

Adventures with Dr. Appy



# THE ULTIMATE BATTLE

Human vs Shaytan

Our Creation, Purpose and Journey: Book 2/4

Written by:  
Dr. Appy

Edited by:  
Ms. Ahmad

Illustrated by:  
Mr. Majid

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.

# Dear Parents

The purpose of this book is as follows:

- 1 - Understand how good and evil came to be;
- 2 - Understand how Shaytan entraps you, starting in the periphery and works his way to the sin slowly and patiently;
- 3 - Understand the concept of accountability, responsibility and repentance;
- 4 - Understand the fragility of the human state, and that all Allah (swt) expects from us is to try and not give up.

I pray this book brings us and our families together, and that we all become aware of the traps of Shaytan, and why Allah (swt) says not to even go close to the periphery of a sin. 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)

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: 978-1-7776642-8-2  
Hardcover: 978-1-7776642-9-9  
Paperback: 979-8-5212277-1-6

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

Today we will be exploring the ultimate battle that  
took place between Adam (as) and Shaytan.



Allah (swt) loves us so dearly and made us all leaders, but Iblis was angry and committed a misdemeanor.

He disobeyed Allah's (swt) command and refused to bow down, thus his jealousy and arrogance resulted in him being banned.



Iblis vowed to prove that indeed he was the best; but this act of his was to Allah's (swt) detest.

Allah (swt) in His anger said you are the accursed, but let it be known that mankind cannot be coerced!



In Jannah Adam (as) was lonely, so Allah (swt) created for him his wife, allowing them both a very fulfilling life.

There was one rule though, to not eat from one forbidden tree;  
To this, they both did readily agree.



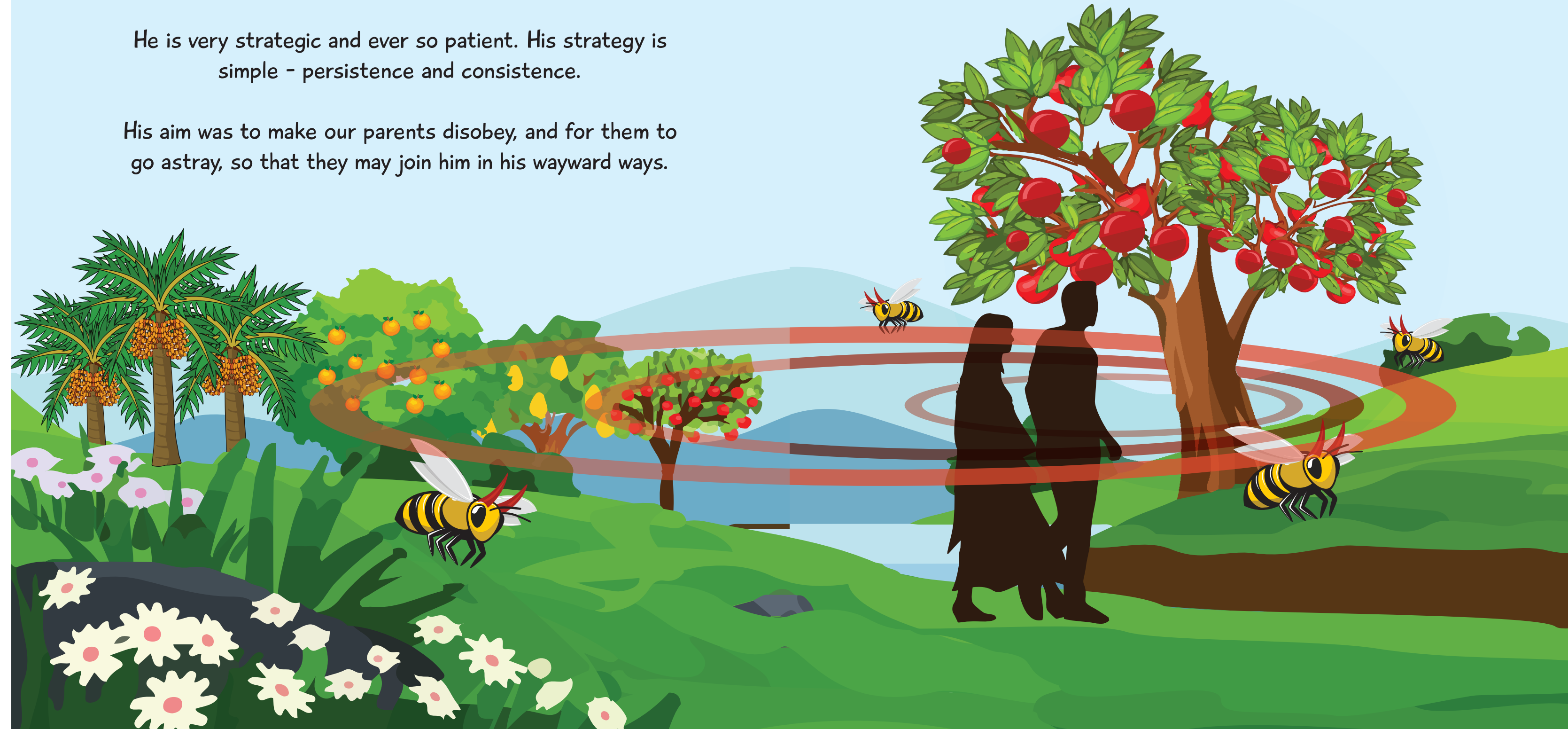
Although Shaytan was constrained, his whispers remained  
and he was very determined to lead mankind astray!

