

Adventures with Dr. Appy



MUSA (AS) OPTIMISTIC

Anchoring Your Akhlaq – A Walk Through Humanity: Book 17/30

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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

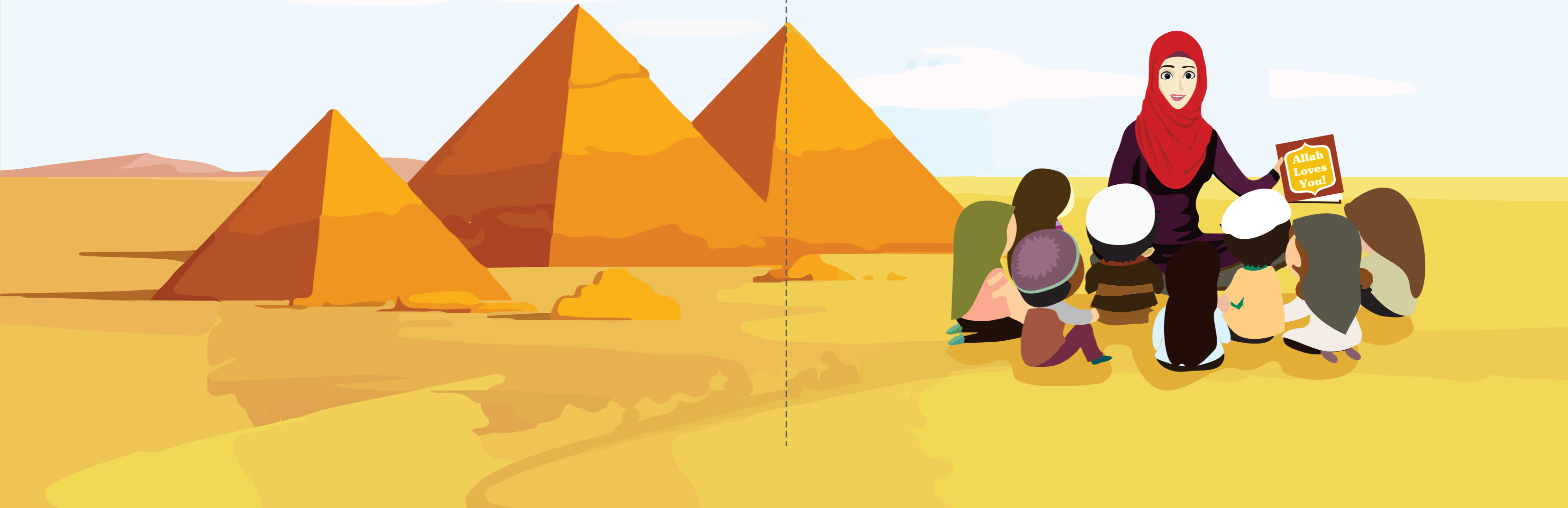
The purpose of this book is as follows:

- 1 - To instill the belief that Allah's (swt) plans are the best plans for us;
- 2 - To find contentment at our decree, the way our life will play out was always in our best interest;
- 3 - To find the strength and courage to stand up to anyone who is in the disobedience of Allah (swt);
- 4 - To always think about our family and foster positive and healthy relationships.

I pray this book brings us and our families closer together and that you both approach everything in life with optimism.
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 Musa (as).
Let us begin by saying Bismillah!



