

# Soul's Alchemy



A Journey Through Spirituality  
and Self-Discovery

**Faseeh.M.Babar**

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# Introduction



Hello There! I'm Faseeh Muhammad Babar, and I'm excited to welcome you to my book, "Soul's Alchemy." Within these pages, you'll find a collection of my thoughts, experiences, perceptions, and reflections on life, spirituality, and everything in between.

"Soul's Alchemy" is more than just a book, it's my personal journey of exploration and discovery. As I delve into Islamic teachings and other philosophical concepts, I invite you to join me on this voyage of self-discovery and enlightenment. While I may not be a scholar, I am a regular person seeking answers in the vast sea of knowledge that surrounds us.

Throughout "Soul's Alchemy," you'll encounter a diverse array of topics, ranging from the intricacies of Angels & Jinnat, to my perspective on life, human emotions, and love. Each chapter is an opportunity to delve deeper into these subjects, exploring the complexities that shape our understanding of faith, philosophy, and the human experience.

As you journey through these pages, I hope you'll find resonance in my words and insights. Whether you're seeking guidance, inspiration, or simply a new perspective, my aim is to offer you a glimpse into my world and to spark meaningful conversations about the fundamental questions that define our existence.

So, let's embark on this exploration together. Let's uncover the hidden truths, challenge our assumptions, and embrace the mysteries that surround us. "Soul's Alchemy" is not just a book, it's a journey of the mind, heart, and soul. And I'm thrilled to have you along for the ride.

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# Chapter 1

# Journey of the Soul



Journey of the soul is the stages a soul goes through or lives in. There are six stages a soul goes through.

## 1) Aalim-e-Arwah

Aalim-e-Arwah is a realm where a soul first lives. Not much is known about it and the life of Aalim-e-Arwah can be very confusing. Sometime when we meet a stranger we get a feeling that we know this certain someone or have met them before but we couldn't recall where we have met them, like a feeling of déjà vu. This is because we have met them, not in Dunya but in Aalim-e-Arwah. The souls which did not interact there are complete strangers in this Dunya as well. Soulmates are also formed in Aalim-e-Arwah. The realm of Aalim-e-Arwah is very confusing which raises a lot of questions but this is what makes it so fascinating and interesting.

## 2) Womb

The second stage a soul goes through is inside a mother's womb. Some scholars may say that this stage is not a separate part of the journey while some may say it is. They might say that this stage is a part of "Dunya" but in my perspective it's a separate part.

## 3) Dunya

Dunya, or the earthly realm, constitutes the third stage of the soul's journey. Here, amidst the complexities of life, the soul experiences the trials and

tribulations of mortal existence. It is a stage marked by deeds, both virtuous and sinful, as individuals navigate the complexities of human interaction, morality, and spirituality. From acts of kindness to moments of transgression, every action shapes the soul's destiny, paving the path for its ultimate reckoning.

#### **4) Barzakh**

This is the fourth stage. Some people think that after death a soul does to either Jannah or Jahannam. That is not correct. After death, a soul goes to Barzakh, a realm quite similar to Aalim-e-Arwah. There a soul lives until the Day of Judgement. There the evil-doers are punished for their sins and the good-doers wait for the Day.

#### **5) The Day of Judgement**

The fifth stage is where the soul is resurrected on the Day of Judgement or the Day of Resurrection. It is a day of reckoning, where every soul is called forth to account for its earthly deeds. In the divine courtroom of eternity, justice prevails, and the destinies of souls are sealed for eternity.

#### **6) The Eternal Life**

The sixth and last stage a soul lives in also known as the eternal life. Either that eternal life will be a life of peace and happiness or eternal damnation and suffering.

# Chapter 2

## Gates of Jahannam



Jahannam or Hell is a place made by Allah to punish evil-doers in the afterlife. The concepts of levels or gates of Jahannam is based on the weight of the sins committed by the sinner. There are seven gates of Hell.

### 1) Jahannam

The first level of Hell. This level is for Muslims who were sinful in Dunya. It has the least heat and the least painful punishment for sinners as compared to the other levels. When the sinners enter through its gates their faces will be burned and the fire will eat their flesh. Allah will renew their flesh every time they are burned.

### 2) Ladah

This is the second gate of Hell. This gate is for humans and Jinn who did not believe in Allah, rejected the Prophet's messages and did not believe in them as the messenger of Allah. The punishment in this gate is that the fire will eat away their organs one by one and will destroy their bodies.

### 3) Saqar

The third level of Hell. This gate is for the people who did not perform Salah, did not offer food to the poor, used to follow the path of unjust and falsehood and refused the existence of the Day of Judgment. The fire will eat their flesh but not the bones.



#### **4) Al-Hutamah**

This is the fourth gate of Hell. The punishment of this gate is that the fire will burn the bones and emblaze their heart and inner organs. The sinners will cry to the point where their tear glands and blood will dry out. They will cry so much that their tears will be of huge amount that even a ship could sail in it.

#### **5) Jaheem**

Jaheem is the fifth level of Hell. Sinners will be thrown in here because they did not give correct belief to Allah, declined to give correct rights and did not feed the poor. This level is a big piece of coal and is even bigger than the lowest level of Hell (7th level).

#### **6) Saeer**

The sixth gate of Hell. This level consists or three hundred castles which have three hundred huts, each in which there are three hundred different types of punishments. The pain in Saeer is unimaginable and unbearable. There are scorpions, snakes, chains, ropes etc. It even has a pit of agony which is the most painful punishment in Hell.

#### **7) Al-Hawiyah**

The seventh and last gate of Hell. It is said that no sinner will be released from this level. There is pitch darkness in this level. The backbiters and non-believers are punished here. The sinners will be crushed under mountains lying on their faces. Their hands will be bound to their necks and their necks to their legs. The Zabanniyah, also known as the Angels of Jahannam (Hell) will stand on them. The hands of these Angels are made of strong iron and as a punishment they will beat the sinners with their bare hands.

# Chapter 3

## Gates of Jannah



The difference between the gates of Jahannam and the gates of Jannah is that there are only seven gates of Hell while there are eight gates of Jannah.

### **1) Baab As-Salah**

This gate will allow those people to enter Jannah who were punctual and attentive in their prayers.

### **2) Baab Al-Jihad**

Those Muslims who sacrificed their lives in the way of Islam through Jihad will enter Jannah through this gate.

### **3) Baab As-Sadaqah**

This gate allows only those believers to enter who gave charity and Sadaqah in the way of Allah.

### **4) Baab Ar-Rayyan**

The people who kept their fast with sincerity and to attain the blessings of Allah will be allowed to enter Jannah through this gate.

