

Adventures with Dr. Appy

JOURNEY OF OUR SOUL

Our Creation, Purpose and Journey: Book 4/4

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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

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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 - Understand that our soul's journey will be through six different realms/worlds;
- 2 - Accept Allah's (swt) decree as to when you enter or exit a realm/world;
- 3 - Internalize that our life on Earth is temporary and a means for us to accumulate good deeds; To instill the urgency of time and to make the most of it;
- 4 - Understand that the soul continues to live eternally and we will all be reunited in Jannah, Insha'Allah.

I pray this book brings us and our families closer together and that we all understand that we will be together eternally, although separated for a short time in the middle. Ameen.

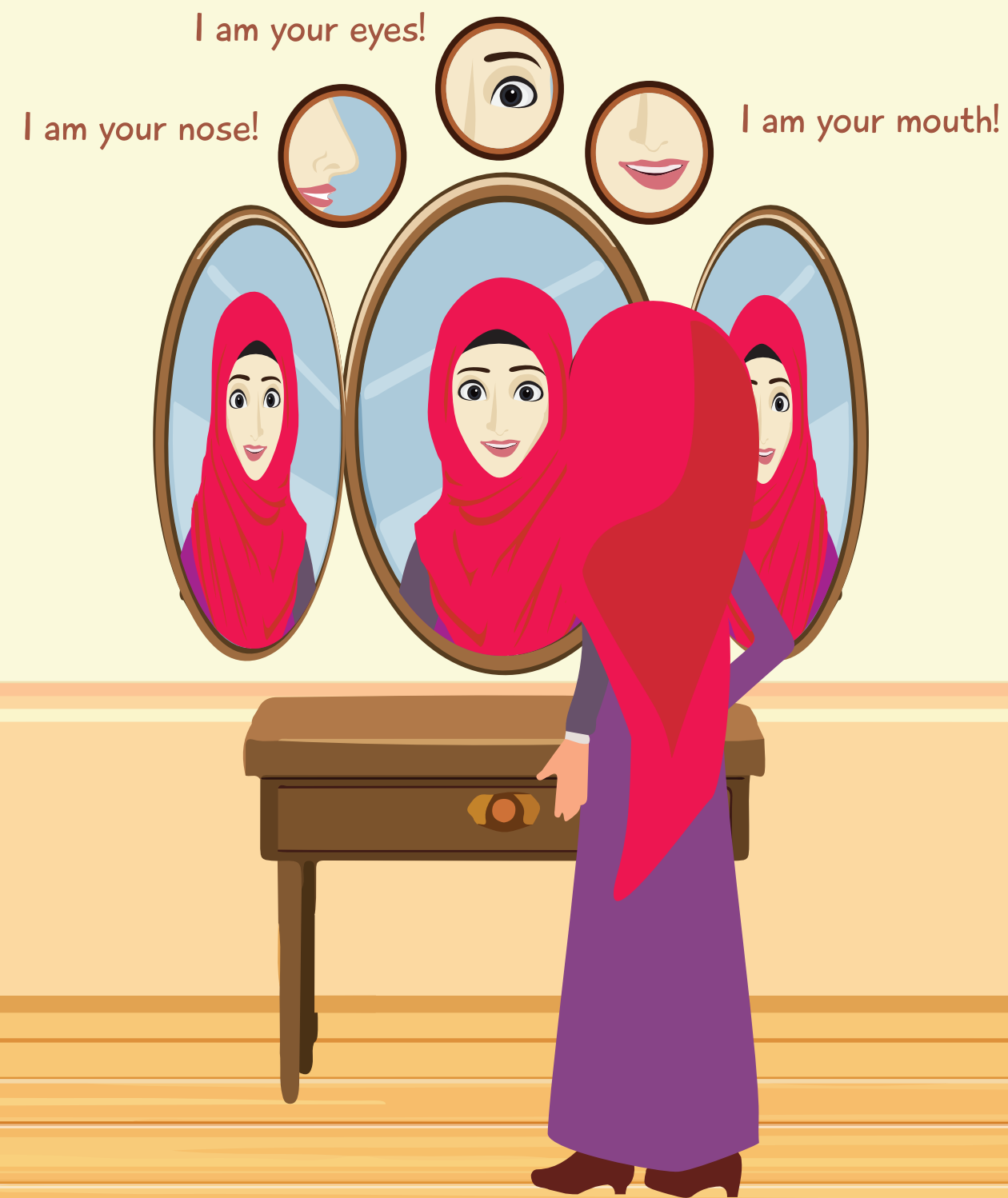
Assalam u Alaikum wa Rahmatullah _____
(insert child name)
Jazak Allah hu Khairan for joining us in our adventure!

