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# Purification of Nafs

## Lesson 1

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- In “Human Nature” series of lessons, we learned a lot about the nature of Nafs – its various states, the Tempting Nafs, the Self-Reproaching Nafs, and the Content Nafs.
  - We also talked about some of the consequences of giving into the Tempting Nafs.
  - We looked at the verses of the Holy Qur’an wherein Allah (swt) has encouraged us to purify this Tempting Nafs.
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- Beginning next week, Insha-Allah, we will study the ills of the Tempting Nafs and how to cleanse and purify it.
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