Our parents were truly clueless, and unable to see, that  
Shaytan was buzzing around, just like a bee.



He is very strategic and ever so patient. His strategy is simple - persistence and consistence.

His aim was to make our parents disobey, and for them to go astray, so that they may join him in his wayward ways.





That is how Shaytan works.

He begins by telling us to do something permissible, saying that it is okay and admissible;

But all the while he is hidden, bringing us closer to the forbidden!'





Once we are close, Shaytan waits for his chance and begins to advance.

He waits and he waits, looking for us to have a momentary lapse, so that he can rejoice over our collapse!



Our parents were busy playing and not thinking clearly. Shaytan's face lit up with glee, as his waswasah slowly brought them closer to the forbidden tree.

He showed them a treat which he convinced them to eat. It was at this very moment, our parents knew, that Shaytan had them beat!



Ashamed and afraid they turned to Allah (swt)<sup>2</sup> ; their eyes filled with tears, knowing they had disobeyed Al-Baseer.<sup>3</sup>

Allah (swt) saw their remorse and readily forgave, with a condition they come to Earth and behave!



So, to the lowest heaven we came, covering our shame.  
Our mission is clear, worship Allah (swt) The Most Dear, and  
make our way back to the seventh heaven so near.



Here on Earth Allah (swt) assigned to us two angels that record our every action.<sup>4</sup> The Angel on the right writes all the good that we do and is instructed to record immediately on cue!



The Angel on the left writes all the bad that we do, but is instructed to hold, giving us a chance to escape from Shaytan's stronghold!

For Allah (swt) in His mercy gave us this window of time, hoping we repent against our crimes.<sup>5</sup>



Our mind is our gift so do not let it go adrift.  
As Shaytan is always waiting, for us to fall  
for his tricks and stay in his grips.

The battle is clear, and it is only Allah (swt) we fear.  
Shaytan may be weak but havoc he can wreak!  
So please be aware, as he will meddle into  
ALL of your affairs.





Allah (swt) is always on our side, and only asks  
that we give everything a sincere try.  
It is inevitable that we will falter and fail, but it is  
the sincerity of our efforts that may tip our scales.

So never give up, as success only comes from Allah (swt) and  
embed deep into your heart that  
Shaytan will always mess with your amygdala!<sup>6</sup>



The moral of the story is that Allah (swt) has given you a choice, so always listen closely to your inner voice.

He has made you a leader so hold your head high, walk with pride and use your intellect with every stride!