Today we will be exploring
the journey of our soul!

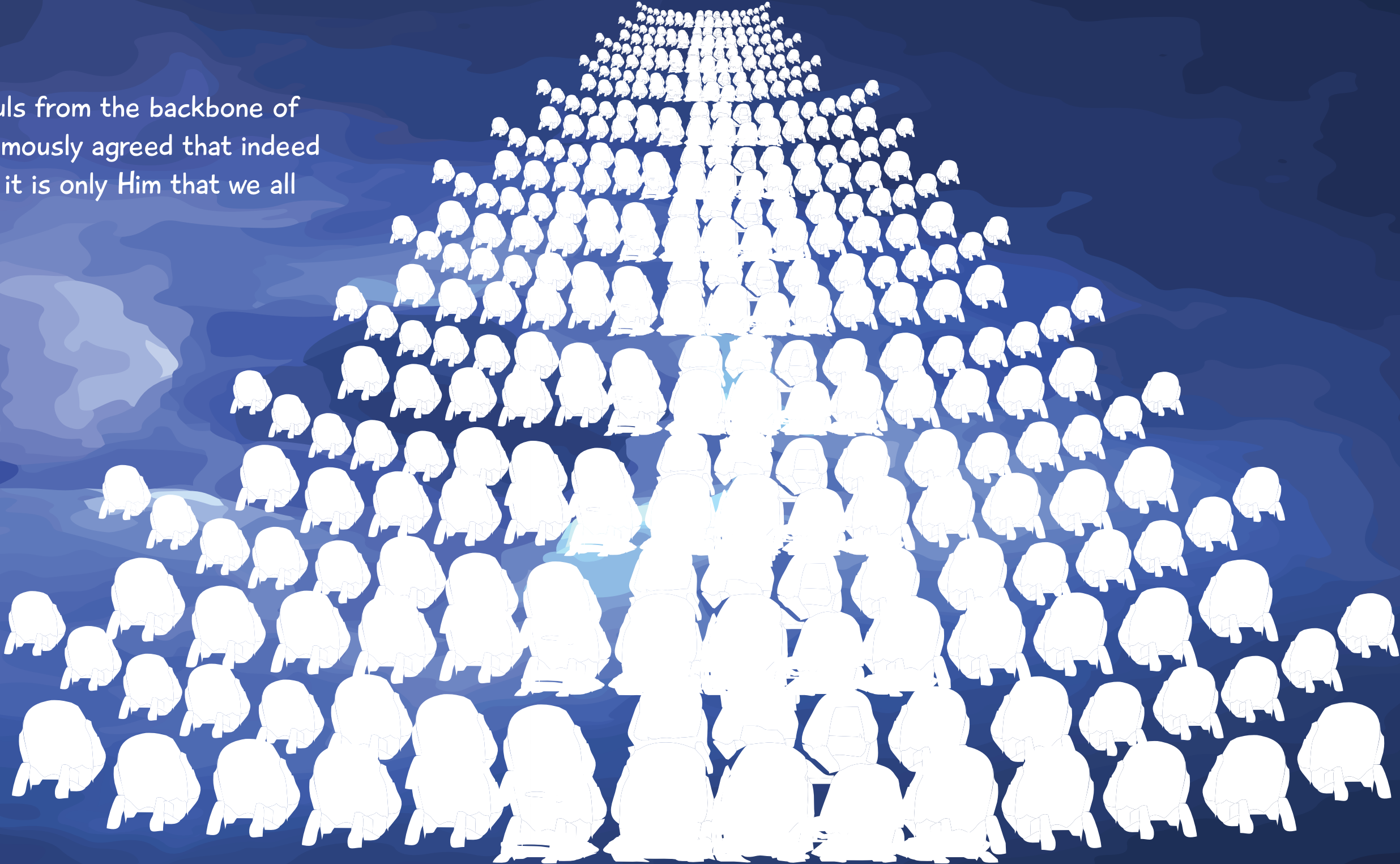


Our soul is in transition on an eternal journey, with our bodies being our temporary attorney.¹

We pass through six worlds until our final abode. We pray it is Jannah as we lived a life full of Sunnah.



Allah (swt) drew all the souls from the backbone of Adam (as) and we all unanimously agreed that indeed Allah (swt) is our Lord, for it is only Him that we all had truly adored.²



The souls then entered this "Alamal Arwah,"
waiting for the commandment to leave,
by none other than Allah (swt).



That was the first stage of our journey, from here we entered into our mother's belly.

In this world of the womb we indefinitely bloomed, protected in a cocoon we laid and we swooned. ⁴



All comforted in Mommy we did not want to leave, but Allah had commanded, so you were out with one heave.

You entered this world and it is now your birthday, so enjoy the blessings and continue living and progressing.⁵



From this world you will transition to another realm, the move will be hard and you may even be overwhelmed.⁶

Your soul will enter into a Barzakh, with our names written in Iliyon,⁷ you will begin to explore, not having to do any chores! (Insha'Allah)



One day a trumpet will be blown and all of mankind will gather, without any chatter.⁸

This day of accountability, our book will be read and all of mankind will stand quietly in dread.⁹





Insha'Allah we will all pass in first class, entering into Jannah only by Allah's (swt) rehma.¹⁰

In Jannah we will live forever and ever, with no concerns, not even a quiver!¹¹

Baab As-Salaat:

For those who are punctual and focused on prayer.

Baab As-Sadaqah:

For those who frequently give charity.

Baab Al-Hajj:

For those who participated in Hajj.

Baab Al-Iman:

For those who had sincere faith.

Baab Al-Jihad:

For those who took part in Jihad (died in defence of Islam).

Baab Ar-Rayyaan:

For those who fasted (siyam).

Baab Al-Kaazlmeen, Al-Ghaiz Wal Aafina Anin Naas:

For those who withheld anger and practiced forgiving others.

Baab Al-Dhikr:

For those who showed zeal in remembering Allah.



It is in Jannah where we will all unite, hugging each other oh so super tight! In our beautiful garden we will watch the rivers flow and reminisce about our life below. I can not wait to see your reaction, as only in Jannah will you have all that you have ever imagined.¹²

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ
رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ إِنَّ اللَّهَ لَا يُخْلِفُ الْمِيعَادَ

Rabbānā lā tuzigh qulūbanā ba'da idh hadaytanā wahab lanā min ladunka rahmatan innaka anta l-wahāb. Rabbana innaka jami'unnasi li-Yawmil la rayba fi innAllaha la yukhliful mi'aad.

"Our Lord! (Do) not deviate our hearts after [when] You (have) guided us, and grant (for) us from Yourself mercy. Indeed You (are) the Bestower. Our Lord! Thou art He that will gather mankind together against a day about which there is no doubt; for Allah never fails in His promise." (Quran 3:8-9)¹³



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 فَزِدْهُ 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)



إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Inna lillahi wa inna ilayhi raji'un

To God we belong and to Him we will return.

You have been boarded onto the train of existence. You have a one-way ticket to Jannah and along the way you will be making five stops. As you are travelling remember that Allah (swt) says, "I have not created men except that they should serve Me" (Quran, 51:56) and Ibn Umar (ra) reported that the Prophet (saw) said "Be in this world as if you were a stranger or a traveler along a path." (Ṣaḥīḥ al-Bukhārī 6416).

