

Adventures with Dr. Appy



HUD (AS) VANITY

Anchoring Your Akhlaq – A Walk Through Humanity: Book 5/30

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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.

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

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

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Dear Parents

The purpose of this book is as follows:

- 1 - To understand that this world is a means for us to return to Jannah and not to be deluded the temporary blessings bestowed upon us;
- 2 - To humble ourselves when we have been given a blessing be it a house to a toy; thank Allah (swt) and be grateful knowing that Allah (swt) is the giver;
- 3 - We are accountable for our blessings Allah (swt) has given us, so use it to please Allah (swt);
- 4 - When we are given advice to take heed to it and try our best to keep the bond with Allah (swt) strong, knowing that at any time we will be standing before Him.

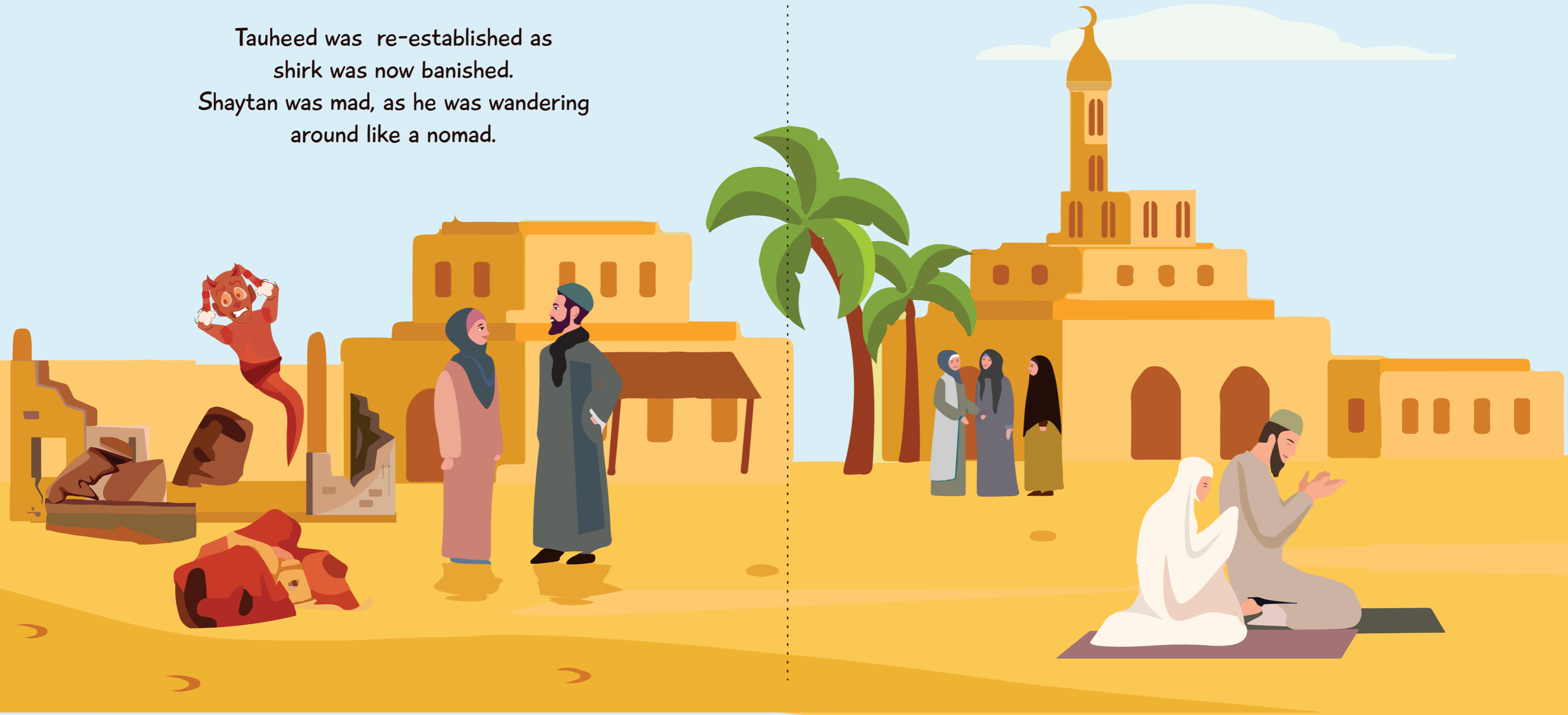
I pray this book brings you and your child closer together and that you both are given the gift contentment of the heart and mind. Ameen.

