

MIFTAAH SEMINAR

THE JOURNEY OF THE SOUL



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SESSION 1

Introduction

- Before we are born, our soul exists without a body.
- When we are living, our soul and body are connected.
 - The physical body is primary in this world and the soul is secondary however, they are strongly connected.
- After we pass away, the body is present, but the soul is separated from the body.
 - This occurs while we are in the Barzakh (the time between this life and the next life).
- On the Day of Judgement, the soul and body are connected once again.
 - The same soul enters into a new body, or a body with some of the same parts as before.
 - From this period onwards, the soul will never be separated from the body.

Alamul Arwaah

- Arwaah is the plural of ruh which means soul.
- This is the first life in which we are just a soul.
- Before we were created, Angels and Jinn were created.
- Allah SWT then declared to the angels that He would create a new being.

- Allah SWT mentioned this in the Quran:

وَإِذْ قَالَ رَبُّكَ لِلْمَلٰٓئِكَةِ اِنِّىْ جَاعِلٌ فِى الْاَرْضِ خَلِيْفَةً ۗ قَالُوْۤا اَتَجْعَلُ فِیْهَا مَنْ یُّفْسِدُ فِیْهَا وَیَسْفِكُ الدِّمَآءَ وَنَحْنُ نُسَبِّحُ بِحَمْدِكَ وَنُقَدِّسُ لَكَ ۗ قَالَ اِنِّىْۤ اَعْلَمُ مَا لَا تَعْلَمُوْنَ (2:30)

(2:30) Just think when your Lord said to the angels: “Lo! I am about to place a vicegerent on earth,” they said: “Will You place on it one who will spread mischief and shed blood while we celebrate Your glory and extol Your holiness?” He said: “Surely I know what you do not know.”

- The Angels asked Allah SWT why He would create another creation when they are there and they worship Him.
- Allah SWT responded by saying that He knows more than they do.
- Then Allah SWT created Adam AS.
 - Adam AS is created differently than any human ever will be created.
 - There is no other person who was created without having a mother and father.
 - Adam AS was created from soil/dust.
 - Angels were created from light
 - Jinn were created from fire
 - Allah SWT ordered an angel to take soil from different parts of the world so that Adam AS would represent people from all around the world.
 - The angel went to the earth and the earth told the angel that it would not let it take any soil.
 - Allah then sent Angel Izraeel, the angel of death, to gather the soil.

- When the earth refused to give the angel soil, he said that he had been commanded by Allah SWT and he took the soil.
- Adam AS was 60 dhira' tall.
 - One dhira' is one arm's length (from elbow to fingertip).
- Then the ruh was blown into Adam AS.
- Then Allah SWT created Hawa from one of the ribs of Adam AS.
 - She is the second person who was created without a mother and father.
- Then Allah SWT said in the Quran:

وَإِذْ أَخَذَ رَبُّكَ مِنْ بَنِي آدَمَ مِنْ ظُهُورِهِمْ ذُرِّيَّتَهُمْ وَأَشْهَدَهُمْ عَلَىٰ أَنفُسِهِمْ أَلَسْتُ بِرَبِّكُمْ قَالُوا بَلَىٰ شَهِدْنَا أَنْ تَقُولُوا يَوْمَ الْقِيَامَةِ إِنَّا كُنَّا عَنْ هَذَا غٰفِلِينَ ﴿7:172﴾

(7:172) And recall (O Prophet) when your Lord brought forth descendants from the loins of the sons of Adam, and made them witnesses against their own selves. asking them: 'Am I not your Lord?' They said: 'Yes, we do testify.' We did so lest you claim on the Day of Resurrection: 'We were unaware of this.'

- Allah SWT extracted from Adam AS all of his progeny (all of mankind).
- Then Allah SWT manifested himself to all of mankind.
- He SWT then said to them "Aren't I Your Lord?"
- Everyone said "Of course You are."
 - This is evidence that we were created on a pure nature (fitrah) to believe in Allah SWT.
 - Hadith mentions that children are all born on the natural fitrah of Islam and then it is their parents that shift them towards other beliefs.

- All of these souls were created and then they go to Alamul Arwaah.
- When a woman becomes pregnant, the soul is blown into the baby 120 days after conception.
 - At this time, our soul which is in Alamul Arwaah is blown into our physical body.

