

Adventures with Dr. Appy



Dr. Appy prays that this book touches your heart, and requests that the reward be given to every human with even an ounce of Iman, from the time of Adam (as) until the day of judgement. Ameen.

Anchoring Your Akhlaq – A Walk Through Humanity: Book 3/30

Written by:
Dr. Appy

Edited by:
Ms. Ahmad

Illustrated by:
Mr. Majid

Dear Parents

The purpose of this book is as follows:

- 1 - For your children to learn to respect and listen to anyone or anything that is teaching them something;
- 2 - Understand that knowledge is a gift from Allah (swt) and it is incumbent upon us to learn;
- 3 - To instill in your children that we are accountable for our intelligence, knowledge and the skills Allah (swt) has given us. We all will be asked what we did with the above gift, so ensure you use your skills, intelligence and knowledge wisely;
- 4 - To encourage your children to stay close to the Quran and Sunnah and for them to embed in their hearts that if they stray, Shaytan will attack.

I pray this book brings us and our families closer together and that we internalize that we will be lifelong learners, always seeking knowledge and understanding and that our job in life is to extend the effort to please Allah (swt). Ameen.

All profits from this book will be donated to charity. For more detailed information about how the proceeds are being distributed please visit: www.drappy.ca

Copyright @ 2021

All rights reserved. No part of this book may be reproduced or used in any manner without permission of the copyright owner, except for the use of quotations in a book review.

A special dua is requested for Brother Majid whose creativity has allowed for these series to come alive.

ISBN

Electronic: 978-1-990398-08-7

Hardcover: 978-1-990398-09-4

Paperback: 9798444285213

Assalam u Alaikum wa Rahmatullah _____
(insert child name)
Jazak Allah hu Khairan for joining us in our adventure!

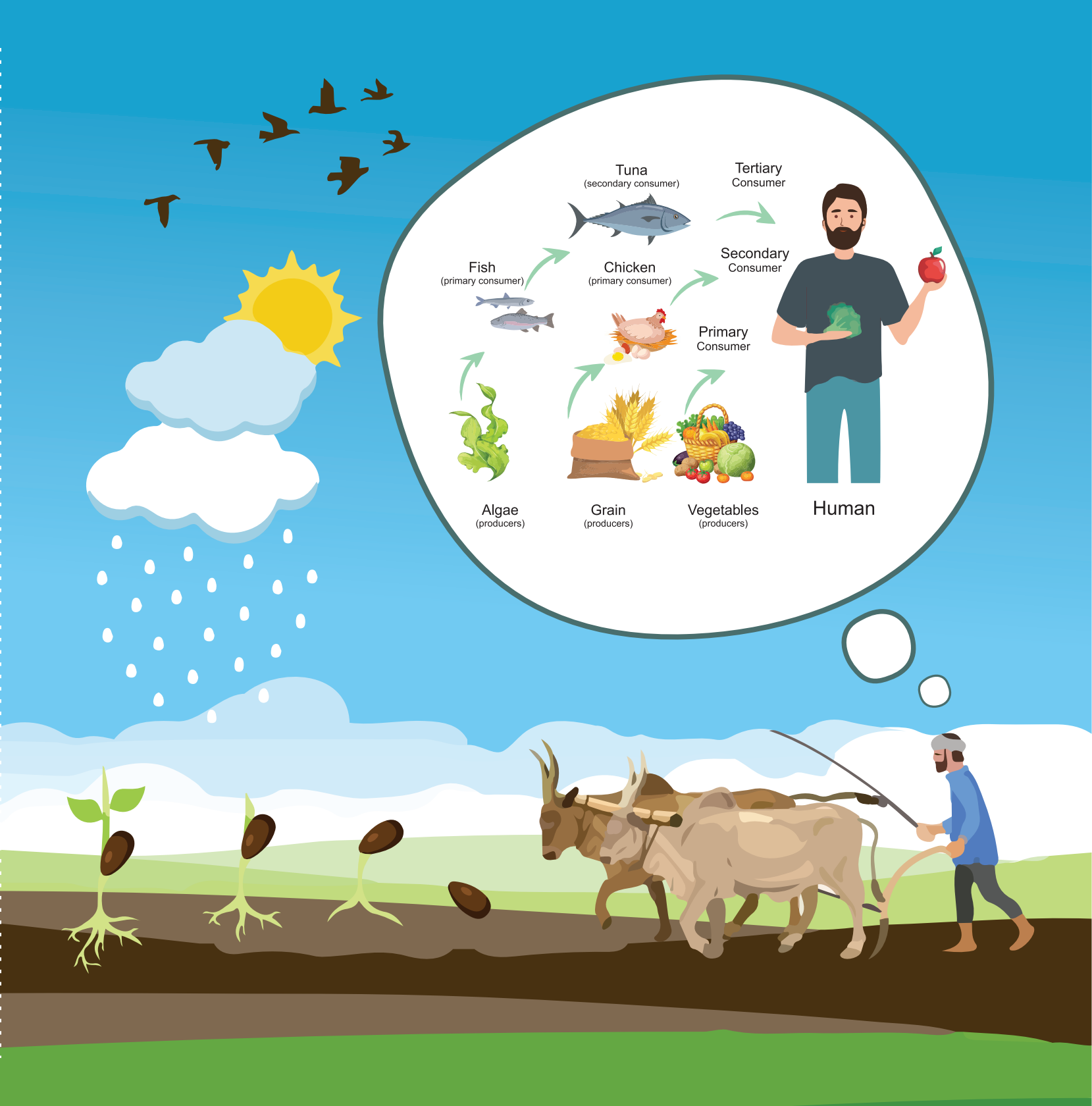
Today we will be exploring the story of Prophet Idris (as).,
another son of Adam (as).