### **5) Baab Al-Hajj**

Those people who performed Hajj Pilgrimage will enter Jannah through this gate.

## **6) Baab Al-Kaazimeen Al-Ghaiz Wal Afina Anin Naas**

The people who were able to control and suppress their anger and were forgiving towards the creations of Allah will enter Jannah through this gate.

## **7) Baab Al-Imaan**

The people who were steadfast in their faith in Allah and trusted His decisions for them will enter Jannah through this gate.

## **8) Baab Al-Dhikr**

The believers who constantly remembered Allah and did Dhikr will be allowed to enter Jannah through this gate.

## Chapter 4

# Prophets in the Heavens



<b>First Heaven</b>	:	Prophet Adam and Hawa
<b>Second Heaven</b>	:	Prophet Isa and Prophet Yahya
<b>Third Heaven</b>	:	Prophet Yusuf
<b>Fourth Heaven</b>	:	Prophet Idris
<b>Fifth Heaven</b>	:	Prophet Haroon
<b>Sixth Heaven</b>	:	Prophet Musa
<b>Seventh Heaven</b>	:	Prophet Ibrahim

# Chapter 5

# Angels



## 1) Jibreel

Jibreel was the first Angel ever created. he was created before Jannah and Jahannam. he acts as an intermediary between Allah and the humans. He met 124,000 prophets. He has six hundred wings as described by Prophet Muhammad ﷺ. In the Quran he is also called Rooh-ul-Qudus (Holy Spirit).

## 2) Mikael

Mikael is one of the four arc angels of Islam. He is the angel that supervises natural events such as rain, plants etc. He also has helpers that drives the clouds and winds by the permission of Allah. Mikael never laughed since Jahannam was created. In the Quran he is mentioned once by name.

## 3) Israfil

Israfil is also one of the four arc angels of Islam. He will blow the trumpet on the Day of Judgment. In the famous Hadith it is narrated that Ayesha رضي الله عنها tried to calm the Prophet ﷺ after seeing him profound in worship. He ﷺ said, “how can I be calm if Israfil is ready to blow the trumpet”. Israfil’s eye is fixed on Allah and hasn’t blinked out of fear that he may miss Allah’s command. Israfil will blow the trumpet twice. All of the creation will be terrified and die after the first blow. the second blow will raise everyone and the Day of Judgment will take place.

#### **4) Izrael**

Izrael, also known as Malak-ul-Maut (Angel of Death) is entrusted with the taking of the souls. He has helpers that comes in the best appearance if the dying person is a good-doer. But if the dying person is an evil-doer that come in the most frightening appearance. If the person is destined for Hell, they extract the soul with violence and if the person is destined for Jannah they extract the soul with ease.

#### **5) Ridwan**

Ridwan is the gatekeeper of Jannah. When people enter Jannah, the Angel greets them. He is not mentioned in the Quran but he is mentioned in a Hadith.

#### **6) Malik**

Malik is the gatekeeper of Hell. He never smiled even after meeting the Prophet ﷺ during Isra wal Miraj. He is assisted by nineteen other Angels known as Zabaniyah (mentioned in Chapter 2). The Mujirimeen would cry to Malik, “Oh Malik, let your Lord put an end to us”. He will reply, “You are here to stay” and will reply to them after one thousand years.

#### **7) Kiraman Katibin**

They are the two Angels that record a person’s actions. They are also called Raqib and Atid. They are closer to you than your jugular veins. They know whatever you do.

#### **8) Munkar & Nakir**

They are the Angels in charge of the trials of the grave. They are the most hideous of Allah’s creations. When a person is placed in the grave and his companions turn and go, he hears their footsteps. The two Angels come to him and ask three questions:

- Who is your Lord?
- What is your Deen?
- Who is your Prophet?

Only the righteous and pious will be able to answer. They hold a large hammer

that even if the whole mankind and Jinn-kind come together they could not lift it. The hypocrites and the disbelievers would not be able to answer and would be smashed by the hammer.

# Chapter 6

# Jinnat



Jinnat are beings made of fire. Just like humans, Jinns can also commit bad deeds and good deeds however humans cannot see them until they want humans to see them. There are three types of Jinn :

- The one who flies
- The one who appears in the shape of dogs and snakes
- The one who just comes and go

Following are a few famous Jinns :

## 1) Hamzad

Hamzad, or most commonly known as Qareen is a Jinn permanently assigned to humans. This Jinn spreads negativity and pollutes the mind and Nafs.

## 2) Al-Kaboos

In modern society there is a situation called “sleep paralysis”, western scientists claim it’s a phenomenon that occurs (rarely) in your sleep. But this is not a phenomenon, the person who is asleep gets attacked by a Jinn named Al-Kaboos. When a person feels heavy pressing upon their chest so much that they cannot speak or move. When the Jinn goes away you wake up immediately gasping for air.

## 3) Abu Fanus

Abu Fanus is a Jinn that lights a lamp or some kind of light in the middle of



the desert in the Arabian Peninsula and whoever follows that light gets lost or killed. Since this Jinn is not mentioned in the Quran, we are not completely sure about it.

#### **4) Zub'aa**

A Jinn that travels in a sandstorm. Reference can be taken from the Testaments of Solomon.

#### **5) Sakhar**

A Jinn who once tried to steal Prophet Suleiman's ring.

#### **6) Abarzat**

This Jinn once helped Zub'aa in the Red Sea to lift a bolder. Zub'aa was commanded by Prophet Suleiman. When he went to the Red Sea he met Abarzat. Abarzat claimed that he is so old that he had even seen the era of Prophet Musa.

Other lesser known Jinns include :

- Al-Abyad
- Al-Ahmar
- Borkan
- Al-Muzahid
- Shamorish
- Maymon

### **Kinds of Jinn**

There are three kinds of Jinn :

#### **1) Jinn**

If they commit good deeds and bad deeds like humans, then they are a Jinn.

## **2) Maarid**

If they hide in the skies and listens and can lift enormous weights and are faster and more powerful than humans, then they are called Maarid.

## **3) Afreet**

If they are more than that, if they are more powerful than a Maarid, they are called Afreet

The most powerful Jinn of all Jinnkind is Iblees. There are many situations where people have seen a Jinn and they all claim one thing, "There's a reason why Allah has made them unseen by humans". I have come across several cases where people came in contact with them. A friend of mine had been attacked by Al-Kaboos, another friend of mine's uncle had been once possessed by a Jinn, a person I saw online claimed he had been possessed by a Maarid, and I myself have several cases where I have seen glimpses of them in human form, and to this day, the real mystery is none of them ever tried to possess me or hurt me.

The Jinnkind are very interesting species, most people avoid talks of them and are scared of them. Unusually for me I am much more interested in them and want to learn more about them.