For we are on an eternal journey, so try your best to elevate your soul from an-nafs al Ammarah to an-nafs al Mutma'innah.<sup>7</sup>

وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ  
وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ

Wa qur Rabbi a'oozu bika min hamazaatish Shayaateen  
Wa a'oozu bika Rabbi ai-yahduroon

"My Lord, I seek refuge with You from the whisperings of the Shaytan.  
And I seek refuge in You, my Lord, lest they be present with me."<sup>8</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 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 وَالْحَقْنِي 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>Akhlaq</b>	<b>Character</b>
<b>Assalam u Alaykum wa Rahmatullah</b>	<b>May peace be with you and Allah's (swt) mercy be upon you</b>
<b>Bismillah</b>	<b>In the name of Allah (swt)</b>
<b>Iblis</b>	<b>Shaytan/Satan</b>
<b>Jazak Allah Khairun</b>	<b>May Allah (swt) reward you with good</b>
<b>an-nafs al Ammarah</b>	<b>The commanding soul</b>
<b>an-nafs al Muta'innah</b>	<b>The peaceful soul</b>
<b>Shaytan</b>	<b>Devil</b>
<b>Sunnah</b>	<b>The way of the Prophet Muhammad (saw)</b>
<b>Wawasah</b>	<b>Shaytan's whisperings</b>

## REFERENCES

- 1 In the Quran, Allah (swt) refers to humans as 'insaan' انسان which is derived from the Arabic root word 'An nas' انسان and 'nasiya' نسي. Anisa means 'to be companionable or friendly' and nasiya means 'to forget'. We see from this that humans are social beings who easily forget. This combination of attributes allows Shaytan to sway our decisions. Allah (swt) says "Renounce outward sins and the inward ones" (Quran 6:120). This verse commands us to stay away from sins completely, in other words - do not come even close to the periphery of sin. Once you enter the periphery of a sin, you may not realize it but Shaytan will slowly pull you closer and closer. We often justify our actions as doing something "good" yet we are coming closer and closer to the sin. For example, Adam & Eve (as) were surrounded by trees with fruits in Jannah and Allah (swt) had forbidden just one. Shaytan pulled them into the periphery of the forbidden tree and then slowly brought them closer. Shaytan patiently waited until they eventually forgot and ate from the forbidden tree and committed the first sin / disobedience to Allah (swt).
- 2 Allah (swt) addressed Adam & Eve (as): "Did I not forbid you that tree and tell you: Verily, Satan is an open enemy unto you?" They said: "Our Lord! We have wronged ourselves. If You forgive us not, and bestow not upon us Your Mercy, we shall certainly be of the losers." (Allah) said: "Get down, one of you an enemy to the other (i.e., Adam, Eve, and Satan, etc.). On earth will be a dwelling place for you and an enjoyment, - for a time." He said: "Therein you shall live, and therein you shall die, and from it you shall be brought out (i.e. resurrected)." (Quran 7: 22-25)
- 3 Allah (swt) is Al-Baseer he sees everything all the time. He understands all that has and will be. He has insight into all things and does not miss any detail. His sight is not limited to the outside but also knows what exists inside your heart.
- 4 "And indeed, (appointed) over you are keepers, Noble and recording; They know whatever you do" (Quran 82:10-12).
- 5 Narrated by Ibn 'Abbas (ra): The Prophet (saw) said, "Allah ordered (the appointed angels over you) that the good and the bad deeds be written, and He then showed (the way) how (to write). If somebody intends to do a good deed and he does not do it, then Allah will write for him a full good deed (in his account with Him); and if he intends to do a good deed and actually did it, then Allah will write for him (in his account) with Him (its reward equal) from ten to seven hundred times to many more times: and if somebody intended to do a bad deed and he does not do it, then Allah will write a full good deed (in his account) with Him, and if he intended to do it (a bad deed) and actually did it, then Allah will write one bad deed (in his account)" (Sahih al-Bukhari 6491, Book 81, Hadith 80). Abu Umamah (ra) reported: The Messenger of Allah (saw) said, "Verily, the angel on the left side will raise his pen over the error or sin of a Muslim servant for six hours. If he sincerely regrets it and seeks forgiveness from Allah, the angel will throw it aside. Otherwise, he will record it as one sin." (Hasan according to Al-Albani, al-Mu'jam al-Kabir 7765).
- 6 "So when you have made a decision, then put your trust in Allah" (Quran 3:159). "And they planned and Allah also planned and Allah is the best of planners" (Quran 3:54). Three adjectives have been used in the Noble Qur'an to describe three different types of nafs: nafs an-ammārah, nafs al-lawwāmah, and nafs al-muṭma'innah.