Let us begin by saying Bismillah!



Our intelligence is a neh'ma, given to us
by Allah's (swt) rehma.

Allah (swt) has bestowed us with the best brain
and placed us on top of the food chain!¹



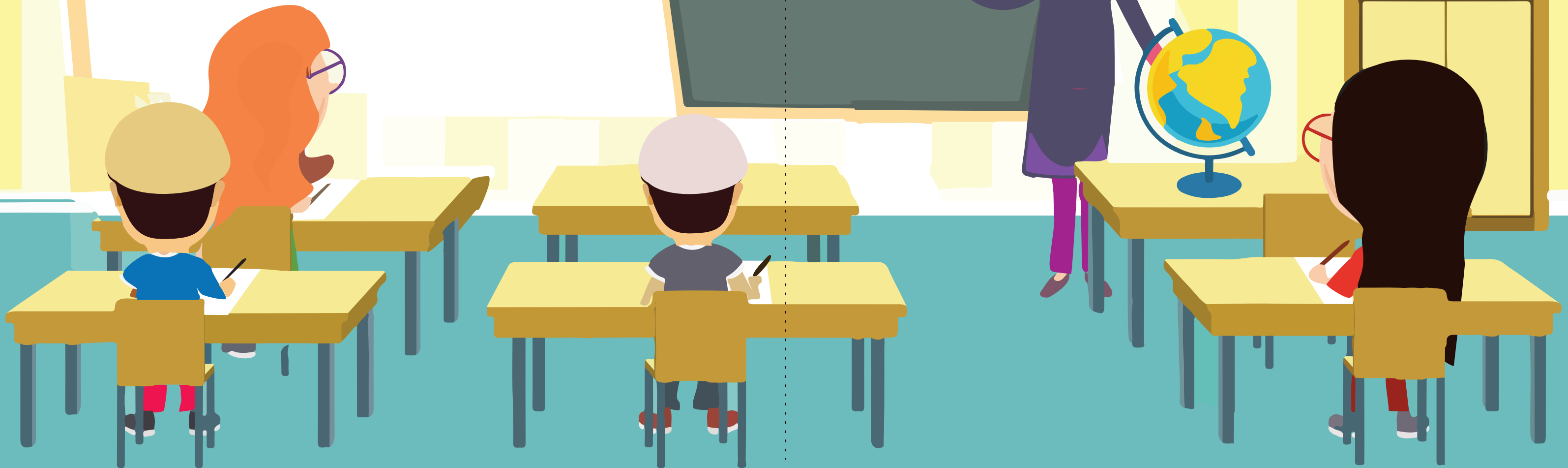
Idris (as) was the first to teach his tribe how to scribe.

An oral tradition transitioned into something written.