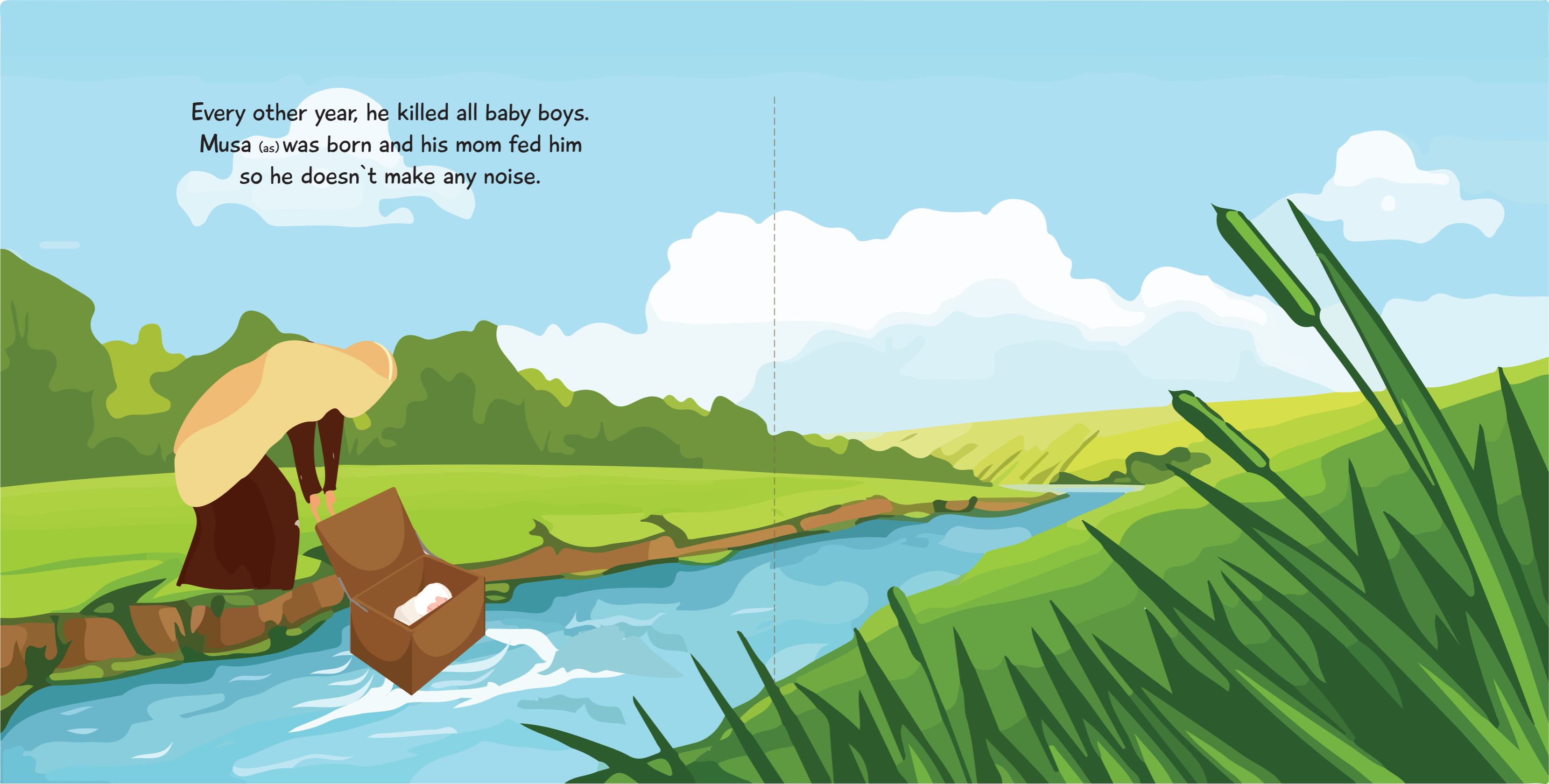
Bani Israel were oppressed by a tyrant who was far far away from Allah`s (swt) guidance. He called himself god (astaghfurallah) and wanted everyone to bow down.



A vision had come that he would be dethroned,
at a time postponed.
Pharaoh was now threatened, so he devised a method.
He decided to murder as fear he did harbour.



Every other year, he killed all baby boys.
Musa (as) was born and his mom fed him
so he doesn't make any noise.