## REFERENCES

**7** Three adjectives have been used in the Noble Quran to describe three different types of nafs: nafs an-ammārah, nafs al-lawwamah and nafs al-muṭma'innah.

1. The first is nafs al-ammārah. **إِنَّ النَّفْسَ لَأَمَّارَةٌ بِالسُّوءِ** “Indeed the nafs that overwhelmingly commands a person to do sin.” (12:53) So this refers to that nafs which is ruling over the self. This means that the nafs commands us and tells us what to do. So when the nafs has any desire, any wish, any appetite, it simply commands us and dominates us. This is the first type of nafs, and the sign that a person has this type of nafs is that they sin willingly, blatantly, remorselessly, in any way that they want.

2. Second type of nafs is known as nafs al-lawwāmah. **وَلَا أَقْسِمُ بِالنَّفْسِ اللَّوَّامَةِ** “And I swear by the reproaching soul.” (75:2) Lawwām here means to self incriminate, to self reproach, [to blame oneself]. This is that nafs that sometimes brings a person to do sin, but then that nafs self incriminates itself, it reproaches itself, it feels bad, it feels guilty. Then this guilt [increases] so much so that the person leaves those sins because he feels guilty about them. So they are fighting a battle with their nafs. Sometimes they commit sin and sometimes they are able to stay away from sin.

3. The third type of nafs is nafs al-muṭma'innah. **يَا أَيُّهَا النَّفْسُ الْمُطْمَئِنَّةُ ارْجِعِي إِلَىٰ رَبِّكَ رَاضِيَةً مَّرْضِيَةً** “To the righteous it will be said, “Oh reassured soul, return to your Lord well pleased, and pleasing to Him.” (89:27-28) Allah Almighty addresses the nafs al-muṭma'innah. And muṭma'in here means two things:

1) They are muṭma'in, [meaning] they are content with the ḥukm of Allah Almighty, there is nothing else that makes them happy. [But such people are] also doing what makes them happy [because] this person has been molded, trained, and disciplined in such a way that the only thing that makes their nafs happy, that gives it solace, the only thing that it is muṭma'in on, that it is content with, is what Allah Almighty is pleased with and what Allah Almighty is content with. So its contentment lies in that which Allah Almighty is happy and pleased with.

2) Muṭma'in [means that the nafs] has reached a state of serenity. The serene, contented, tranquil, at-peace nafs. Obviously the peace here means that it has aman (safety) and iṭmi'nān (contentment) from doing sin [as well as] from desiring sin. It has no unlawful desires. It has desires – that is what the nafs does – but it only desires good things. The sign of this is exactly what we just mentioned: this person not only [abstains from] sin, he no longer desires sin. That faculty and part of their humanity that desires (i.e. the nafs) only and only desires things which Allah Almighty views as desirable, and it has stopped desiring those things which Allah Almighty has labeled as undesirable.

**8** Then Allah (swt) shows him the best way to behave when mixing with people, which is to treat kindly, the one who treats him badly, so as to soften his heart and turn his enmity to friendship and to turn his hatred to love (And if an evil whisper from Shaytan tries to turn you away, then seek refuge in Allah (swt) means, the devils among men may be deceived by your kind treatment of him, but the devils among the Jinn, when they insinuate their evil whispers, cannot be dealt with except by seeking refuge with the Creator Who gave him power over you. If you seek refuge with Allah (swt) and turn to Him, He will stop him from harming you and bring his efforts to naught. When the Messenger of Allah stood up to pray, he would say: **أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، مِنْ هَمَزِهِ وَنَفْحِهِ وَنَفَثِهِ** (I seek refuge in Allah the All-Hearing, All-Knowing, from the accursed Shaytan and his evil insinuations, breath and impurity.)” (Quran 23:96-98, Tafsir Ibn Kathir, Abridged Volume 6).