# Chapter 7

## Origin of Magic



Harut and Marut were the two Angels sent by Allah as a test to mankind with the knowledge of sorcery. It is mentioned in Surahh Baqarah 2:102

“Two Angels were sent down and these Angels had with them the knowledge of how to control the Jinns”

They were sent to Ancient Babylon which is one of the most ancient known cities. The Angels were allowed to teach mankind how to control the Jinns. But the Angels warned everyone that wants to study with them that magic was a trial and that they should not use it for nefarious purposes. However, some people succumbed to the temptation of magic and began practicing it for evil deeds. This led to corruption and chaos in the city. Harut and Marut were dismayed by what they saw and pleaded with Allah to allow them to leave Earth. But Allah decreed that they must endure the consequences of their actions.

As punishment for their failure to prevent the spread of magic, Harut and Marut were transformed into humans and were left to live among the people they were meant to guide. They were given the choice to either experience the trials and tribulations of mortal life or to face eternal punishment. Despite their initial reluctance, Harut and Marut accepted their fate and vowed to use their human existence to repent for their mistakes and guide others towards the path of righteousness. They dedicated their lives to helping those in need and spreading the message of faith and humility.

Over time, Harut and Marut became revered figures in Babylon, known for their wisdom and compassion. They taught the people the importance of repentance and forgiveness, and their story served as a cautionary tale about the dangers of succumbing to temptation.

In the end, Harut and Marut's journey from angels to humans symbolized the complexities of the human experience and the constant struggle between good and evil. Despite their fall from grace, they found redemption through their dedication to serving Allah and helping others.

# Chapter 8

## Sects in Islam



In Islam, sects refer to various branches or divisions within the Muslim community that have distinct beliefs, practices, or interpretations of Islamic teachings. Some of the major sects in Islam include Sunni, Shia, Ibadi, and Sufi, each with its own subgroups and variations.

Every Muslim in modern society identify themselves as a part of one of these sects. Some say that they are Sunni, some might say they are Shia and so on. However the Quran addresses the issue of sectarianism in several verses, emphasizing the importance of unity among Muslims and warning against divisions. One of the verses that speaks against sectarianism is found in Surah Al-An'am, verse 159 :

"Indeed, those who have divided their religion and become sects - you, [O Muhammad], are not [associated] with them in anything. Their affair is only [left] to Allah; then He will inform them about what they used to do."

This verse clearly shows the disapproval of sects in the Muslim community and greatly emphasizes unity and serenity among the Muslims. We must follow the teachings of the Quran and Sunnah and must identify ourselves as Muslims, not a part of these sects. On this matter Louis Farrakhan said in his famous speech :

"Prophet Muhammad ﷺ never said he was sunni, he gave us the Sunnah. He never said he was shia but through his daughter Fatima عليها السلام we got Hussain عليه السلام and Hassan عليه السلام. He never said he

was hanafi, sufi. That's your stuff. Be what he was, he was a Muslim, he submitted his will to the will of God.

Be what Jesus was. Jesus never once said he was a Christian. He never called his disciples Christians but his enemies did.”

These sects were created due to political issues. These sects only created problems among the Muslims. Each of us blaming our brothers. It has even gone to an extent where we kill each other and abuse each other. We are all the children of Adam, we must unite together and ignore these delusions we created and follow the Quran and Sunnah.

# Chapter 9

## Lucid Dreams



Lucid dreams are those kind of dreams in which you know you are dreaming. In these special kinds of dreams we can control everything because we know this is a dream. On average lucid dreams occurs at least once in a lifetime.

Lucid dreams are triggered when we find something strange in the dream. For example, lets say I am dreaming in which I am going on a walk with a friend and suddenly I meet a cow wearing a suit. Now obviously cows wearing suits aren't real and I find that suspicious in my dream, which results in me getting lucid. And now I can do anything I want, I can fly like a superhero or do other kinds of fun stuff.

However this does not apply to every dream. You might have dreamt in which you see strange stuff but in the dream that feels normal to you....that is because it is....in a way. Let me explain, in an interview with Michael Sheridan, an Irish dream expert, says that most of the time in your dreams things that shouldn't be normal looks normal to you. For example you are talking to an elephant in your dream but you don't have a problem with that since it is normal to you.

Dreams are very interesting and very confusing. You might be wondering that if you find something strange in your dream then how will you get lucid if it looks normal to you. In most cases those dreams might be telling you something else rather than you attaining lucidity. But that's related to something else, not lucid dreams. To make it a bit more understandable, normal dreams are always

revolved around you. Every person, every color, every location, every feeling is revolved around you. Dreams are trying to tell you something, dreams are trying to show you something. Dreams do not show stuff you already know or already accepted, but if some dreams are recurring even though you accepted it and know it then they are trying to show you something you missed. In the state of lucidity, dreams don't show you things to educate you, that is because everything from the point of lucidity is in your hands, more precisely in your subconscious' hands. Because from that point you are in control, your subconscious is in control.

Lucid dreams most commonly occur during the ages 12 to 14. So most probably you might have experienced this before. Maybe some of you just don't remember due to brain fog. Lucid dreaming can occur at any age, and there isn't a specific age at which lucid dreams definitively stop for everyone.

## **Factors on which Lucid Dreams Depend**

Lucid dreaming is a skill that some people naturally experience more frequently than others, while others may learn to induce lucid dreams through various techniques and practices. Several factors can influence the likelihood of experiencing lucid dreams:

- **Sleep Quality:** Lucid dreams often occur during REM (rapid eye movement) sleep, which is associated with vivid dreaming. Adequate sleep duration and quality can increase the chances of reaching REM sleep and experiencing lucid dreams.
- **Sleep Patterns:** A person with irregular sleep patterns or disrupted sleep may find it more challenging to experience lucid dreams. Consistent sleep schedules and healthy sleep hygiene practices can promote lucid dreaming.
- **Dream Recall:** The ability to remember dreams is crucial for recognizing when one is dreaming and becoming lucid. Keeping a dream journal or practicing techniques to enhance dream recall can improve the chances of experiencing lucid dreams.