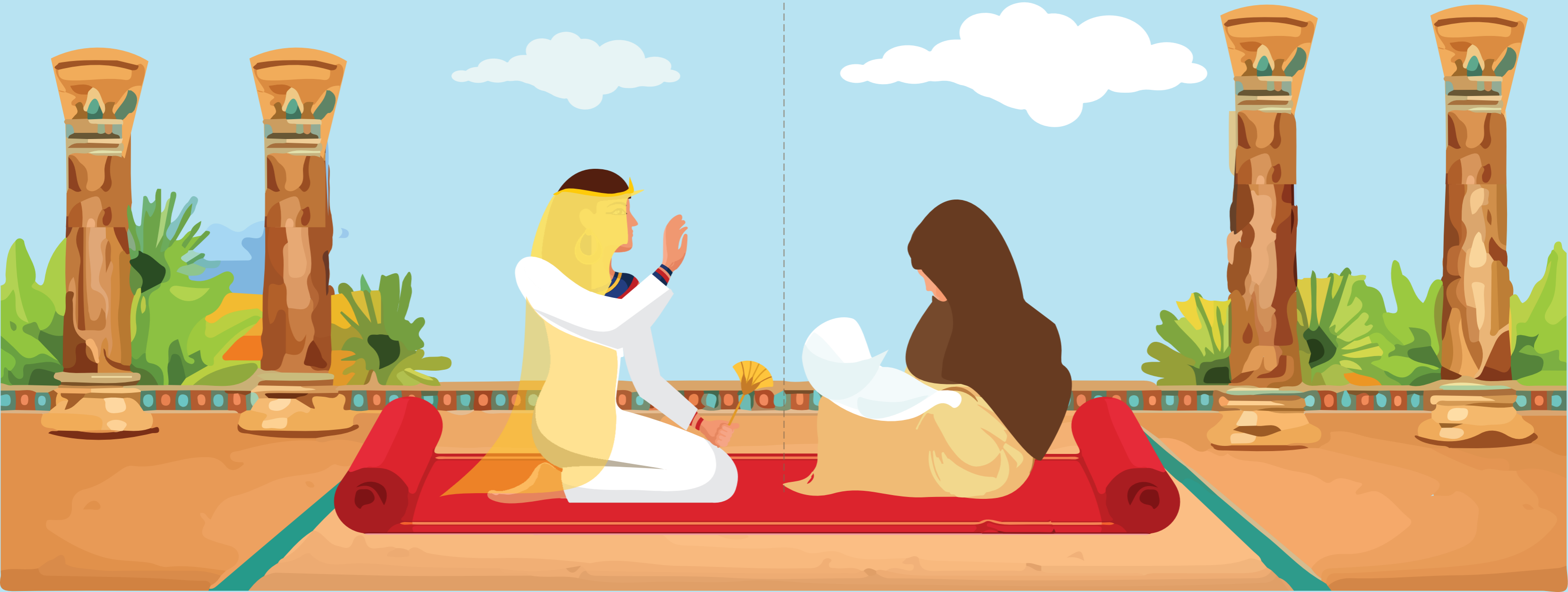


Allah (swt) inspired her to let Musa (as) flow down the river Nile only to be found within some mile.



Musa (as) would not suckle anyone but his mother and this is how they were all re-united and oh so very delighted.

He grew into a young man, strong and wise; standing up to protect and never telling any lies.



Musa (as) was walking in the market and intervened in a fight and it is from here where he began his plight. Musa (as) had to flee as Shaytan rejoiced with glee.



He rested in Midian and helped two women from a job so tedious. Their father was none other than Shuàyb (as) who offered him respite, along with a job and a wife, all to his delight.



After a decade, Musa (as) decided to return home and as they were travelling something BIG was unravelling.

Him and his family were lost and he needed some guidance, he saw fire in a distance and decided to go there for some assistance.



As he neared the fire, he heard a voice so dire.

• Allah ^(swt) spoke to Musa ^(as).

He was so scared as he was not prepared.