Everything is surmountable but for
our knowledge we are accountable.
Knowledge is freedom and was first taught
to our father Adam (as).²

Allah Loves
You!



It is to Allah (swt) who we belong,
and learning will be lifelong.

Allah (swt) has blessed us all with certain skills,
so find your niche and your life will be enriched.



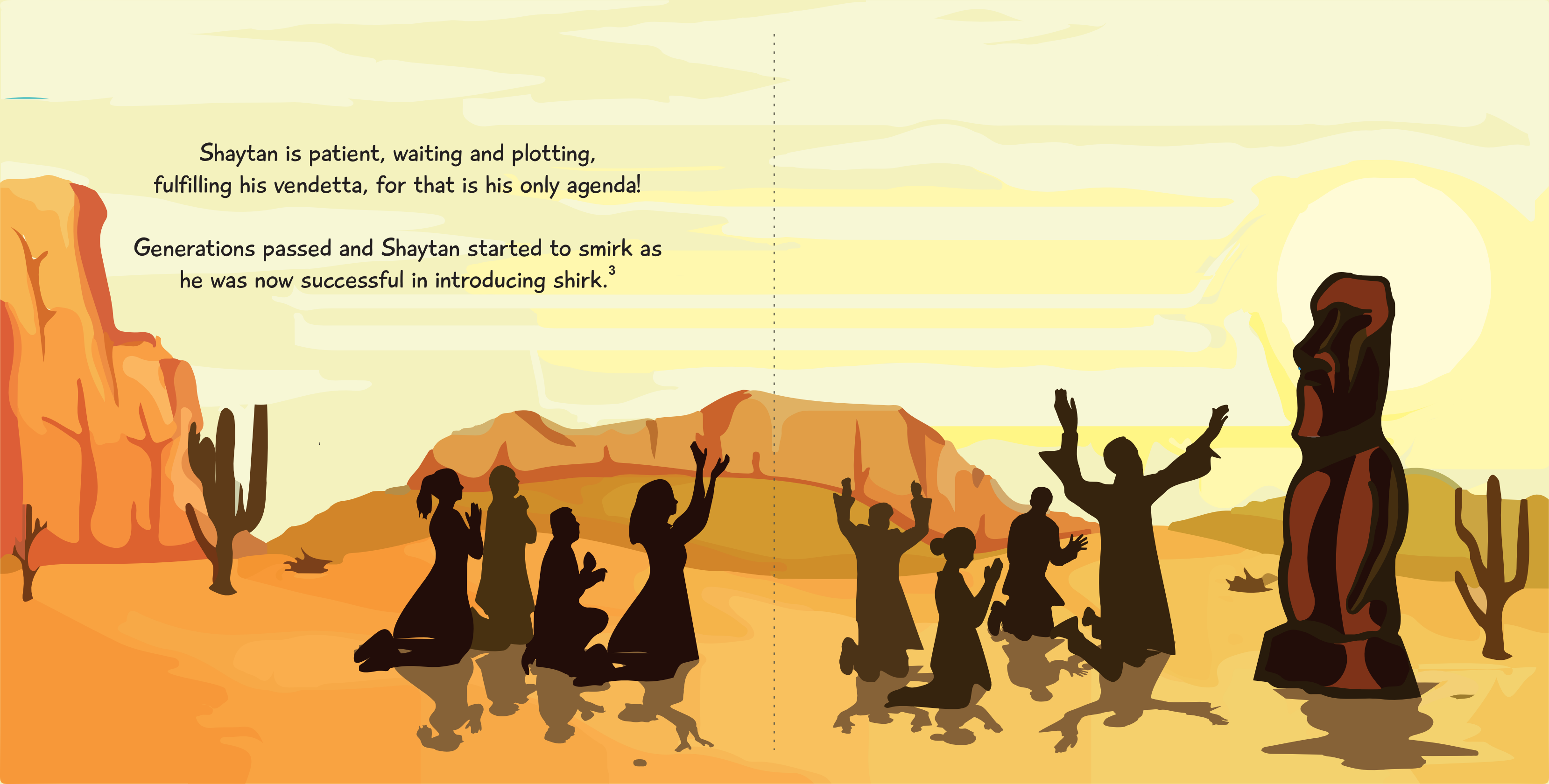
After Idris (as) there was a long gap,
and it is then when Shaytan planned his attack!