- **Mindfulness and Awareness:** Cultivating mindfulness and self-awareness in waking life can carry over into dreams, making it easier to recognize dream signs and become lucid. Practices such as reality checks and meditation can enhance awareness during dreaming.
- **Intention and Motivation:** Setting a clear intention to have lucid dreams and maintaining motivation to practice techniques can increase the likelihood of success. Regularly affirming the desire to become lucid in dreams can reinforce the intention.
- **Techniques and Practices:** Various techniques, such as reality checks, mnemonic induction of lucid dreams (MILD), wake-induced lucid dreaming (WILD), and lucid dreaming supplements, can be employed to induce lucid dreams. Experimenting with different methods and finding what works best for individual preferences and physiology can be helpful.
- **Lifestyle Factors:** Factors such as stress, diet, exercise, and medication can influence sleep quality and dream experiences, including lucid dreaming. Maintaining a healthy lifestyle and minimizing stressors can support optimal conditions for lucid dreaming.
- **Experience and Skill:** Like any skill, the ability to have lucid dreams can improve with practice and experience. Individuals who actively engage in lucid dreaming techniques and develop their dream awareness skills are more likely to experience lucidity regularly.

## Techniques to Attain Lucidity

There are many techniques out there to attain lucidity. Some even work due to the Placebo Effect. Here are some tips and techniques to attain lucidity :

- **Reality Checks:** Throughout the day, perform reality checks to determine whether you are awake or dreaming. Common reality checks include trying to push your finger through your palm, looking at a clock or text, or attempting to fly (obviously don't jump out of the window). This habit can carry over into dreams, where inconsistencies may indicate that you are dreaming.

- **Mnemonic Induction of Lucid Dreams (MILD):** Before going to bed, affirm to yourself that you will become lucid in your dreams. Visualize yourself becoming aware that you are dreaming while repeating a mantra or sentence such as "I will be aware that I'm dreaming" or "I will have a lucid dream tonight."
- **Wake-Back-to-Bed (WBTB):** Set an alarm to wake yourself up after about 4-6 hours of sleep. Stay awake for 20-30 minutes engaging in a quiet, non-stimulating activity such as reading about lucid dreaming or meditation. Then, go back to bed with the intention of becoming lucid.
- **Wake-Induced Lucid Dreaming (WILD):** This technique involves transitioning directly from wakefulness to a lucid dream without losing consciousness. Lie down in a comfortable position and focus on maintaining awareness as your body falls asleep. Visualizations, counting, or focusing on sensations can help maintain consciousness as your body relaxes.
- **Cycle Adjustment Technique (CAT):** Adjust your sleep schedule to align with the natural sleep cycles that occur throughout the night. Wake up during a REM sleep period (typically 4-6 hours after falling asleep) and engage in a lucid dreaming technique before returning to sleep.
- **Dream Journaling:** Keep a dream journal by your bed and write down your dreams immediately upon waking. This practice enhances dream recall and helps you identify recurring dream signs or patterns, which can aid in becoming lucid in future dreams.
- **Meditation and Mindfulness:** Cultivate mindfulness and self-awareness through meditation practices, which can carry over into your dreams. Practicing mindfulness during the day can help you become more aware of your mental state and recognize when you are dreaming.
- **Lucid Dreaming Supplements:** Some individuals use supplements such as galantamine, choline, or melatonin to enhance their chances of having lucid dreams. However, it's essential to research these supplements thoroughly and consult with a healthcare professional before use. That's why I don't recommend doing that.

## **Harmful Effects of Lucid Dreaming**

Generally lucid dreaming is considered safe for most of the people. The only real side-effect is that you would want to do it more. However lucid dreaming a lot may cause fatigue for some people and keep in mind that those people shouldn't lucid dream who have frequent nightmares. Other than that it's completely safe.

## **Why be Lucid?**

Lucid dreaming is a great way to learn something. Many people use lucid dreaming as a means to learn and develop a skill, some use lucid dreaming to find answers and some just wanna have some fun. There is also a stage of lucid dream called hypersensitive lucidity or hypersensitive reality, in which the dream feels more real than waking life. Now you would be asking, "How is that possible?" or "What does that mean?". To put it very simple to understand, your awareness including you subconscious awareness increases ten fold. This ultimately leads to this very special scenario, which feels much more real than reality (waking life).

## **Problems of Lucid Dreaming**

The most biggest problem related to lucid dreaming is technology. Technology has innovated in such a fast way that we have lost track of time. In modern times people are disconnected from natural rhythms. The widespread use of electronic devices, such as smartphones and computers, can interfere with sleep quality and inhibit the ability to enter lucid dreaming states. Excessive screen time before bed can reduce the likelihood of experiencing lucid dreams. Moreover our attention span has drastically decreased and is keeping on decreasing every year. A person cannot focus on one simple activity for more than 30 minutes. 5000 years ago the ancient Egyptians used different techniques to practice lucid dreaming, they even used to meditate for more than 90 minutes. Now we cannot even meditate for 10 minutes. They boosted their dopamine by many physical activities including hunting, meditating etc.

while we boost our dopamine and find motivation by scrolling through social media and wasting our time, this not only has a bad effect on our dopamine cycle but it also disrupts our sleep quality. The fast-paced and stressful nature of modern life can contribute to sleep disturbances and make it difficult for individuals to relax and enter a state conducive to lucid dreaming. High levels of stress and anxiety can inhibit dream recall and diminish awareness during sleep.

Now this does not mean that we go back to living in a cave but instead we should learn to prioritize the activities that make up a healthy lifestyle and increase our attention span and awareness by meditating, walking and other activities.

# Chapter 10

# The Art of Surrender



In a world that often glorifies control and achievement, the concept of surrender may seem paradoxical. However, surrendering is not about giving up or relinquishing power; rather, it is a profound act of trust and acceptance. In this chapter, we'll explore the art of surrender—what it means, why it's important, and how we can cultivate it in our lives.

## **Understanding Surrender**

Surrender is often misunderstood as a sign of weakness or resignation. If you surrender you are seen as a coward or a weak person. However, true surrender is an act of courage and wisdom. It is the willingness to let go of our attachment and bonds to outcomes and trust in the natural flow of life. Surrender invites us to release our grip on control and open ourselves to the infinite possibilities that exist beyond our limited perception.

## **The Power of Letting Go**

At the heart of surrender lies the power of letting go. When we release our attachment to specific outcomes, we free ourselves from the burden of expectation and resistance. Letting go doesn't mean we stop caring or striving for our goals; rather, it means we detach from the need for things to unfold according to our own expectations. In letting go, we find freedom and peace. Our heart accepts the loss and we move on. This unlocks new possibilities which may benefit us in the years to come. Central to the practice of surrender

is the art of acceptance. Acceptance is not about passively resigning ourselves to circumstances; rather, it is about acknowledging reality as it is and making peace with it, like the saying “It is what it is”. When we embrace acceptance, we cease to struggle against the present moment and instead find grace in surrendering to what is.

## **Putting your faith in Allah**

When you surrender you put your faith in Allah, knowing that this will be good for you and that Allah will guide you on a different, a better path. Perhaps He might show you where you were mistaken or how you can teach others to let go and embrace change. Even though we must always trust Allah, the Art of Surrender requires your ultimate trust and acceptance in order to completely surrender and let go.