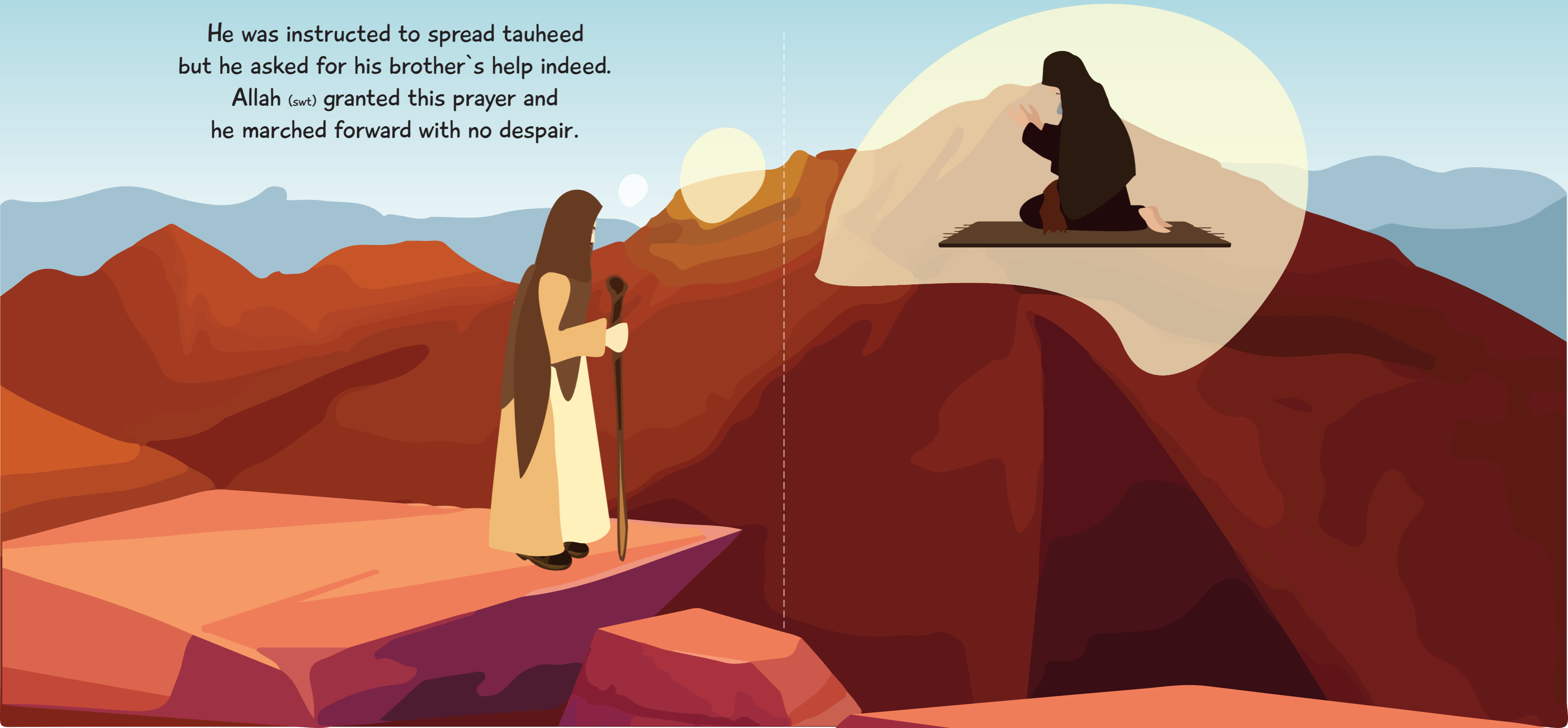
Allah ^(swt) asked him throw his staff and
to his astonishment it became a snake
for Allah`s ^(swt) sake.

He was instructed to hide his hand
in his robe and
it returned like a strobe.



He was instructed to spread tauheed
but he asked for his brother`s help indeed.

Allah (swt) granted this prayer and
he marched forward with no despair.



Musa (as) was so optimistic as he confronted the tyrant who was so sadistic. He was threatened to be imprisoned but he was so driven.



Pharaoh was about to be dethroned so Musa (as) he disowned.
A tournament was arranged to prove Musa (as) was a liar,
all the magicians lined up for wealth they would acquire.