His strategy was to remind the masses of the people
who preached good, by introducing paintings
and statues of wood.



Shaytan is patient, waiting and plotting,
fulfilling his vendetta, for that is his only agenda!

Generations passed and Shaytan started to smirk as
he was now successful in introducing shirk.³



The moral of the story is to yearn to learn.²
Knowledge is the key to live a life full of glee,
but be mindful of Shaytan as he will never flee!

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ ۝ خَلَقَ الْإِنْسَانَ مِنْ عَلَقٍ ۝
اقْرَأْ وَرَبُّكَ الْأَكْرَمُ ۝ الَّذِي عَلَّمَ بِالْقَلَمِ ۝
عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ ۝

A'oodhu billaahi minash-shaytaan-ir rajeem
Bismi llahi r-rahmani r-rahim

1. Iqra bismi rab bikal lazhee khalaq
2. Khalaqal insaana min 'alaq
3. Iqra wa rab bukal akram
4. Al lazhee 'allama bil qalam
5. 'Al lamal insaana ma lam y'alam

I seek refuge with God from Satan, the accursed In the
name of God, the Merciful, the Compassionate

1. Recite in the name of your Lord who created
2. Created man from a clinging substance.
3. Read! And your Lord is the Most Generous,
4. Who taught by the pen
5. Taught man that which he knew not. (Quran, 96:1-5)4



We pray you implement these duas and converse with Allah (swt) throughout your day for the rest of your life. Ameen.

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni ilma

"My Lord, increase me in knowledge."
Ameen. (Quran 20:114)

اللَّهُمَّ إِنِّي أَسْتَوِدِعُكَ مَا قَرَأْتُ وَمَا حَفِظْتُ
وَمَا تَعَلَّمْتُ فَرُدَّهُ لِي إِذَا حَاجَتِي إِلَيْهِ ،
إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ وَحَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Allahumma inni astaudi'uka ma qara'tu wa ma hafiztu wa ma ta'allamtu, fardudhu li ilayya 'inda haajati, innaka 'ala kulli syai-in qadir, wa hasbunallahu wa ni'mal wakil.

"O Allah! I entrust You with what I have read and what I have memorised and I have studied. Bring it back to me when I am in need of it. Truly you have power over all things. Sufficient for us is Allah, and (He is) the best Disposer of affairs." **Ameen.**

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ
وَاجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِينَ
وَاجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ

Rabbi habli hukman wa al-hiqni bis salihin, waj-'al li lisana sidqin fil-aakhirin, waj-'alni min waratha-ti jannatin-naa'im.

My Lord! bestow wisdom on me and make me among the righteous. Bless me with honourable mention among later generations and make me one of the inheritors of the Garden of Bliss. **Ameen. (Quran, 26:83-85)**



GLOSSARY OF TERMS

(as)	Alayhis-salam means peace be upon him
(ra)	Radi Allahu anhu means Allah be pleased with him.
(swt)	Subhana wa t'Ala means Allah the most high
Akhlaq	Character
Amanah	Responsibility
Assalam u Alaykum wa	May peace be with you and Allah's (swt)
Rahmatullah	mercy be upon you
Bismillah	In the name of Allah (swt)
Jazak Allah Khairun	May Allah (swt) reward you with good
Neh'ma	Blessing
Rehma	Mercy
Shaytan	Devil
Sunnah	The way of the Prophet Muhammad (saw)

REFERENCES

- 1 He has subjugated for you whatever there is in the heavens and whatever there is in the earth, all on His own. Surely in this there are signs for a people who reflect. (Quran 45:13)
- 2 He taught Adam the names of all things, then He presented them to the angels and said, "Tell Me the names of these, if what you say is true?" (Quran 2:31) [If you are true that Allah will never create anyone who is more honorable and knowledgeable than you].
- 3 Surely Allah does not forgive that a partner be ascribed to Him, although He forgives any other sins for whomever He wills. He who associates anyone with Allah in His divinity has indeed forged a mighty lie and committed an awesome sin. (Quran 4:48)

Narrated by Anas bin Malik (ra): Allah's Messenger (saw) mentioned the greatest sins or he was asked about the greatest sins. He said, "To join partners in worship with Allah; to kill a soul which Allah has forbidden to kill; and to be undutiful or unkind to one's parents." The Prophet (saw) added, "Shall I inform you of the biggest of the great sins? That is the forged statement or the false witness." Shu'ba (the sub-narrator) states that most probably the Prophet said, "the false witness." (Sahih al-Bukhari 5977, Book 78, Hadith 8).

