

Adventures with Dr. Appy

# THE FIRST HUMAN

Our Creation, Purpose and Journey: Book 1/4

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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](http://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 - Begin to understand the story of humanity and our plight with Shaytan;
- 2 - Teach our children that Allah (swt) made us at the top of the food chain, but this status comes with responsibility and accountability;
- 3 - Generate a discussion about race, ethnicity, nationality and diversity and how Allah (swt) fashioned us all uniquely, and that no one is better than the other person;
- 4 - Instill the understanding that our body consists of two parts - the physical and the spiritual. The physical body will return to the soil, whereas the spiritual soul will live eternally in the Hereafter.

I pray this book brings us and our families closer together, and that there is clarity between the body and soul along with how each human is unique, equal and accountable. Ameen.

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

Today we will be exploring how  
Allah (swt) created the first human.



Before Allah (swt) made Humans He used light to make Angels, who have no choice and always rejoice.

Allah (swt) also used a smokeless fire to make Jinns, who can choose with their might, all that is right.<sup>1</sup>





Jinns lived on Earth before we were created  
and out of them all, one was elated.<sup>2</sup>

His name was Iblis and to Allah (swt)  
he was dear; when he was allowed to come near,  
all the Angels would cheer!

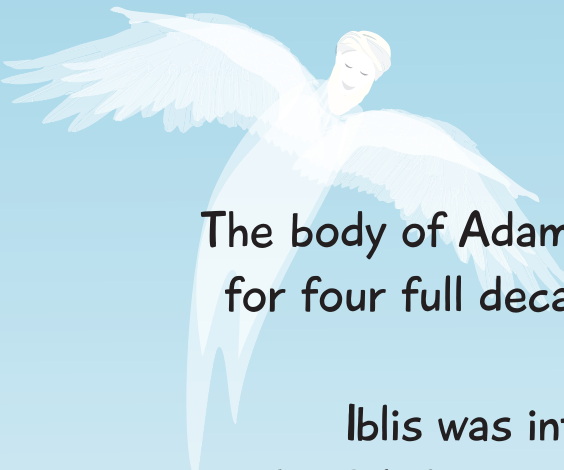




One day Allah <sup>(swt)</sup> sent an Angel to Earth to gather soil from all the land, for His master plan was to make the first man.



Allah <sup>(swt)</sup> mixed the soil with water, moulding our father. His name was Adam <sup>(as)</sup>, and the Angels and Iblis just could not fathom.



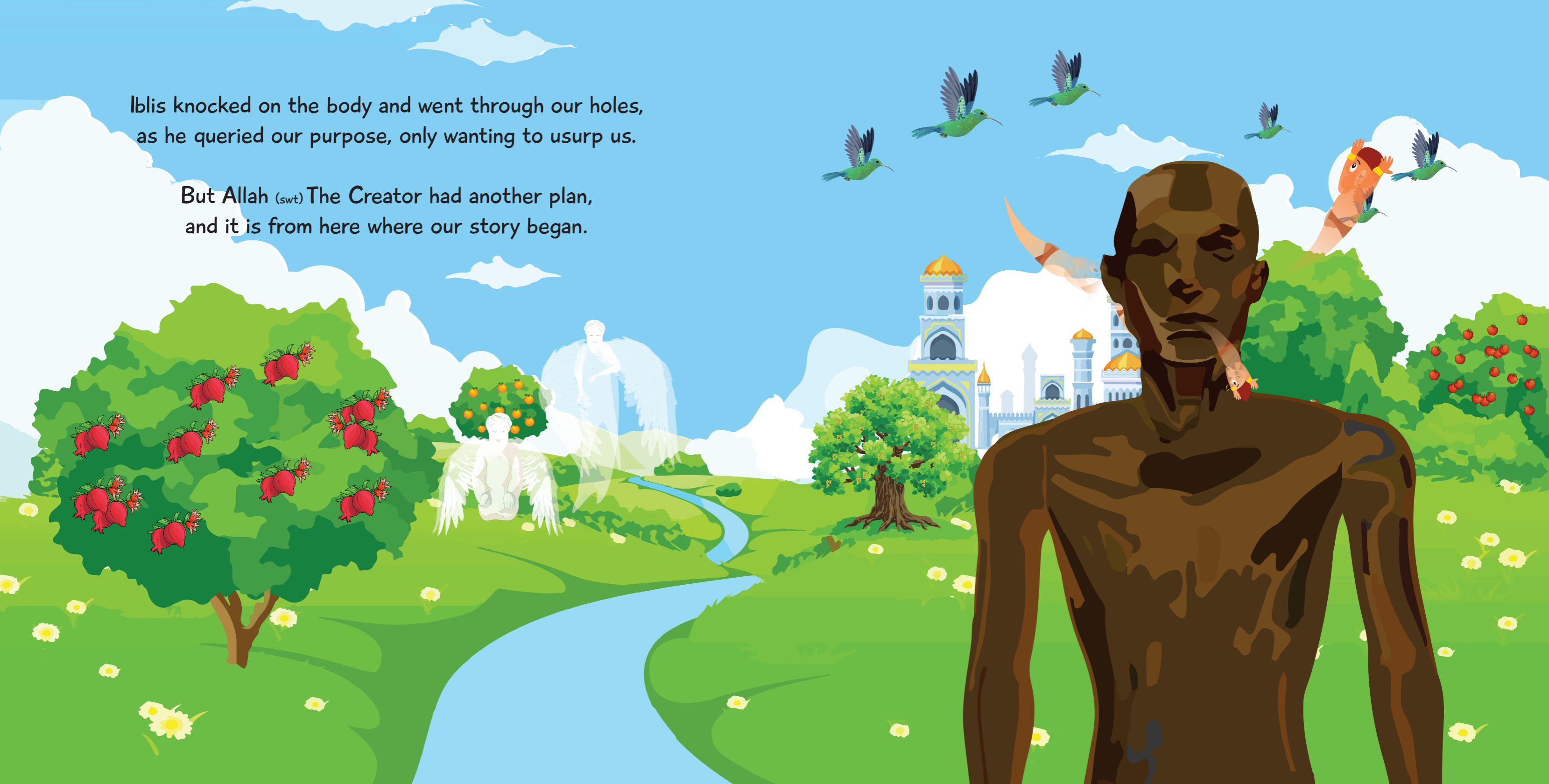
The body of Adam (as) stood there hollow and strong  
for four full decades, measuring sixty cubits long.

