

PREPARING YOUR SOUL

for Jannah



Lesson 1: The Journey of the Soul

with Ustazah Syariatul Sulaiman + Aida Azlin

Our Eternal Souls



- *Every soul has to taste death. (3:185)*

- Death is essentially the removal of our souls from our physical bodies, from this world, from the things that we have grown to love, from the comfort that we feel in this Earth and that we have grown attached to. **It doesn't mean that we will cease to exist.**

- We are made of our souls and *jasad* (body). When we die, it is only our bodies that disintegrate, **but our souls live on.**

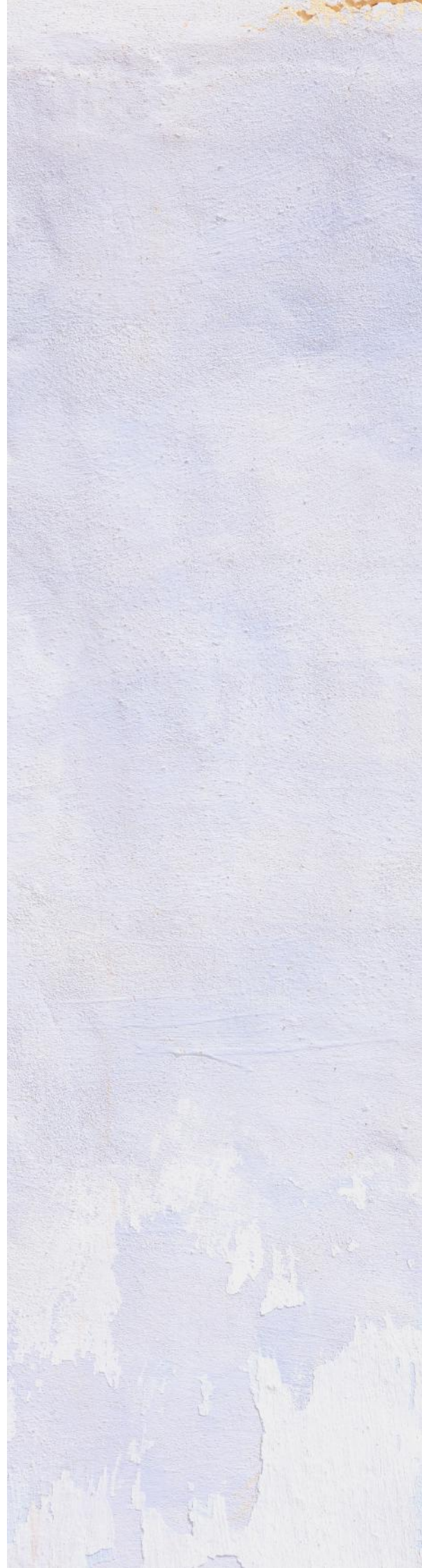
The Different Stages of Our Souls

1) THE REALM OF THE SOULS: WHERE WE TESTIFIED

- All souls are created in **Alamul Arwah** (world of the souls).

- *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." (7:172)*

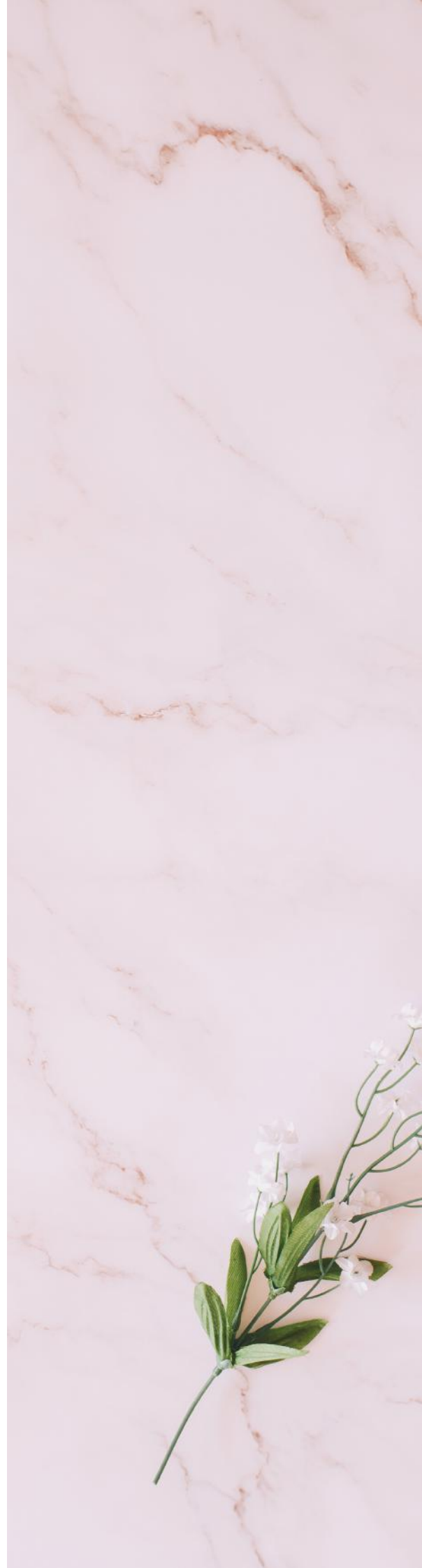
- It is in our *Fitrah* to recognise Allah SWT's Ultimate Superiority and Divinity and submit to Him, but we tend to forget this when we are put on Earth.