Surrendering or letting go might seem hard, embracing acceptance even though you have worked so hard for it. But it is life, and life will teach you what it means to accept change. So trust in Allah and have hope that someday things will be better, better than they are now.

# Chapter 11

## Love



Love, as a single word, describes many different perceptions and perspectives. The philosophical concept of love is vast and many individuals have mistaken it. In fact modern society has mistaken the true meaning and understanding of love with lust. In this chapter I will briefly describe all the aspects of love including the problems faced in modern society.

### Kinds of Love

#### 1) Divine Love

Divine love, also known as the love of Allah or love for Allah, is a profound and transcendent form of love that lies at the core of Islamic spirituality. It encompasses a deep and intimate connection between the individual believer and the Divine. Divine love is characterized by an intense and unconditional affection for Allah, the Almighty Creator, who is infinitely merciful, compassionate, and loving. It is a love that transcends human understanding and encompasses all aspects of life and existence. Love for Allah is a central tenet of Islamic faith and serves as the foundation of the believer's relationship with the Divine. It is expressed through acts of worship, devotion, and obedience to Allah's commandments as outlined in the Quran and the teachings of Prophet Muhammad ﷺ. Divine love manifests in various ways within the life of a believer. It is reflected in moments of prayer, gratitude, and remembrance of Allah, as well as in acts of kindness, compassion, and service to others. In Islam, Allah is described as the Most Loving (Al-Wadud) and the

Most Merciful (Ar-Rahman), and His love encompasses all of His creations. Believers are encouraged to reciprocate Allah's love by submitting to His will, seeking His forgiveness, and striving to live a righteous and virtuous life in accordance with Islamic principles.

## **2) Human Love**

Human love is much more different from Divine love. Human love includes a number of types like familial love, romantic love, platonic love etc. Human love encompasses the various forms of affection, connection, and bond that exist between individuals. It is a fundamental aspect of human experience, shaping relationships, personal growth, and societal dynamics. Following are some of the types of human love :

### **Familial Love**

Familial love refers to the bond between family members, such as parents and children, siblings, and extended relatives. Just like parents love their children, children love their parents, siblings loving each other etc. comes in the category of familial love.

### **Platonic Love**

Platonic love is a non-sexual affectionate bond between friends or individuals who share a deep emotional connection. It is based on mutual respect, trust, and companionship, and it provides a sense of comfort, understanding, and support.

### **Altruistic Love**

Altruistic love is selfless love that is directed towards others without expecting anything in return. When a person who just loves helping others, being kind to them and showing generosity and compassion without expecting anything in return falls in the category of altruistic love.



## **Romantic Love**

Romantic love is characterized by passion, intimacy, and attraction between partners. It often involves a deep emotional connection, physical desire, and mutual commitment. Romantic relationships are built on trust, communication, and shared experiences.

## **Love before Marriage**

In our society there are many cases where a person falls in love before marriage, which is normal. Now Islam tells us regarding this that these people should by no means form relationships which are forbidden, which sadly in today's society is quite common. These people must be cautious and mindful of their feelings and seek guidance from their families, elders or other scholars. And ultimately seek guidance from Allah and follow the teachings of Quran and Sunnah. The most common problem among these people is that they do not know the difference between real love and fake love (crush). That is why it is advised to lower your gaze and be respectful. It is also advised that even if they have deep romantic feelings, they must also have intentions for marriage because some people become cowards and make excuses that makes the matter even worse.

## **Misconceptions about Love**

Probably the most biggest conception about love is that it is directly related to lust. Obviously only that love which is before marriage falls into this misconception while the others (I mentioned) are clean. This is most probably one of the biggest misconceptions in our society. Love and Lust are two different things, yes they have a sort of relation with each other (which will be discussed in Chapter 17). If a person falls in love, society thinks that person has an excess sexual desire and gratification. And in most cases that might not be true. People have been polluted by some of these movies and web-series that they think it applies in real life. Love is generally a pure emotion and is a fundamental part of a human, just like any emotion like joy, grief, anger etc. It's an integral part of our lives that makes us human.

# Chapter 12

# Depression




Depression, the word which many individuals use very often nowadays. They believe that feeling sad or lonely is called depression. They are faced with a situation and fail or lose something or someone and they feel really sad or hurt about it and call it depression. However this is only the concept of weak-minded people.

Depression is far worse. Depression is a mental health disorder characterized by persistent feelings of sadness, hopelessness, and loss of interest or pleasure in activities. It can impact a person's thoughts, emotions, behaviors, and physical well-being, often leading to significant distress and impairment in daily functioning. Depression can vary in severity and duration, ranging from mild and temporary episodes to severe and chronic conditions.

The difference between depression and sadness can be recognized from an interview where Jim Carrey said :

“The difference between depression and sadness, sadness is just from happenstance, like whatever happened or didn't happened for you, you know grief or whatever it is. And depression is your body saying damn you. I don't wanna be this character anymore.

I don't want to hold up to this avatar you have created in the world. It's too much for me.”

In Islam, mental health issues, including depression, are recognized as legitimate concerns that require attention and support. The depressed person must seek medical treatment, and making Dua. Islam emphasizes compassion, empathy, and support for individuals experiencing distress or mental health challenges, including depression. Muslims are encouraged to offer kindness, understanding, and assistance to those struggling with mental health issues, including providing emotional support, listening without judgment, and seeking professional help when needed. The depressed people must know one thing and they should keep this in mind that Abu Huraira  once said :

“Allah test those He loves, and I took it as an honour.”

Allah is with the ones who are depressed so these people should maintain their trust in Allah, offer prayers and Dua and have Sabr and in time all will be well.

# Chapter 13

# The Seven Deadly Sins



The concept of the Seven Deadly Sins originated within Christian theology, particularly in the writings of early Christian monks and theologians. In this chapter we will discuss what the Seven Deadly Sins are and what should we do to avoid it.

## 1) Lust

Lust generally means an excessive desire for sexual gratification or indulgence. Lust is, in my opinion, the most powerful among the Seven Deadly Sins. One of the reasons is that there are many people who get consumed by lust in a very short time. In today's society lust has conquered the majority of the population. Lust strikes its claws when a person is immature but at the same time curious. Lust never stops, it is always trying to consume us, one way or the other.

## 2) Greed

Greed means the excessive desire for material wealth or possessions. Greed is another sin which has become quite common in today's society. Nowadays greed has become a major concern since almost every person is greedy. They all desire wealth and power. It does not matter whether a person runs a country or is very poor that just lives, greed is there to consume anyone. It is human nature to desire things such as money and power but excessive desire is the most dangerous. For example if an offer is made, of any kind, humans try to find stuff

that would benefit them, they don't care about how it would benefit others.