Iblis was intrigued and wanted to play;  
he felt he was superior and better than clay!



Iblis knocked on the body and went through our holes,  
as he queried our purpose, only wanting to usurp us.

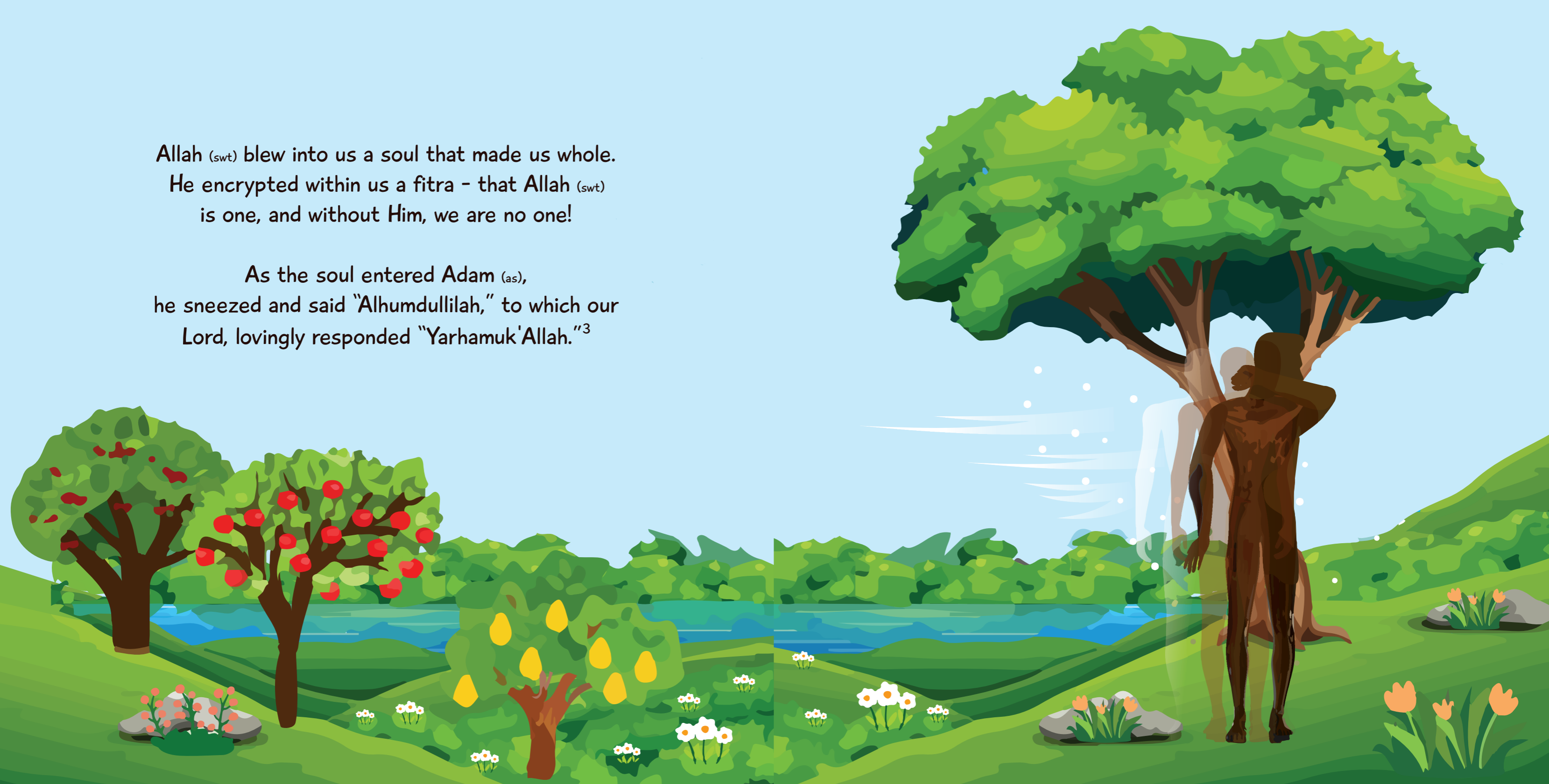
But Allah (swt) The Creator had another plan,  
and it is from here where our story began.