## SYNOPSIS OF STORY

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

- ◆ Allah (swt) brought forth the children of Adam (as) and made them testify that He is our Lord so that we will not have an excuse on the day of resurrection (Quran 7:172-174).
- ◆ Allah (swt) compares Esa (as) to Adam (as) where He says He created them from dust and said Be! (Quran 3:59).
- ◆ Iblis compared himself to Adam (as). He is vain as he believed that fire was better than clay. He disobeyed Allah's (swt) command to prostrate and defended his position despite being disobedient. Adam (as) realized that Iblis was a creature characterized by being cunning and filled with ingratitude.
- ◆ Allah (swt) knew that Iblis was not going to obey and could have annihilated him, but Allah (swt) gives His commissioned creatures absolute freedom even to the extent that they can refuse Allah's (swt) commands. He grants them the freedom of denial, disobedience and even disagreement with Him. His kingdom will not diminish.
- ◆ After this lesson on freedom, Adam (as) was taught about knowledge. Adam (as) realized that Iblis was the symbol of evil in the universe and the Angels were the symbol of good. Allah (swt) then taught Adam (as) about himself.
- ◆ Allah (swt) granted Adam (as) the power to know the nature of all things and to summarize them by names; that is a bird, star, tree etc. Allah (swt) implanted in Adam (as) the insatiable need for and love of knowledge. This was the reason for his creation and the secret of glorification (Quran 2:31-33).
- ◆ Adam (as) was alone in paradise and did not have a partner from whom he could get tranquility. He slept and when he woke up he saw a woman whom Allah (swt) created from his ribs (Quran 4:1, 7:189). Allah (swt) commanded them to live in Paradise and do as they pleased, just not to come near or eat from one tree (Quran 2:35).
- ◆ They understood the commandment, but they were human, and man tends to forget. His heart changes and his will weakens. Iblis summoned all the envy within him and took advantage of Adam's (as) humanity to exploit him.

## SYNOPSIS OF STORY

- ◆ He whispered and coaxed “Shall I guide you to the Tree of Immortality and the Eternal Kingdom.” Adam (as) queried what would happen if he ate from it and years went by before he eventually ate from the tree. “Then Shaytan whispered suggestions to them both in order to uncover that which was hidden from them of their private parts (before); he said: ‘Your Lord did not forbid you this tree save you should become angels or become of the immortals.’ And he (Shaytan) swore by Allah to them both (saying): ‘ Verily, I am one of the sincere well-wishers for you both’” (Quran 7:20-21). “Then Shaytan whispered to him, saying ‘O Adam! Shall I lead you to the Tree of Eternity and to a kingdom that will never waste away?’” (Quran 20:120).
- ◆ Adam (as) had hardly finished eating when he felt his heart contract, and was filled with pain, sadness and shame. The surrounding atmosphere had changed, and the internal music had stopped. He discovered that he and his wife were naked, so they both started cutting tree leaves with which to cover themselves (Quran 7:20-27).
- ◆ Allah (swt) does not force things to happen. He grants free will to his human creatures. On that He bases His supreme wisdom in populating the Earth, establishing vicegerents. Adam (as) learned this third lesson in a practical way that Iblis is his enemy, the cause of his losing the blessing of living in Paradise and the cause of his distress.
- ◆ Adam (as) also understood that Allah (swt) punishes disobedience, and that the way of Paradise has to be through submission to the will of Allah (swt). He learned from Allah (swt) how to ask for forgiveness. Allah (swt) accepted from Adam (as) his repentance and forgave him. He then sent him to Earth, as His first messenger.

### 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

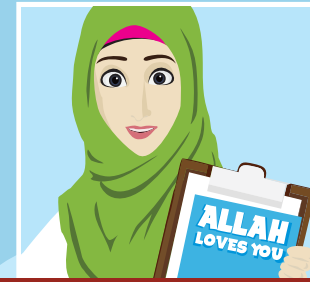
### SERIES 6 TRANSITIONING INTO A TEENAGER

- 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](http://drappy.ca)**