Narrated by `Abdullah (ra): I said 'O Allah's Messenger (saw)! Which sin is the greatest?' He said, "To set up a rival unto Allah, though He Alone created you." I said, "What next?" He said, "To kill your son lest he should share your food with you." I further asked, "What next?" He said, "To commit illegal sexual intercourse with the wife of your neighbor." And then Allah revealed as proof of the statement of the Prophet: and those who do not invoke any other god along with Allah, and do not kill a person whom Allah has given sanctity, except rightfully, nor do they fornicate; and whoever does it, shall face the recompense of his sin,' (Quran 25.68) (Sahih al-Bukhari 6001, Book 78, Hadith 32).

- 4 The Angel Gabriel came to the Prophet Muhammad (saw) while he was in the cave and said "Read!" The Messenger of Allah (swt) said, "I replied: I am not one who reads." Then he said "So he (the angel) seized me and pressed me until I could no longer bear it. Then he released me and said: "Read!" So I replied: "I am not one who reads." So he pressed me a second time until I could no longer bear it. Then he released and said: "Read!" So I replied: "I am not one who reads." So he pressed me a third time until I could no longer bear it. Then he released me and said "Read in the Name of Your Lord who has created." until he reached the Ayah "That which he knew not." So he returned with those ayats and his heart trembling until he came (home) to Khadijah (ra) and he said "Wrap me up, wrap me up!" So they wrapped him up until his fear went away.

These ayat inform of the beginning of man's creation from a dangling clot and that out of Allah's generosity taught man that which he did not know. Thus, Allah (swt) exalted him and honored him by giving him knowledge and it is the dignity that the Father of Humanity, Adam (as) was distinguished with over the angels. Knowledge sometimes is in the mind, sometimes on the tongue and sometimes in writing with the fingers. Thus, it may be intellectual, spoken or written. And while the last (written) necessitates the first two (intellectual and spoken), the reverse is not true. For this reason Allah says "Read! And your Lord is the Most Generous. Who has taught by the pen. He has taught man that which he knew not." (Tafsir Ibn Kathir Abridged Volume 10, page 533).

SYNOPSIS OF STORY

Based on the work of Al Imam ibn Katheer, The Stories of the Prophets

- Idris (as) is mentioned in the Quran as always being truthful with an elevated station.
- He was born and raised in Babylon and was the 5th generation after Prophet Adam (as)
- He was the first to invent the basic form of writing.
- Some of his wise sayings are as follows: “Happy is he who looks at his own deeds and appoints them as pleasers to his Lord.” “None can show better gratitude for Allah's favors than he who shares them with others.” “Do not envy people for what they have as they will only enjoy it for a short while.”
- After Idris (as) there was a long gap in prophecy and Shaytan advised mankind to make statues and paintings of the disciples of Idris (as). These paintings and statues were to remind them of doing good just like what they disciples use to.
- As generations passed children saw their parents with these paintings and statues and eventually started to worship them. This is how idolatry and shirk was introduced into the world.
- Remember Shaytan starts off making it seem like you are doing something good and then gradually takes you to haram.

SERIES 1 GETTING TO KNOW ALLAH (swt)