### **3) Envy**

Envy is defined as jealousy or resentment towards others for their possessions, qualities or success. Envy has destroyed many lives to an extent where people start killing each other just because they were jealous. Many people cannot bear to look at another person that has become successful.

### **4) Wrath**

Wrath means an intense and uncontrollable anger or rage. There are many people who are weak because they cannot control their rage. They let their anger out at even the most trivial of matters which in some situations go to an extent where people kill each other even their own family.

### **5) Pride**

Pride is defined as an excessive belief in one's own abilities, superiority or importance. Pride makes a person very selfish that he/she only thinks about themselves and their own abilities rather than being compassionate towards others and respecting their importance and abilities.

### **6) Gluttony**

Gluttony means an overindulgence or overconsumption of food, drink or other substances. Gluttony is very bad and unhygienic for a healthy and fit lifestyle. Instead of wasting all that consumables people should try to give it to the poor and needy who needs it the most.

### **7) Sloth**

And at last sloth, which generally means laziness, apathy or lack of motivation to work or accomplish tasks. People become too lazy to even do a task and constantly blames that they need some sort of motivation to do that and then they scroll through social media, which only wastes their time

because they get carried away.

## **Fighting the Seven Deadly Sins**

Since these are normal human experiences but an excess amount proves dangerous and we must learn to fight them. According to Islam, Muslims are encouraged to fight them to become a better human and Muslim and to guide others to do the same.

### **1) Lust**

Islam promotes modesty and chastity in personal conduct and relationships. Muslims are encouraged to lower their gaze and guard their chastity, avoiding behaviors and environments that may lead to temptation and immorality.

### **2) Greed**

Islam teaches moderation and contentment, warning against excessive desire for wealth and material possessions. Muslims are encouraged to be generous and charitable, sharing their wealth with those in need and prioritizing spiritual wealth over material wealth.

### **3) Envy**

Islam emphasizes gratitude and contentment with one's blessings, warning against envy and jealousy towards others. Muslims are encouraged to celebrate the success and blessings of others and to strive for self-improvement without being jealous of what others possess.

### **4) Wrath**

Islam promotes patience, forbearance, and forgiveness in the face of adversity and injustice. Muslims are encouraged to control their anger and respond to wrongdoing with compassion and justice rather than vengeance.

## **5) Pride**

Islam emphasizes humility as a fundamental virtue and warns against arrogance and pride. Muslims are encouraged to recognize their dependence on Allah and to avoid boastfulness and arrogance in their interactions with others.

## **6) Gluttony**

Islam teaches moderation and self-discipline in all aspects of life, including eating and drinking. Muslims are encouraged to eat and drink in moderation, avoiding excess and wastefulness.

## **7) Sloth**

While laziness and apathy are discouraged in Islam, the concept of spiritual lethargy may be addressed through teachings on the importance of striving for excellence in worship and character.

## **My Perspective**

In my perspective those people who do not fight and ignore these situations (sins) in their life and tell themselves it's nothing are no better than the people who are consumed by them. Because this shows that you are weak, that you are mentally weak. If a person fights these sins and win, they can handle life's biggest challenges. Fighting them makes a person mentally, psychologically and spiritually strong.

# Chapter 14

# Intelligence & Corruption



Corruption, it is the source of all evilness in every society. The mind is easily corrupted and this corruption leads people astray from the right path and fall into temptation. In most cases the mind gets corrupted due to depression ,anxiety, lewd, dirty or impure thoughts, desire to commit an unlawful act etc.

Intelligence and corruption have a huge relation. People who have higher IQ or people who are intelligent are the most easiest but also the most hardest to corrupt. This may sound confusing, but listen, intelligence starts from curiosity, people get curious and have a desire to uncover that mystery. The intelligent people are not the ones who are great in their academic studies but majority of them are observers or mystery solvers. They are curious people.

Their curiosity is the source of their intelligence but also the source of their corruption. Let me give you an example, lets say there is a quite intelligent individual who is at a very young age. This individual becomes curious about something that could lead them astray but to satisfy his/her curiosity, he/she dives deeper into the mystery only to find themselves fighting the corruption that is consuming their mind. Now at this point, intelligence cannot help, at this point their willpower will be needed. If they have a strong will they can overcome this obstacle and can reach new heights in life or if their will is weak they can become consumed by it.



There have been many historical figures that were very intelligent but their will was weak and their mind was corrupted such as Nero, Maximilien Robespierre, Joseph Stalin, Adolf Hitler etc. Corruption of the mind is directly related to the Seven Deadly Sins. Their mind gets corrupted by one of these sins. These people should seek guidance from like-minded individuals who have overcome these obstacles.....that is if they want to overcome this corruption themselves.

# Chapter 15

# Motivation & Discipline



Motivation and Discipline are two very different things. Motivation refers to the inner drive or desire that energizes and directs behavior towards a specific goal or outcome. While discipline refers to the ability to control one's impulses, emotions, and actions in order to achieve long-term goals and adhere to a set of rules or standards.

Often a person only wants motivation to complete a specific task or finish a specific goal but without discipline, motivation has no point. Because motivation is the drive to do a specific task but if that task is not done with discipline that task will never be completed. If a person who completes the task with discipline it will benefit him/her in the future when more problems or situations arise.

Motivation is like a fire that burns out very fast. Light a fire and after some time it will burn out. However discipline is like a fire that burns constantly and does not burn out no matter the conditions. This is because if a person is only motivated to do something, for example exercising to reduce body fat, that person will do those exercises for a few days and will be tired and won't desire to do it again. As a result no amount of body fat has been reduced and no desired results have been produced. While if a person who maintains discipline and consistency will not only work out everyday but also find drastic changes in his/her life and body.

Motivation can be converted to discipline but discipline should not be converted into motivation. If a person is motivated he/she should plan his/her schedule and act accordingly. Anytime that they are free or the time in which they usually scroll social media, that time is best to perform that specific task. The key aspects of discipline are as follows :

- **Self-Control:** The ability to manage impulses, emotions, and behaviors in accordance with one's goals and values.
- **Consistency:** The practice of maintaining a regular routine, habits, and actions that support progress towards goals.
- **Persistence:** The willingness to persevere and continue working towards goals, even when faced with setbacks, failures, or obstacles.
- **Focus:** The ability to concentrate attention and effort on the task at hand, prioritizing activities that contribute to long-term success.

If we remain discipline and do most of our tasks like that we can achieve greater things in life and rise to new heights instead of being at the bottom dreaming about the top.