Allah (swt) blew into us a soul that made us whole.  
He encrypted within us a fitra - that Allah (swt)  
is one, and without Him, we are no one!

As the soul entered Adam (as),  
he sneezed and said "Alhumdullilah," to which our  
Lord, lovingly responded "Yarhamuk'Allah."<sup>3</sup>





The soul continued to enter but Adam (as) was eager; he reached for a fruit while Iblis became a besieger.

As we entered into the human race, Allah (swt) commanded us to never waste as He, The Most Observant said, "Mankind indeed is in haste."<sup>4</sup>



So, let us end today by understanding  
that our body is made of clay,  
but without our soul we cannot even play!

The soul is from Allah (swt) and will continue  
to live, going back to our Lord, who loves to forgive.

اللَّهُمَّ اهْدِنِي وَسَدِّدْنِي

'Allaahummah-dinee wa saddidnee'

"O'Allah, direct me to the right path and make  
me adhere to the straight path."<sup>5</sup>

Ameen



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 أَسْتَوْدِعُكَ 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

<b>(as)</b>	<b>Alayhis-salam means peace be upon him</b>
<b>(ra)</b>	<b>Radi Allahu anhu means Allah (swt) be pleased with him</b>
<b>(swt)</b>	<b>Subhanahu wa ta'ala means the most Glorified, the most High</b>
<b>Alhumdullilah</b>	<b>All thanks and praise is to Allah (swt)</b>
<b>Assalam u Alaikum wa</b>	<b>Peace be upon you and Allah's (swt) mercy</b>
<b>Rahmatullah</b>	
<b>Bismillah</b>	<b>In the name of Allah (swt)</b>
<b>Fitra</b>	<b>Innate nature</b>
<b>Iblis</b>	<b>Shaytan/Satan</b>
<b>Iman</b>	<b>Faith</b>
<b>Jazak Allah hu Khairan</b>	<b>May Allah (swt) reward you with good</b>
<b>Jinn</b>	<b>Race of beings created from a smokeless fire</b>
<b>Yarhamuk'Allah</b>	<b>May Allah (swt) have mercy on you</b>