Along your journey you will have five stops you will pass through until you reach your sixth stop and final destination, Jannah. Your goal is to please Allah (swt) and accumulate as many good deeds as you can while you are staying on Earth. Your time here is limited and may be tumultuous at times. Abu Huraira (ra) reported that the Messenger of Allah (saw) said, "The world is a prison for the believer and a paradise for the unbeliever" (Sahih Muslim 2956).

Hold tight to the rope of Allah (swt) (Quran & Sunnah) and face each challenge with positivity and humility, knowing fully well that you have the skill set within you to cope as Allah (swt) says "He does not burden a soul beyond that it can bear" (Quran 2:286). It is important to understand that every hardship we face in life is a test from Allah (swt) as "He is the One Who created death and life in order to test which of you is best in deeds. And He is the Almighty, All- Forgiving" (Quran 67:2). So, your deeds should be your most beloved and never forget that with every hardship comes two points of ease (one in this world and one on the Day of Judgement. (Quran 94:5)

Beseech Allah (swt) to instill contentment in your heart and mind, with this you will be the richest person on Earth. Embed into your heart that you are the slave of Allah and are merely on your way back to your Creator. Suhaib (ra) reported that the Prophet (saw) said: Wondrous is the affair of the believer for there is good for him in every matter and this is not the case with anyone except the believer. If he is happy, then he thanks Allah and thus there is good for him, and if he is harmed, then he shows patience and thus there is good for him (Sahih Muslim 2999). So do not ever ponder over what has transpired in your life and always look forward with positivity as your seconds on earth are limited It was narrated that Abu Hurairah (ra) said that the Prophet (saw) said: "Strive for that which will benefit you, seek the help of Allah, and do not feel helpless. If anything befalls you, do not say, "if only I had done such and such" rather, say "Qaddara Allahu wa ma sha'a fa'ala (Allah has decreed and whatever he wills, He does)." For (saying) 'If' opens (the door) to the deeds of Satan" (Sunan Ibn Majah 79).

Your modus operandi for life should be that "There is khair (goodness) in everything." Always turn to Allah (swt) and trust Him, as His plan is always better than your plan. Sufficient for us is Allah, and [He is] the best Disposer of affairs (Quran 3:173).

So internalize the following into the schema of your heart and mind:

- 1) Understand that you are not in control and surrender yourself to The All Controlling, Al- Muhaymin and The Most Affectionate, Al Wadood.
- 2) You have boarded the train of existence with a one-way ticket back to Jannah.
- 3) Your stay on Earth is limited so do not waste any time as each breath is a blessing.
- 4) While on Earth your purpose is to always please Allah (swt) and accumulate good deeds.
- 5) You possess the skill set to navigate yourself through your customized journey.
- 6) Always stay positive knowing that everything that happens to you is good for you and you will be returning to Ar-Rahman, The Most Loving and Ar-Raheem, The Most Merciful.



GLOSSARY OF TERMS

(as)	Alayhis-salam means peace be upon Him.
(ra)	Radi Allahu anhu means Allah be pleased with him.
(swt)	Subhana wa ta'ala means the most Glorified, the most High.
Alamal Arwah	The world of the souls.
Assalam u Alaikum wa	Peace be upon you and Allah's (swt) mercy.
Rahmatullah	Realm between this world of ours and our eternal abode
Barzakh	(Heaven/Hell) - Purgatory.
Bismillah	In the name of Allah (swt).
Illiyoon	The most high and supreme places above Jannah, closest to the throne of Allah (swt).
Iman	Faith.
Insha'Allah	If Allah wills it.
Jannah	Heaven.
Jazak Allah hu Khairan	May Allah (swt) reward you with good.
Rehma	Mercy.
Sunnah	Way of the Prophet (saw).

