state to the Creator while living a healthy life in the world.

The model further explains (see reference #2 below) how this alignment is directly responsible



for inner and outer wellbeing starting from nafs-e-ammarah and ending in “nafs-e-mutmainna”. The interplay of mind, body, soul, and deeds creates a delicate balance essential for achieving wellness. However, the noise of the world, enhanced by our wants, often disrupts this equilibrium, leading to spiritual pollution and inner discord.

Through introspection, mindfulness, and adherence to spiritual principles, individuals can embark on a transformative journey towards wellness. Though the journey is solitary, the results are communal.

May we all embrace the blessed Ramadan opportunity to purify our hearts, nurture our souls, and radiate wellness to the world around us.

## A Powerful Message in Urdu

A didactical method has been described by Hazrat Mufti Muneer Akhoun in his recent Friday sermon, offering practical insights into this pursuit. He emphasizes the importance of establishing a connection with the spiritual self (Ruh) to not only benefit oneself but also to become a source of wellness for others.



Short Message

[Click here for the full message](#)

### References:

1. Rothman A, Coyle A. Toward a Framework for Islamic Psychology and Psychotherapy: An Islamic Model of the Soul. *J Relig Health*. 2018 Oct;57(5):1731-1744. doi: 10.1007/s10943-018-0651-x. PMID: 29907906; PMCID: PMC6132620.
2. Rothman, Abdallah & Coyle, Adrian. (2020). Conceptualizing an Islamic Psychotherapy: A Grounded Theory Study. *Spirituality in Clinical Practice*. 7. 10.1037/scp0000219.
3. Stoewen, D. L. (2017). Dimensions of wellness: Change your habits, change your life. *The Canadian Veterinary Journal*, 58(8), 861-862. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>
4. Mufti Muneer Akhoun Khutba: <https://www.youtube.com/live/IRFzUHyYfwk?si=F3LuUJszwU14gHqT>

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Let's continue to F.L.O.W. together to achieve wellness

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