## REFERENCES

- 1 A'isha (ra) reported that Allah's Messenger (saw) said: The Angels were born out of light and the Jinns were born out of the spark of fire and Adam (as) was born as he has been defined (in the Quran) for you (i. e. he is fashioned out of clay). (Sahih Muslim 2996, Book 55, Hadith 78) "And the jinn, We created aforetime from the smokeless flame of fire." (Quran 15:27).
- 2 Ibn 'Abbas (ra) states, "The first to reside on Earth were the Jinn. They spread corruption and bloodshed in it and killed one another. So Allah sent Iblis with an army of Angels and he fought them until they were forced to settle on islands and mountain tops. Allah (swt) then created Adam (as) and placed him on Earth. Thus, Allah (swt) says, 'I will place upon Earth a successor.'" (Tafsir Ibn Kathir, Surah: Al Baqarah, Verse: 30).
- 3 Anas bin Malik (ra) said: "Two men sneezed in the presence of the Prophet (saw) and he replied YarhamukAllah (may Allah have mercy on you) to one and not to the other. It was said: 'O Messenger of Allah (saw), two men sneezed in your presence and you replied to one and not to the other?' He said: "This one praised Allah (swt) (said Alhamdulillah after sneezing) but that one did not." (Sahih (Darussalam), Sunan Ibn Majah 3713).
- 4 Allah says, "Verily, man was created very impatient/hasty/greedy/anxious;" Then, Allah explains this statement by saying, "Apprehensive when evil touches him;" meaning, whenever any harm touches him he is frightful, worried and completely taken back due to the severity of his terror and his despair that he will receive any good after it "And suppressive when good touches him." meaning, if he attains any blessing from Allah, he is stingy with it, not sharing it with others. He will withhold the right of Allah with that blessing. Imam Ahmad said that Abu 'Abdur-Rahman informed them that Musa bin 'Ali bin Rabah told them that he heard his father narrating from 'Abdul-Aziz bin Marwan bin Al-Hakim that he heard Abu Hurayrah saying, "The Messenger of Allah said, the worst thing that can be in a man is greedy impatience and unrestrained cowardice. Abu Dawud recorded this Hadith from 'Abdullah bin Al-Jarrah on the authority of Abu 'Abdur-Rahman Al-Muqri', and this is the only Hadith through 'Abdul-Aziz with him. (Quran 70: 19-24, Tafsir Ibn Kathir, Abridged, Volume 10).
- 5 'Ali (ra) reported that Allah's Messenger (saw) said to him: Say, "O Allah (swt), direct me to the right path and make me adhere to the straight path," and when you make a mention of right guidance, keep in mind the right path and when you consider the straight (path), keep in mind the straightness of the arrow. (Sahih Muslim 2725a; Book 48, Hadith 104)



# SYNOPSIS OF STORY

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

- ◇ Allah (swt) says to the Angels: "Verily, I am going to place mankind generations after generations on Earth.' They said: 'Will You place therein those who will make mischief therein and shed blood, while we glorify You with praises and thanks and sanctify You.' God said: 'I know that which you do not know.'" (Quran 2:30).
- ◇ Angels were sent to Earth to collect the soil that was to become Adam (as). It was red, white, brown, and black; it was soft and malleable, hard and gritty; it came from the mountains and the valleys; from infertile deserts and lush fertile plains and all the natural varieties in between.
- ◇ The descendants of Adam (as) were destined to be as diverse as the handful of soil from which their ancestor was created; they all have different appearances, attributes and qualities. Allah (swt) says "We created man from sounding clay, from mud moulded into shape..." (Quran 15:26). And, "He began the creation of man from clay, and made his progeny from a quintessence of fluid." (Quran 32:7-8). Thus, human beings have a fundamental attachment to the earth.
- ◇ Allah (swt) says "Truly I am going to create man from clay. So when I have fashioned him and breathed into him (his) soul created by Me, then you fall down and prostrate to him." (Quran 38:71-72). So Allah (swt) shaped Adam (as) into a human being, but he remained a figure of clay for forty years. Abu Hurairah (ra) states that the Prophet (saw) said, "Allah created Adam, making him 60 cubits tall." It is also stated that this will be our height in Jannah.
- ◇ The Angels went past him. They were seized with fear by what they saw, and Iblis felt fear the most. He used to pass by the figure of Adam (as), buffeting it and going through our holes, which would make a sound like pottery. Allah told us: "He created man (Adam (as) from sounding clay like the clay of pottery." (Quran 55:14).
- ◇ When the time drew near to breathe the spirit into Adam (as) as Allah (swt) decreed, He commanded the Angels: "When I breathe My spirit into him, prostrate before him."
- ◇ Allah (swt) breathed His spirit into Adam (as) and when it reached his head Adam (as) sneezed. The Angels said: "Say all praise belongs to Allah (swt)." Adam (as) repeated "All praise belongs to Allah (swt)." Allah (swt) said to him: "Your Lord has granted you mercy."
- ◇ When the spirit reached his eyes, Adam (as) looked at the fruits of Paradise. When it reached his abdomen, Adam (as) felt an appetite for food. He jumped hurriedly before the spirit could reach his legs, so that he could eat from the fruits of Paradise. Allah (swt) therefore said: "Man is created of haste." (Quran 21:37).
- ◇ After this "The Angels prostrated themselves all of them together, except Iblis, he refused to be among the prostrators." (Quran 15:31-32).

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- 6 Saleh (as) - Sharing
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- 9 Is'hac (as) - Trusting
- 10 Ya'qub (as) - Dedicated
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- 12 Shu'ayb (as) - Justice
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- 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
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- 21 Luqman (as) - Wisdom
- 22 Dawood (as) - Brave
- 23 Suleiman (as) - Humility
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- 25 Zakariyah (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

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- 6 Jannah via Sunnah - Jumada Al-Thani
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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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