REFERENCES

- 1 This Day, We shall seal up their mouths, and their hands will speak to Us, and their legs will bear witness to what they used to earn. (It is said that one's left thigh will be the first to bear the witness). (Tafsir At-Tabari, Vol. 22, Page 24).
- 2 And (mention) when your Lord took from the children of Adam - from their loins - their descendants and made them testify of themselves, (saying to them), "Am I not your Lord?" They said, "Yes, we have testified." (This) - lest you should say on the day of Resurrection, "Indeed, we were of this unaware" (Quran 7:172).
Abu Huraira (ra) reported Allah's Messenger (saw) said: Souls are troops collected together and those who were familiarised with each other (in the heaven from where these come) would have affinity, with one another (in the world) and those amongst them who opposed each other (in the Heaven) would also be divergent (in the world). (Sahih Muslim 2638a, Book 45, Hadith 204)
- 3 And certainly did We create man from an extract of clay. Then We placed him as a sperm-drop in a firm lodging. Then We made the sperm-drop into a clinging clot, and We made the clot into a lump (of flesh), and We made (from) the lump, bones, and We covered the bones with flesh; then We developed him into another creation. So blessed is Allah , the best of creators. Then indeed, after that you are to die. Then indeed you, on the Day of Resurrection, will be resurrected (Quran 23:12-16).
- 4 He created you (all) from a single person: then created, of like nature, his mate; and he sent down for you eight heads of cattle in pairs: He makes you, in the wombs of your mothers, in stages, one after another, in three veils of darkness. Such is Allah, your Lord and Cherisher: to Him belongs (all) dominion. There is no god but He: then how are ye turned away (from your true Centre)? (Quran 39:6).
- 5 The dominion of the heavens and the earth belongs to Allah. He creates whatever He pleases. He grants females to whomever He pleases and males to whomever He pleases, or grants them a mix of males and females, and causes whomever He pleases to be barren. He is All-Knowing, All-Powerful (Quran 42:49-50). Do the people think that they will be left to say, "We believe" and they will not be tried? (Quran 29:2) Adorned for mankind is the love of lusts, for women and seeds, (Or: sons) and heaped-up, heaps (Literally: "arched" hoarded cantars) of gold and silver, and horses of mark, and cattle and tillage. That is the enjoyment (Literally: the belongings) of the present life; (Literally: the lowly life, i.e., the life of this world) and Allah has in His Providence the fairest resorting. (Quran 3:14)
- 6 Every soul will taste death, and you will only be given your (full) compensation on the Day of Resurrection. So he who is drawn away from the Fire and admitted to Paradise has attained (his desire). And what is the life of this world except the enjoyment of delusion (Quran 3:185).
- 7 Nay! Verily, the Record (writing of the deeds) of Al-Abrar (the pious who fear Allah and avoid evil), is (preserved) in 'Illiyoon. And what can make you know what is 'illiyoon? It is (their destination recorded in) a register inscribed. Which is witnessed by those brought near (to Allah). Indeed, the righteous will be in pleasure. On adorned couches, observing. You will recognize in their faces the radiance of pleasure. They will be given to drink (pure) wine (which was) sealed. The last of it is musk. So for this let the competitors compete. And its mixture is of Tasneem, a spring from which those near (to Allah) drink. (Quran 83:18)
- 8 And it is He who created the heavens and earth in truth. And the day He says, "Be," and it is, His word is the truth. And His is the dominion on the Day the Horn is blown. (He is) Knower of the unseen and the witnessed; and He is the Wise, the Acquainted. (Quran 6:73) Then when the Horn is blown with one blast. And the earth and the mountains are lifted and leveled with one blow - Then on that Day, the Resurrection will occur, And the heaven will split (open), for that Day it is infirm. And the angels are at its edges. And they will bear the Throne of your Lord above them, that Day, eight (of them). (Quran 69:13-17) And the Horn will be blown, and whoever is in the heavens and whoever is on the earth will fall dead except whom Allah wills. Then it will be blown again, and at once they will be standing, looking on. (Quran 39:68)