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 Hud (as).
Let us begin by saying Bismillah!



Tauheed was re-established as
shirk was now banished.
Shaytan was mad, as he was wandering
around like a nomad.



Shaytan slowly made his way back,
wanting mankind to crack.
His strategy this time,
was to make everyone climb.



The people of A'ad chased after their passions,
building huge mansions!
They moved higher and higher and
money is all that they truly wanted to acquire.



They were lost in this world,
as Shaytan had them all swirled.
He presented an illusion and
continued to fuel their delusions.



To Allah's (swt) dismay the people of A'ad continued to do bad. Allah (swt) was disappointed and Hud (as) He appointed.



They called Hud (as) a fool,
and accused him of wanting money and fame.
Little did they know their teasing
was only bringing them shame!



They were so vain, Allah's (swt) anger did they gain.
They thought they were so strong
with their bodies oh so long!
Allah (swt) showed them His might and
brought about their plight.



Allah (swt) withheld the rain as they
did not use their brain.

Shaytan had them aligned, making them all blind,
so Allah (swt) sent for them a very violent wind.



The moral of the story is that we should always be thankful,
no matter what we have even if it is awful.

We should pray for the contentment of our mind
and heart approaching each day as a fresh start.

We should know the world will follow, if we chase after our akhira,
as we are all returning to our beloved Allah (swt).

يٰۤاَيُّهَا اٰدَمُ خُذُوْا زِيْنَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوْا
اَوْ شَرَبُوْا وَلَا تُسْرِفُوْا اِنَّهٗ لَا يُحِبُّ الْمُسْرِفِيْنَ

yābanī ādama khudhū zīnatakum ‘inda kulli masjidin wakulū wa-
ish'rabū walā tus'rifū innahu lā yuḥibbu l-mus'rifin

“...and eat and drink and be not extravagant;
surely He does not love the extravagant.”
(Surah al-Ar’āf 7:31)



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 فَارُدَّهُ لِي إِلَيَّ عِنْدَ 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 Rahmatullah	May peace be with you and Allah's (swt) mercy be upon you
Bismillah	In the name of Allah (swt)
Jazak Allah Khairun	May Allah (swt) reward you with good
Rehma	Blessing
Shaytan	Mercy
Shirk	Devil
Sunnah	Associating partners with Allah (swt). The way of the Prophet Muhammad (saw)

SYNOPSIS OF STORY

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

1. The people of A'ad were physically well built and renowned for their craftsmanship especially in the construction of tall buildings with lofty towers.
2. They were outstanding among all the nations in power and wealth, unfortunately this made them arrogant and boastful and they became unjust rulers.
3. Idolatry was also re-introduced.
4. Hud (as) was sent to re-establish tauheed and remove corruption and immorality.
5. They teased him, called him a mere human, a fool, accusing him of wanting money and fame.
6. Hud (as) warned them yet they felt they were the strongest on Earth and nothing could happen.
7. Allah repeats the words of the people of A'ad in the Quran, Chapter 11 verse 53-54 saying "O my Hud! No evidence have you brought to us, and we shall not leave our gods for your mere saying! And we are not believers in you. All that we say is that some of our gods (false deities) have seized you with evil (madness). I looked up Earth and all of the disbelievers perished and tauheed was re-established.

SYNOPSIS OF STORY

8. Hud (as) eventually returned their challenge and invoked Allah (swt) help, Quran, Chapter 11 Verse 54-57.

9. Allah(swt) brought about a drought and then a violent wind that destroyed the disbelievers and their material possessions.

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.

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