Stages of Life

- Once the soul is blown into our body, we enter into the second world/life which is this life.
- When we die we enter into the third world which is the Barzakh (life in the grave).
- Then we are resurrected and we enter into the fourth world which is the Day of Judgement.
 - Here we have a new body but the same soul.
- Then we enter the fifth life which is either in Jennah or Hellfire.
 - In Jennah, everyone will be around 30-33 years old.
 - We will remain in this age forever.
 - In this life, the body and soul are both primary.
 - This is why in Jennah we will experience full reward and full pleasure.
 - In this world, we experience pleasure primarily through our body and our soul is secondary but in Jennah we will get the full experience through both parts.
 - In the Hellfire, both the body and soul will experience pain which is why it is such a difficult punishment.
- The most important stage of these is this life.
 - This stage determines what will happen to us in the third, fourth, and fifth stage.

The Stage of This Life (Dunya)

- In this stage, a soul can go through five different stages.
 - The first stage is the stage of infancy.
 - According to Ibn Al-Jawzi, this stage is from birth until maturity/puberty (12-15 years old)
 - The second stage is the stage of youth.
 - This is from the age of around 15 until 35.
 - The third stage is the stage of maturity.
 - This is from the age of 35 until 50.
 - The fourth stage is the stage of seniority.
 - This is from about 50 years old until 70.
 - The fifth stage is the stage of evil old age.
 - This is from the age of 70 and up.
 - The final stage is the stage of death.
- The stage of this life begins when we are delivered from the womb.
- Allah SWT describes this in the Quran:

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ مِنْ سُلَالَةٍ مِّنْ طِينٍ ۚ ﴿23:12﴾ ثُمَّ جَعَلْنَاهُ نُطْفَةً
 فِي قَرَارٍ مَّكِينٍ ﴿23:13﴾ ثُمَّ خَلَقْنَا النُّطْفَةَ عَلَقَةً فَخَلَقْنَا الْعَلَقَةَ مُضْغَةً
 فَخَلَقْنَا الْمُضْغَةَ عِظْمًا فَكَسَوْنَا الْعِظْمَ لَحْمًا ثُمَّ أَنشَأْنَاهُ خَلْقًا آخَرَ
 فَتَبَرَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ ۖ ﴿23:14﴾

(23:12) We created man out of the extract of clay, (23:13) then We made him into a drop of life-germ, then We placed it in a safe depository, (23:14) then We made this drop into a clot, then We made the clot into a lump, then We made the lump into bones, then We clothed the bones with flesh, and then We caused it to grow into another creation. Thus Most Blessed is Allah, the Best of all those that create.

- Allah SWT also said:

هُوَ الَّذِي خَلَقَكُمْ مِنْ تَرَابٍ ثُمَّ مِنْ نُطْفَةٍ ثُمَّ مِنْ عَلَقَةٍ ثُمَّ يُخْرِجُكُمْ
 طِفْلًا ثُمَّ لِيَبْلُغُوا أَشُدَّكُمْ ثُمَّ لِتَكُونُوا شُيُوخًا وَمِنْكُمْ مَن يَتَوَفَّى مِنْ
 قَبْلٍ وَلِيَبْلُغُوا أَجَلًا مُّسَمًّى ۚ وَلَعَلَّكُمْ تَعْقِلُونَ (40:67)

It is He who created you from dust, then from a sperm-drop, then from a clinging clot; then He brings you out as a child; then [He develops you] that you reach your [time of] maturity, then [further] that you become elders. And among you is he who is taken in death before [that], so that you reach a specified term; and perhaps you will use reason (40:67)

- In this verse, Allah SWT tells us that some people will die at a young age while others will die in their old age.
- When a child is born, the first thing that we do as Muslims is Athan in the right ear and Iqaamah in the left ear.
 - The first thing that Allah SWT wants us to hear is His name and when we are dying the last thing that He wants us to say is His name.
- Every child is born on the fitrah of Islam.
 - It is the parents that either influence the child to stay on that path or take a different one.
- When the child reaches the age of seven, the parents must start to encourage the children to pray.
- At the age of 10, the parents should start to discipline the child when it comes to prayer.
 - This is so that when the child reaches puberty, they are already in the habit of praying so it will not be a difficult transition.
 - Children should be encouraged to pray without any harshness.

- When the child reaches puberty, the angels are commanded to start recording their deeds.
- Allah SWT said:

وَإِنَّ عَلَيْكُمْ لَحَافِظِينَ (82:10) كِرَامًا كَاتِبِينَ (82:11) يَعْلَمُونَ مَا تَفْعَلُونَ (82:12)

(82:10) You do so the while there are watchers over you; (82:11) Noble scribes. (82:12) Who know what you do.