REFERENCES

9 So whoever does an atom's weight of good will see it, And whoever does an atom's weight of evil will see it. (Quran 99:7-8) That Day, you will be exhibited (for judgement); not hidden among you is anything concealed. So as for he who is given his record in his right hand, he will say, "Here, read my record! Indeed, I was certain that I would be meeting my account." So he will have a pleasant life - In an elevated garden, its (fruit) will be picked hanging near. They will be told, "Eat and drink in satisfaction for what you put forth in the past." But as for he who is given his record in his left hand, he will say, "Oh, I wish I had not been given my record and had not known what is my account. I wish my death had been the decisive one. My wealth has not availed me. Gone from me is my authority." Allah will say, "Seize him and shackle him. Then into Hellfire drive him." (Quran 69: 18-31)

10 Aisha (ra) reported: The Messenger of Allah (saw) said, "Follow the right course, seek nearness to Allah, and give glad tidings. Verily, none of you will enter Paradise by his deeds alone." They said, "Not even you, O Messenger of Allah?" The Prophet said, "Not even me, unless Allah grants me His mercy. Know that the most beloved deed to Allah is that which is done regularly, even if it is small." (Sahih al-Bukhari 6099)

Baab As-Salaat: For those who are punctual and focused on prayer.

Baab As-Sadaqah: For those who frequently give charity.

Baab Al-Hajj: For those who participated in Hajj.

Baab Al-Iman: For those who had sincere faith.

Baab Al-Jihad: For those who took part in Jihad (died in defence of Islam).

Baab Ar-Rayyaan: For those who fasted (siyam).

Baab Al-Kaazimeen, Al-Ghaiz Wal Aafina Anin Naas: For those who withheld anger and practiced forgiving others.

Baab Al-Dhikr: For those who showed zeal in remembering Allah.

11 Buraydah ibn al-Hasib (ra) reported: A man asked the Prophet, peace and blessings be upon him, "O Messenger of Allah, will there be camels in Paradise?" The Prophet said, "If Allah admits you into Paradise, you will have therein whatever your soul desires and pleases your eyes." (Sunan al-Tirmidhi 2543)

12 "And those who believe and whose offspring follow them in Faith, to them shall We join their offspring, and We shall not decrease the reward of their deeds in anything." (Quran 52:21) "And (Eden) Paradise (everlasting Gardens), which they shall enter and (also) those who acted righteously from among their fathers, and their wives, and their offspring." (Quran 13:23) "Enter Paradise, you and your wives, in happiness" (Quran 43:70). The people of Paradise will visit one another, recognise one another and meet one another in the Gardens of delights. This is part of the perfect delight of the people of Paradise. There is nothing to prevent someone of a lower status in Paradise from visiting one who is above him. Ibn Katheer (ra) said: Here, Allah, may He be exalted, tells us about the people of Paradise: they will turn to one another and ask one another about their situation, how they were in the world and what they used to suffer there? This is an example of their meeting and conversing over their drinks, whilst they are sitting on thrones, with servants around them, coming and going with delights such as food, drink, clothing and other things that no eye has seen, no ear has heard, nor has it entered the mind of man. (Quran 37: 50-61)

13 Those firmly grounded in knowledge are those who are modest for Allah's sake, humbly seek His pleasure and do not exaggerate regarding those above them, or belittle those below them. They beseech Allah (swt) by asking Him to not let their hearts deviate from the guidance after He has allowed them to acquire it. They request and say "Do not make us like those who have wickedness in their hearts, those who follow the Mutashabi in the Quran. Rather, make us remain firmly on Your straight path and true religion." They pray for their hearts to be firm and their Faith and certainty increase. They say in their supplication "O our Lord! You will gather Your creation on the Day of Resurrection, judge between them and decide over what they disputed about. Thereafter, You will reward or punish each according to the deeds they did in life." (Tafsir Ibn Kathir, Abridged, Volume 2, Page 118-119).

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
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- 5 Fus-ha for Allah
- 6 Plan Your Day the Islamic Way
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- 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) accept all our efforts and grants us Jannah with no reckoning. Ameen.

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