# Chapter 16

## Age & Maturity



Maturity, in simple terms is defined as the ability to manage emotions, take responsibility and demonstrate self-awareness, empathy and stability. Maturity also involves rational thinking, problem solving, showing tolerance and cooperation, deep understanding and connection with oneself. While the exact definition of maturity may vary depending on cultural, societal, and individual perspectives, these are some key aspects of maturity.

As a person grows older they become mature as they discover new things, face new challenges and learn new lessons from life. However this does not mean that maturity starts from a specific age. In modern society maturity is said to start at the age of 20 or 30. This is a false speculation. There are some people who are old but not mature enough and there are some individuals who are young but have already developed a sense of maturity.

People in today's society say that maturity is directly related to age, that as you grow older you become more mature. I say maturity is directly related to wisdom. A person faces certain challenges in life and has three options :

1. Completely avoid it and play it safe.
2. Give up in the middle of the challenge.
3. Face the challenge head on and learn

Majority of people would like to play it safe and avoid these situations. Various people cannot bear it and give up while the wiser or the mature people not only

face the challenge but also learn from it. It does not matter whether they whether they win or lose, all they care about is the lesson.

For example there are two individuals, one is a 30 year old while the other is a 16 year old. Both of them are faced with a major challenge, lust. Now if they both avoid it and would like to play it safe, they won't learn anything at all. If they try to face it they will gain an understanding of it. Now what if both decides to give up, then they will be consumed by lust but if they remain steadfast and fight, they can learn from it, learn how to fight it and can encourage other individuals to learn from life instead of blaming others or giving up.

When you are in a wolf's den with a knife but no fighting skills, you have two options. Now obviously you will fight because there is nowhere to run. Now here is the thing, if you give up mid-fight the wolf will devour you but if you fight with everything you got, you may be victorious. Now the question arises "What if we don't give up, fight and still lose?". Well the answer is that you died an honourable death rather than fleeing, committing suicide or giving up.

Life will teach even a 15 year old as well as a 60 year old, there is no age limit where life stops or starts teaching. The real race is who will learn the most.

## Chapter 17

# Love in light of Surah Yusuf



The difference between the love that leads you close to Allah and the love that leads you stray from Allah can be described by the story of Prophet Yusuf عليه السلام. Surah Yusuf 12:24 inspired me to write this chapter, the verse states :

“And she certainly desired him, and he would have desired her (too), had it not been that he saw the proof of his Lord.

So it was that We might ward off from him evil and lewdness. Truly he was of Our devoted servants.”

This verse states that the Potiphar’s wife (Zulaikha) wanted to commit zina with Prophet Yusuf عليه السلام. And that he would have also desired her too but he remained steadfast and stayed true to Allah. He saw the proof of his Lord and trusted Allah and remained devoted to him.

This verse states the two sides of love. One love that leads you astray and one love that leads you closer to Allah. The side of love that the Potiphar’s wife was feeling leads a person astray from Allah and commit evil and indecent acts and dive into the worldly pleasures leaving behind their Deen. The eyes are the natural cause of this. That is why it is advised in Islam that lower your gaze and maintain modesty. That is why in a majority of cases if a person falls in love with someone and confesses it to their parents or siblings they get the wrong idea and scold that person or put restrictions because they fear that person have already strayed or will stray from the right path.

The verse also states the other side of love, the beautiful side of love, the love that Prophet Yusuf عليه السلام felt. It brought him closer to Allah and he found the proof of his Lord through that love. This shows that if a person falls in love with someone it can bring a person closer to Allah, that is why the bond between spouses is the most beautiful. The love that brings an individual closer to Allah is characterized by gratitude, devotion, surrender, and trust. It is a love that transcends human comprehension, rooted in the recognition of Allah's boundless mercy, compassion, and love for His creation. Through sincere worship, remembrance, and submission to His will, believers cultivate a deep and intimate connection with the Divine, experiencing His presence in every aspect of their lives.

# Chapter 18

## Khalil Gibran's Saying



Khalil Gibran was a Lebanese-American writer, poet, philosopher, and artist who is widely regarded as one of the most influential figures in Arabic literature and the literary world at large. He has a saying which goes :

“Get light from your mind but act according to your emotion”

From this saying it means to first think or plan our goal. Think about what is our mission, our goal. After we think of our plan then we should act according to our emotions. If a person who thinks of the plan and act according to the mind, nothing will happen because anxiety will not let you go any further. And if a person thinks of the plan and act according to emotions, the whole plan will fail. There should be kept a balance between the two.

Anxiety is the main cause of why we cannot do a thing or reach a specific goal. We are constantly afraid of what others will think, what others will perceive of us if we do this and that. We think about what others think and not think of what we feel. We become people pleasers. For example, if a person thinks to write a book about a topic they are very interested and educated in he/she will be afraid to take the step to start writing because they will overthink the situation and will be constantly telling themselves that no people aren't interested in your topic or people won't like your book etc. All these thoughts fill our head. Whatever we do, if it's a plan to start drawing, starting a podcast, building a personal website, writing poetry and many more. It's human nature,



we are constantly thinking about what others will think of us if we do that. We should not think externally but ask ourselves that if we would like it if we do that. Because people can never be pleased and it is a waste of time to please them your whole life.

In the same sense emotions also blind us, if we think and act according to our emotions nothing will go right as usually the plan doesn't have a clear foundation or necessary steps because it's purely based on emotions.

This saying of Khalil Gibran is an excellent way of achieving our goals and living life to the fullest. Think of the plan, of the goal, of the mission by using the mind but act according to your emotions. Because if a person acts according to their emotions anxiety cannot stop them.

# Chapter 19

# Kaizen



Kaizen is a Japanese philosophy that emphasizes constant improvement in all aspects of life whether it's social, spiritual, work etc. The word "Kaizen" is derived from two Japanese characters "kai," which means "change," and "zen," which means "good" or "beneficial". In English the word "Kaizen" translates to "change for the better" or "continuous improvement".

This Japanese philosophy can be greatly beneficial in all aspects of life. Everyday is an opportunity to improve for the better even if it's only 1%. A person who constantly tries to improve in life can reach new heights than the person who doesn't improve at all. For example, if an individual is having a hard time to do a specific activity they could practice it daily for at least twenty minutes. This could be really beneficial in the long run.

## **Key Aspects of Kaizen**

Following are some key aspects of Kaizen :

### **Continuous Learning**

Kaizen begins with a mindset of curiosity and a thirst for knowledge. It's about being open to new ideas, experiences, and perspectives, and recognizing that learning is a lifelong journey. By actively seeking opportunities to expand our horizons and acquire new skills, we can enrich our lives and unlock our full potential.