- 1 Allah Loves You
- 2 Allah is Your Best Friend
- 3 Allah is The Creator

SERIES 3 ANCHORING YOUR AKHLAQ - A WALK THROUGH HUMANITY

- 1 Habil (as) & Kabil - Sibling Rivalry
- 2 Sheeth (as) - Obedience
- 3 Idris (as) - Learning
- 4 Nuh (as) - Resilience
- 5 Hud (as) - Vanity
- 6 Saleh (as) - Sharing
- 7 Ibrahim (as) - Reasoning
- 8 Isma'il (as) - Listening
- 9 Is'hac (as) - Trusting
- 10 Ya'qub (as) - Dedicated
- 11 Lut (as) - Hospitable
- 12 Shu'ayb (as) - Justice
- 13 Yusuf (as) - Integrity
- 14 Ayyub (as) - Loyalty
- 15 Dhul-Kifl (as) - Supporting
- 16 Yunus (as) - Sincerity
- 17 Musa (as) - Optimistic
- 18 Haroon (as) - United
- 19 Al-Khidr (as) - Patience
- 20 Ezekiel, Ilyas, Shammil (as) - Dependence
- 21 Luqman (as) - Wisdom
- 22 Dawood (as) - Brave
- 23 Suleiman (as) - Humility
- 24 Isaih, Jeremiah, Daniel, Uzair (as) - Reliable
- 25 Zakarriyah (as) - Perseverance
- 26 Yahya (as) - Responsible
- 27 Marryam (as) - Modesty
- 28 Esa (as) - Respectful
- 29 People of the Cave (as) - Proactive
- 30 Muhammad (saw) - Trustworthy

SERIES 2 OUR CREATION, PURPOSE AND JOURNEY OF OUR SOUL

- 1 The First Human
- 2 The Ultimate Battle - Human vs Shaytan
- 3 Our Greatest Weapon: DUA
- 4 Journey of Our Soul

SERIES 4 HADITH A DAY TO KEEP SHAYTAN AWAY

- 1 Jannah via Sunnah - Muharram
- 2 Jannah via Sunnah - Safar
- 3 Jannah via Sunnah - Rabi Al-Awwal
- 4 Jannah via Sunnah - Rabi Al-Thani
- 5 Jannah via Sunnah - Jumada Al-Awwal
- 6 Jannah via Sunnah - Jumada Al-Thani
- 7 Jannah via Sunnah - Rajab
- 8 Jannah via Sunnah - Shaban
- 9 Jannah via Sunnah - Ramadan
- 10 Jannah via Sunnah - Shawwal
- 11 Jannah via Sunnah - Dhul Qa'dah
- 12 Jannah via Sunnah - Dhul Hijjah

SERIES 5 FOUNDATIONS OF FAITH

- 1 Foundations of Faith
- 2 Step by Step Guide to Salah
- 3 My Little Dua Book
- 4 Barakat in Harakats
- 5 Fus-ha for Allah
- 6 Plan Your Day the Islamic Way
- 7 Celebrations & Holidays
- 8 99 Name Game

SERIES 6 TRANSITIONING INTO A TEENAGER

- 1 Becoming a Man
- 2 Becoming a Woman

This book is designed to build a Muslim identity in the 21st century. The series is divided into six sections.

I humbly request that they be read in order so that one may progressively learn and prosper. Insha'Allah.

May Allah (swt) accept all our efforts and grant us Jannah with no reckoning. Ameen.



DR. APPY

About the Author

Dr. Appy is a first generation immigrant in North America who has been practicing as a Neuropsychologist for over a decade. She was inspired to write this series due to her observations of how difficult it can be to raise children in this ever-changing world.

Dr. Appy would like to dedicate this book to her family and friends who have always supported and encouraged her, especially her parents. May Allah (swt) bless and guide us all. Ameen.

Dr. Appy genuinely prays to touch the heart of every child until the day of judgement and to assist parents in instilling the love of Allah (swt), along with the morals and etiquettes needed to be an upright Muslim and by default, citizen (Insha'Allah).

These books are designed to build a Muslim identity in the 21st century. I humbly request that they be read in order, so that our children can build on their knowledge and benefit. Insha'Allah.

Series 1: Get to know Allah (swt) and instill the love and companionship of Him in our hearts.

Series 2: Understand how we were created, our purpose and the journey of our soul.

Series 3: Anchor our akhlaq by walking through humanity; each Prophet is paired with a character trait and the story ends with a moral to internalize and build our identity.

Series 4: Learn and internalize a hadith a day to keep Shaytan away.

Series 5: Learn the foundations of faith by planning our day the Islamic way.

Series 6: Help our children transition into a teenager and adult.

I pray this series brings us all closer together in this world and in the hereafter. May Allah (swt) accepts all our efforts and grants us Jannah with no reckoning. Ameen.

Download this series for FREE at drappy.ca

