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Our Reality

(Body, Soul & Spirit)

Abu Abdullah

Our Commitment

>(The Search of Truth)<

Email: khidmat777@gmail.com

www.khidmat-islam.com

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

In order to spend life under the Greater Meaning of Life instead of the Lesser Meaning of Life, it is necessary to be aware of our own reality. Who are we? what is our reality? What are we? What is nafas (self) and what is soul (spirit)?

Note: Nafas and Rooh (self & soul) is a subject on which very little knowledge has been given. Therefore, it is difficult to reach the exact truth about it. The Creator knows the actual reality. However on the basis of given knowledge, we will try to enlighten the subject.

Our existence consists of three parts. (1). Body (i.e. material form), (2). Nafas (Self) and (3). Soul (spirit).

Some scholars have declared the body and Nafas (self) to be one and the same thing, and some are separate. But with regard to the soul, they all agree that it is an independent reality. The subject information is given below:

(1). Body (material existence):

This flesh based on various organs is a material mold of the meat which is not permanent but temporarily given to live in this world and after death it will perish. This is an animal like body, which need food and reproduction for its survival. Its allure is with eating and drinking and breeding. Among all living beings, human existence is the best and highest creation. The heart, mind and five senses in the material form,

i.e. ears, nose, eyes and the organs of taste, tongue, skin, etc., have a unique status for the soul and Nafas (self).

From the five senses: seeing, hearing, tasting, feeling and smelling, while from the heart and mind, immaterial senses such as the heart and mind are born, which become a means of playing an important role for the Nafas and Soul.

(2). Nafas (Self): It is non-material i.e. invisible thing. 'Nafas' is the subtle sense that is related to the heart, mind and senses. That is, the self has three components:

(i) material body, (ii) senses (seeing, hearing, taste, touch and smell) and (iii) mind.

The combination of these three components is called Nafas (self).

Senses and Mind: Senses are actually the valuable sensors that have the ability to see, hear, taste, smell and touch. These sensors: have special devices for seeing, hearing, tasting, smelling and touching (eyes, ears, tongue, nose and skin/nerves i.e. meat poppy etc.). They collect information from the external world and convey it to the brain. All kinds of feelings (i.e. good, bad, sweet, bitter, fun, peace, anxiety, anxiety, pain...) are felt in the mind. If there is no mind, no anxiety, no pleasure.....no feeling of anything. The brain is a very valuable hardware of a fleshy poppy, which has many organs based on very complex functions. This is controlling the whole body. It is the ruler. It controls all the organs of the

body. It is also a data center (Hard Disk), a processor and an analyst. The mind is an immaterial thing which is the output of the brain and this output is in the form of intelligence, insight, wisdom....etc. i.e., the mind is just like a software running in the computer.

What is intelligence and knowledge?

Whatever knowledge/information we get through the senses is used by the intellect. Intellect and knowledge is the light that is the source of understanding other sciences including revelation. The Creator has distinguished jinn and humans from other creatures on the basis of intelligence and insight. This light saves man from prejudice and narrow-mindedness and brings him to the truth. Those who don't use this great blessing given by Allah, they steal their eyes, they become victims of ignorance and brutality and become a scourge for the society.

The Holy Quran has emphasized on wisdom and insight instead of ignorance i.e. the people of the intellect have promised prosperity. It is indispensable to use other senses (hearing and sight) including intellect and understanding to recognize right and wrong. Stopping the use of hearing and sight including the heart and mind will result in nothing but destruction. Those who do not use this wealth (heart, hearing, sight), about them the Lord said:

".....such people are animals, but even worse than animals, and they are oblivious." (Al-Araaf:7:179)

So it is known that intellect is a great tool that gives direction to goodness. But it is important that it must be based on solid knowledge, otherwise it can be deceptive.

How desires produced? Now the next question is that the biggest problem of man is how desires are born? Now it is not difficult to understand, that is, these five senses together with the body and mind give rise to desires. So it is known that the Nafas (self) refers to human being. His inner self, his thinking, and his condition. This is what makes the nature of man. Nafas (Self) and devil work together. The ground of Iblees is Nafas (Self), which he uses for the destruction of man. It is related to desires, so generally, the source of lust, immorality, deception and anger is the Nafas, unless it is purified.

