

## Core Curriculum

### 2 Foundations of Islam - Theology

#### 2.9 **The Islamic Concept of the Nafs: Battling the Human Ego**

**Question:** What is the nafs?

**Answer:** It can refer to the inner self, or the base self and ego that commands to evil.

**Question:** What is the fitrah?

**Answer:** The fitrah is our spiritual nature, the realm within us that commands towards the good and Allah.

**Question:** What is the pure heart?

**Answer:** The pure heart is a heart that is empty of sin and completely submerged in the remembrance of God.

**Question:** What happens when we refuse the whims of the nafs?

**Answer:** Your fitrah or spiritual nature becomes stronger. You become more disciplined in life.

**Question:** How do we win the battle against the Nafs?

**Answer:** By starving it and feeding the fitrah instead.