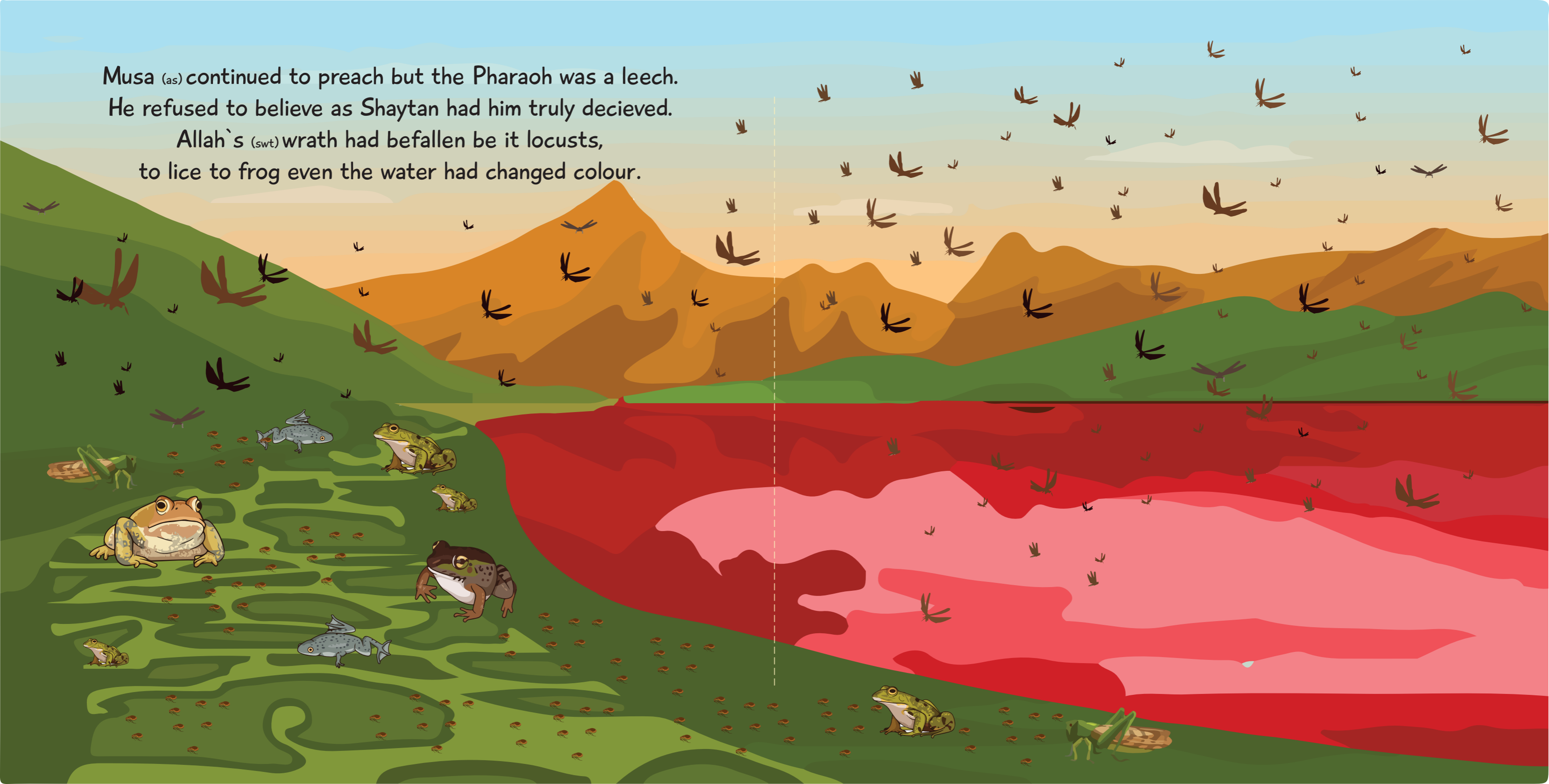


To everyone`s awe, the staff was a snake and tauheed started to flourish as people started to awake.
Pharaoh was enraged and commanded Haman to build him a tower, so he may climb to heaven to show his power.



Musa (as) continued to preach but the Pharaoh was a leech.
He refused to believe as Shaytan had him truly deceived.

Allah`s (swt) wrath had befallen be it locusts,
to lice to frog even the water had changed colour.



Relief they had sought and when it was brought,
the people of Egypt turned on their backs.
Musa (as) took all the believers and started
to flee but Shaytan remained buzzing like a bee.



They reached the red sea and Pharaoh and his warriors were near.
Musa (as) parted the sea and the believers crossed over with glee.
Pharaoh wearing his crown ended up to drown.



The moral of this story is to always be optimistic in all your activities knowing Allah (swt) is by your side.

To stand up to anyone, even if you are being threatened as long as it is to defend Allah (swt).

To trust in Allah`s (swt) commandments and always do what pleases Him because only then you will be victorious!