That is why the Lord, by taking seven oaths (which is the only place in the entire Quran to take so many oaths together), asked the human being to improve his Nafas (self). In this regard, man has been warned in a very strict manner, that whoever failed to purify his soul, he was destroyed and ruined, it was instructed:

"Surely he succeeded the one who purified the soul and the one who pollutes it becomes useless."

(Al-Shams: 91:10-7)

Purification means to reform and train your thinking, to purify your inner self, to decorate it with the things that are liked by our Creator and to remove the things He dislikes and prohibit,

such as polytheism and other vices: worldliness, greed, and immorality, cruelty, envy, backbiting, indecency, arrogance...). The center and axis of purification is our soul, heart and mind. While the output of purification is good character and action, i.e. "Taqwa".

Now we get some important information about the soul.

(3). The Soul

The soul is the most important reality of our body. Like the Nafas, it is also an immaterial, invisible and very subtle thing. It is not temporary but eternal. That is, it will not perish with death like the body, but its existence will continue. Man has not been given much deeper knowledge about it. The general thing that is understood in this context is that our material body is made from this universe, that is, this world, while the soul is from heavens i.e. the command of Allah, as stated:

"And then I blow into him my spirit" (Al-Hajar: 15:29).

Life and death are also related to the soul. Just like when there is electricity, the electrical devices (lights, fans...) run, when light is off, they become dead. The role of soul is like an electric current. If it is present in body, then we are alive, if it comes out, then the body becomes dead even in the presence of all the other organs.

Moreover, the 'Nafas' is related to the body and lust, while on the contrary, the soul is related to the Creator. That is why, unlike the Nafas, the soul has good morals (faith, piety and

purity, purity, truth, honesty, modesty...). Like the body, the soul also has its own existence and its requirements too. It also needs food. The food of the body is lust and material components, while the food of the soul is spiritual components, i.e. obedience to the command of Allah, piety and Refinement.

The soul is related to the "heart and mind" of man instead of the body and lust. The soul calls man to the Hereafter, while the 'Nafas' draws him to this materialistic world. The desire of the Nafas is to eat and drink and to fulfill lust, while the desire of the soul and its peace is connected with "relationship with Allah".

The survival of the soul: In order to keep it energetic, it is necessary to keep getting his required food (remembering God and piety and purification). In other words, the ego will be overwhelmed, the 'Nafas' will dominate the body and the human being will be deprived of the great good that comes through the soul.

Generation of Thoughts: Now we see how thoughts are generated in the human mind.

The source of human thoughts: The thoughts born in the heart and mind of man from: (1). Allah Almighty and his angels, (2). Nafas, and (3). Devil (Iblees).

Whatever work a person has to do, thoughts are the primary motivation. The kind of thought and idea that will be

generated, the same kind of action will be created by the person. Therefore, it is very important for the improvement, that these thoughts be good.

The states of the Nafas (Self)

After the creation and settlement of the human self, a distinction has been made between good and evil, as the Lord said:

"And by the soul and its reconciliation (formation). So it was given the sense of its evil and goodness (consciousness). Surely, he who kept this self pure became successful, and he who polluted it, he failed."

(Al-Shams: 91:10-7)

There are three different aspects in the human self. Which of these three aspects will be dominant and which will be defeated, it is related to the thinking and actions of the human being. The following three states of the self are:

(1). Nafas-e-Mutmainna (Satisfied-self), (2). Nafas-e-Lwama (Repelling self), and (3). Nafas-e-Ammara (Bad-self)

(1). Nafas-e-Mutmainna (Satisfied-self): This is the highest level of self-training, which is required of a human being. This is the state in which the balance of the soul is completely restored. The nature is fully awakened. The desire and enthusiasm to follow the orders of the creator comes in the mind. Excellence and love in virtues, while distance and

hatred from evils are created. Every breath of a human being begins to pass with commitment to Allah. About such lucky ones. The Lord announced the following:

"O self-satisfied soul, return to your Lord, so pleased with him. He is pleased with you, so join my special servants and enter into my paradise."(Al-Fajar: 89:30-27)

May Allah make us among these lucky ones. (Ameen)

(2) Nafas-e-Lwama (Repelling self): This is the state of the self in which its balance is not completely disturbed. The consciousness of good and evil is fully present. Happiness over the good deeds and dissatisfaction over the bad deeds. If a person listens to this resistance for bad things carefully, he will gradually reach to the self-satisfied soul. This self is mentioned in the Quran as follows:

"I swear by the repelling soul." (Al-Qiyamah: 75: 2)

(3). Nafas-e-Ammara (Bad-self): The person who don't care for the evils of the self. The fulfillment of desires becomes its goal. He loses the balance of the self given by the Creator. Such person overpowers his self in the hands of his unnecessary desires. Due to the lack of balance, the consciousness of good and evil go away. Incites to evil, and such an unlucky person is compelled by lust to do evil, except that Allah Save him by force. It was said about this soul:

"And I do not exonerate the self, surely the self commands for evil. Except that my Lord may have mercy

on someone. Verily, my Lord is Most Forgiving and Most Merciful." (Yusuf:12:53)

Self-improvement strategy

Keeping the self under control is a very difficult task. It requires a lifetime of effort and hard work. If the work of self-purification is started, it will gradually change from ``Amarah'' to ``lawamah'' state to blame on evils, then finally, ``being under control'' and 'satisfied' surrendering to the pleasure of the Lord by avoiding evil and losses. One becomes satisfied, which is a great happiness. For self-improvement, it is necessary to:

- 1) Relationship with Allah should be strengthened.
- 2) Desires should be controlled keeping in view the Hereafters life.
- 3) The understanding of the Quran should be connected day and night.

The real reality of man is the soul of man, whose food is not material goods, but the remembrance of Allah. But unfortunately, in this world, man generally forgets the requirements of the soul and spends day and night only worrying about material, animal and spiritual existence. May Allah grant us the ability to keep our reality in mind and live life with a greater purpose. (Ameen).



Our Writings

For the benefit of humanity & betterment of this & hereafter's life, Allah (SWT) enabled us for some highly beneficial inspirational life changing work in the form Books, which is based on:

“Truth & sincerity, Quran & Sunnah, Balnace, Ethics, Unification of humanity through truth & especially unification of Muslims”

This work is comprising of: Books, Pamphlets & Broshers.

- **Books:** Out of our 27 books (written in Urdu language), following books are selected to convert into English:

- 1) The existence of God..... (Completed)
- 2) Purpose of Life..... (Completed)
- 3) The way to God.....(Completed)

Following topics are under consideration:

(4) Hadyet (True Guidance), (5) Human rights in Islam, (6) Real reasons of our moral decline, (7) The real solution to our worries, (8) How to control desires, (9) Importance of Quran understanding, (10) The reality of this world and the hereafter, (11) Touheed (monotheism), (12) Risalat (requirements of Prophethood), (13) Meaning of worship, (14) The greatest cruelty, (15) Powerful devilish deceptions, (16) Unification of Muslims, (17) Do's & don'ts of Islam, (18) Islamic law of divorce, (19) Rules of male & female interaction.

- **Pamphlets:** Short writings consisting of about: 5-10 pages.

About 32 Pamphlets on highly important topics have been produced until now in Urdu language, which need to be converted into English. Out of which following are completed:

- 1) Our reality (soul & spirit).....(Completed)
- 2) What is life?..... (Completed)
- 3) True sources of real peace & satisfaction.....(Completed)

- **Broshers:** Breif single pager inspiring text on variety of important topics.

It will continuously be uploaded on web-site as developed.

You will find this work a powerful tool in awakening religious awareness. Read and let others read. This will be a continuing act of charity for you and this gift may change someone's life. May Allah keep us on truth, sincerity & right path.(Ameen).

- **Need Volunteers:** Regarding the conversion of said work in English, we will try to do it in future but need **volunteers** to help us & to seek great reward from Allah.