## **Incremental Progress**

The beauty of Kaizen lies in its focus on incremental progress. Instead of feeling overwhelmed by the magnitude of our goals, we break them down into smaller, more manageable tasks and tackle them one step at a time. By taking consistent action and building momentum over time, we can make steady progress towards our objectives, no matter how ambitious they may seem.

## **Reflection and Adaptation**

Central to the philosophy of Kaizen is the practice of reflection and adaptation. We take time to review our progress, assess what's working and what's not, and make adjustments as needed. By being honest with ourselves about our strengths and weaknesses, we can identify areas for improvement and chart a course towards growth and development.

## **Embracing Change**

Kaizen teaches us to embrace change as a natural and inevitable part of life. Instead of fearing or resisting change, we learn to welcome it as an opportunity for growth and renewal. By remaining flexible and adaptable in the face of challenges, we can navigate life's twists and turns with grace and resilience.

## **Persistence and Resilience**

In the pursuit of continuous improvement, persistence and resilience are essential virtues. We understand that setbacks and obstacles are inevitable on the path to success, but we refuse to let them stray us from our goals. By maintaining a positive attitude, staying focused on our objectives, and never giving up in the face of adversity, we can overcome any obstacle and emerge stronger than before.

## **Practical Applications of Kaizen**

If you are confused on where to start applying Kaizen, well for starters you can try to apply them in these practical applications in life :

## **Health and Wellness**

Whether it's improving our diet, exercising regularly, or getting enough sleep, Kaizen encourages us to adopt small, sustainable changes that promote better health and well-being. By gradually incorporating healthy habits into our daily routines, we can enhance our physical and mental vitality and enjoy a higher quality of life.

## **Personal Development**

Kaizen is also about investing in our personal growth and development. Whether it's learning a new language, honing our professional skills, or cultivating hobbies and interests, we can apply the principles of Kaizen to expand our knowledge, broaden our horizons, and become the best versions of ourselves.

## **Relationships**

In our interactions with others, Kaizen reminds us to strive for continuous improvement and growth. Whether it's strengthening our communication skills, practicing empathy and understanding, or resolving conflicts constructively, we can apply the principles of Kaizen to nurture healthy and fulfilling relationships with family, friends, and colleagues.

# Chapter 20

## Money & Honour



Money and honour are two fundamental aspects of human existence that often intersect and sometimes clash in the pursuit of success and fulfillment. In today's fast-paced and materialistic world, many individuals find themselves grappling with the age-old dilemma of balancing financial prosperity with personal integrity. In this chapter, we delve into the complex relationship between money and honour, exploring the challenges and opportunities it presents, and offering insights on how to navigate this delicate balance with wisdom and integrity.

### **The Temptation of Wealth**

In a society that often thinks that success comes with financial wealth, the pursuit of money can be alluring and intoxicating. The promise of material abundance, luxury, and status can lead individuals down a path of relentless ambition and unchecked greed, blinding them to the moral and ethical implications of their actions. That is because greed, as mentioned in Chapter 13, consumes a person who is blinded by the ambition to gain materialistic wealth and gather as much as possessions as possible.

The pursuit of money at any cost comes with a price—the erosion of honour, dignity, and self-respect. When individuals prioritize financial gain above all else, they risk sacrificing their moral compass and compromising their

integrity. Whether it's engaging in unethical business practices, exploiting others for personal gain, or sacrificing one's principles for material wealth.

## **True Measure of Wealth**

True wealth lies not in the collection of possessions, but in the richness of character, integrity, and virtue. Honour, dignity, and integrity are priceless treasures that cannot be bought or sold, they are earned through a lifetime of ethical living, moral courage, and principled action. In the pursuit of wealth, it is essential to remember that true prosperity encompasses not only financial success but also personal fulfilment, meaning, and contribution to society.

Balancing money and honour requires a delicate balance. A conscious effort to align our financial pursuits with our values, principles, and ethical standards. It requires the courage to resist the temptations of greed and the allure of instant gratification, and instead, to embrace a higher purpose grounded in integrity, compassion, and service to others. It involves making difficult choices and sacrifices, prioritizing long-term sustainability over short-term gains, and recognizing that true success is measured not by the size of our bank accounts but by the impact we make on the world around us.

Money can be made by many different practices. There are many people who make a lot of money and have a lot of possessions but they use unethical means. And there are many people who are honest in their work and make little money as compared to them. People should understand that money is not everything. Money cannot buy happiness, money cannot buy love, money cannot buy honour. Some people will object to this by saying that if they buy this and that they can be happy. To what extent? Money can only buy materialistic happiness, materialistic love. A person who makes a lot of money and the person that doesn't make much money both will die, right. The money, the wealth he/she possessed in life won't move on with them. Through honour a person is not only respected in the eyes of people but that person is also respected in the eyes of Allah, And Allah will surely grant that person Jannah, a

place of eternal happiness.

Now this does not mean a person should not care about money at all and should not try to make more money. They should, just not in the way that goes against moral guidelines. A person should make money so that he/she would be able to buy food, clothes and shelter for their family. That is where true honour lies. Allah does not look at a person's materialistic wealth, He looks at the person's deeds, how much he/she gave to the poor and how much he/she spent on his/her family.

# Final Thoughts



Well, folks, we've reached the end of this journey together through "Soul's Alchemy." It's been quite a ride, hasn't it? As I sit here reflecting on the pages we've turned and the words we've shared, I can't help but feel a sense of gratitude for the opportunity to connect with you through these thoughts, experiences, and musings.

Throughout this book, we've explored the depths of human emotions, pondered the mysteries of life and death, and delved into the realms of spirituality and beyond. It's been a journey of discovery, not just for me, but hopefully for you as well. Because at the end of the day, that's what this book is all about—exploration, discovery, and maybe even a little bit of enlightenment along the way.

As you close these pages and return to the world outside, I hope you carry with you a newfound sense of understanding, empathy, and curiosity. I hope you've found moments of inspiration, moments of reflection, and maybe even moments of laughter amidst the contemplation.

Remember, "Soul's Alchemy" isn't just a book—it's a collection of stories, a repository of knowledge, and a reflection of life itself. It's a reminder that we're all connected, that our experiences shape us, and that there's always more to learn, more to discover, and more to explore.



So, here's to the journey we've shared, and to the journeys that lie ahead. May you continue to seek knowledge, embrace wisdom, and live each day with purpose and passion. And who knows? Maybe our paths will cross again someday, in the pages of another book, or perhaps out there in the great wide world.

Until then, take care, dear reader, and remember—life is a journey, and every step we take is a story waiting to be told.

With warmest regards,

Faseeh.M.Babar