رَبِّ اسْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي
وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي

Rabbish rahli sadri wa yassirli amri wah lul uqdatan min lisaani, yaf kahu kauli

"My Lord, expand for me my breast [with assurance] and ease for me my task and untie the knot from my tongue that they may understand my speech." (Quran 20:25-28)



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 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
Jannah	Heaven
Shaytan	Devil
Sunnah	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 descendents of Yaqub (as) known as Bani Israel resided in Egypt. They were oppressed as the pharaoh who ruled was a tyrant.
2. They were slaves and the pharaoh wanted everyone to obey him and call him a god.
3. Bani Israel were growing in number and a vision came that one of their sons would dethrone the pharaoh.
4. Pharaoh commanded that all the male children of Bani Israel be killed at birth every other year.
5. Musa (as) was born in the year when male children were supposed to be killed.
6. Allah (swt) instructed the mother of Musa (as) to suckle him and place him in a basket and put it in the Nile river (Quran 28:2-7).
7. His sister followed the basket and saw the basket land at the riverbank of the palace and Asiya (ra) retrieved the baby.
8. Pharaoh was a tyrant and Asiya (ra) was the opposite.
9. They were not blessed with any children and his wife Asiya (ra) started to cry and was overjoyed wanting to keep the baby. Pharaoh agreed.
10. Musa (as) started to cry and would not suckle anyone until his sister brought their mother. The mother and the baby were now re-united and safe. (Quran 28:10-13).
11. Musa (as) grew to be a strong man and a man of wisdom and piety. He always protected everyone and stood up for justice.
12. One day he was walking in the market when an Israelite was being beaten by an Egyptian. He got angry and intervened but with his one punch the Egyptian died.
13. There was an order for the execution of Musa (as) so he fled on foot and escaped. (Quran 28:15-21).
14. Exhausted and tired Musa (as) was resting in Midian praying for help when he saw two girls waiting to fetch water for their sheep. (Quran 28:22-24).
15. He helped the girls get the water. They went and told their father Shu'aib (as) who asked Musa (as) to work for him and offered his daughter in marriage. (Quran 28:25-28).

SYNOPSIS OF STORY

16. Musa (as) settled in Midian and after a decade decided to return to Egypt.
17. He was travelling with his family when they were lost and night had befallen. He saw a fire on Mt. Sinai. He asked his family to wait and he was going to get a firebrand to keep them warm.
18. As he neared the fire, he heard a voice saying "O Musa, I am Allah, the Lord of The Universe." (Quran 20:9-24).
19. Musa (as) was scared and Allah (swt) comforted him by asking about his staff. Then Allah (swt) commanded for the staff to be thrown down and it became a snake. He also was told to place his hand in his robe and it started to shine.
20. Allah (swt) then commanded Musa (as) to return to Egypt and spread Islam and confront the Pharaoh. Musa (as) suffered from a stutter and he was afraid given what happened so he asked Allah (swt) if his brother Aaron (as) could help him. Allah (swt) agreed. (Quran 20:9-48).
21. Musa (as) and Aaron (as) spoke to the Pharaoh with a convincing intellectual argument. The calm dialogue was converted to sarcasm to mentioning charity then to scorn and he was threatened to imprisonment.
22. Pharaoh's advisors said his throne is being threatened by the message of Musa (as) so he called for a tournament where all the magicians would prove that Musa (as) is a liar and a magician as well.
23. The day of the tournament the best magicians showed how their staff could look like it is a staff but when Musa (as) threw his staff down it turned into a real snake. The magicians immediately accepted Islam and were executed. (Quran 26:30-33, 58-76)
24. Pharaoh was extremely angry and turned to his ministers in rage and asked if he was a liar and commanded Haman to build for him a tower that would allow him to reach heaven. He continued wanting to prove that he is god and that the people of Egypt should only worship him (Quran 40:36-37, 28:38)
25. Pharaoh started to kill, mutilate and rape Bani Israel. Musa (as) was in a difficult position and at the same time Korah/Qarun who was rich was plotting against him and not wanting to pay his zakat (Quran 28:76-82)
26. Musa (as) continued to preach and warned about Allah (swt) wrath.
27. Egypt's crops were destroyed by locusts, it became infested with lice, frogs and the water in the Nile was changed to blood. The people asked him to pray to Allah (swt) but as soon as the difficulty was alleviated they turned back on their word and started to disbelieve or engage in corruption. (Quran 7:130-135).
28. The punishment of Allah (swt) arrived and Musa (as) was instructed to leave known as the Exodus.
29. Pharaoh chased them and when Bani Israel arrived at the Red Sea, Musa (as) was able to part the sea and walk through, when Pharaoh and his followers tried to follow the water collapsed and they all drowned. (Quran 26:52-68, 10:90-92).

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 Isai, Jeremiah, Daniel, Uzair (as) - Reliable
- 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

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