The Different Stages of Our Souls

2) THE REALM OF THE WOMB

- Allah will choose exactly which foetus to put which souls in, and then He will breathe the soul into the foetus in a mother's womb at **4 months**.
- This is also when Allah SWT build our family. Allah SWT has selected for us our family members and our circles.
- Allah's Timing and Plans for us is **better**. We simply lack the knowledge of the Ruh (souls), its purpose and its destiny (when it will be put in a person's body) to sometimes understand and accept His Qadr.



First Break

AT 13:29



Stages of our souls

3) THE REALM OF THE DUNIA

- This is where we go through the different transitions from being a child to a full grown adult.
- It is also in the Dunia that we are given the freedom (free-will) to do what we want to do, who we want to be with, what we want to eat, how we want to earn, what our passions are etc. **but with consequences** – good actions will be rewarded, and bad actions will be punished in Hereafter.
- Allah SWT has created us but He has also given us the ‘manual’ through the Quran and Sunnah, so that we can help our souls maintain its purity.
- This is also a Life of *fitnah* – there will be a lot of challenges. If we are not careful, we can get obsessed and sink into worldly things, such as constantly upgrading our material possessions, or the need to keep earning to keep or enjoy.



Stages of our souls

3) THE REALM OF THE DUNIA (CONTINUED)

- The Dunia is also the place where we attain our worldly goals - we increase in wealth, children, possessions.
- Which is why we will be hesitant to leave this realm because we have grown attached to this world where we have worked hard to build our lives. **This is when our heart grows heavy with the love of this life and why we become fearful of death.**
- When we have achieved so much in this world, we tend to forget that Allah SWT is the Source of all our blessings. We forget about death and the Hereafter.





How the 5 Pillars of Islam helps subdue our greedy Nafs

) To have full belief in the ***Shahadah*** in all matters of our life. For example, why and who are we buying a house for? Our intentions should always be for Allah SWT.

2) ***Solah*** is spread out throughout the day so that we are not too caught up doing Life, and so that we remember to bow to Allah and thank Him. Allah will not hold it against us if we don't wake up for night prayers as long as we fulfil the 5 obligatory prayers. (Ma Sha Allah)

3) ***Zakat*** - if we are not taught to give to those in need, we would just keep everything to ourselves especially in this era where the mentality of self-sufficiency is prevalent, sometimes at the expense of others.

When we give Zakat, there is a reward in Hereafter and additionally, Allah will replace our Zakat (with something far better).

4) ***Fasting*** controls us from being a slave to our Nafs.

5) ***Hajj*** - a reminder that when Allah SWT calls, we always answer.

Lessons from a Pandemic



- We are souls travelling between realms and we should travel light, as with our physical travels on Earth. *`Abdullah bin `Umar said, "Allah's Messenger (ﷺ) took hold of my shoulder and said, 'Be in this world as if you were a stranger or a traveler.'" (Bukhari)*
- COVID forces us to do only what is essential. We get to save more money and celebrate Eid, and life, simply, instead of going overboard as per pre-COVID.
- Sometimes we get reminders in small, subtle doses but sometimes it takes an entire pandemic for us to rethink.
- It is very difficult for human beings to feel contented. We seek comfort in getting more. But once we realised that we only gain comfort through Allah SWT, then **death will come as a peaceful rest from the worries, attachments and struggles of keeping up with the Dunya.**



"The gift to a believer is death"

(BAIHAQI TRANSMITTED IT IN SHU'AB AL-IMAN)

- The Prophet SAW was confirmed for Jannah, but did he live a life of luxury and comfort?
- Death comes as a blessing to the believer because their struggles have ended.
- A woman came to Sayyidatina Aisha RA to complain about her hard heart. She was advised to think about death frequently.
- If we recite '*Innalillahi wanna ilayhi rajiun*' often and in a positive tone, it can increase our tawakkal and dependency on Allah SWT. We understand that eventually, **everything and everyone belongs to Allah and will be returned to Him.**

Second Break

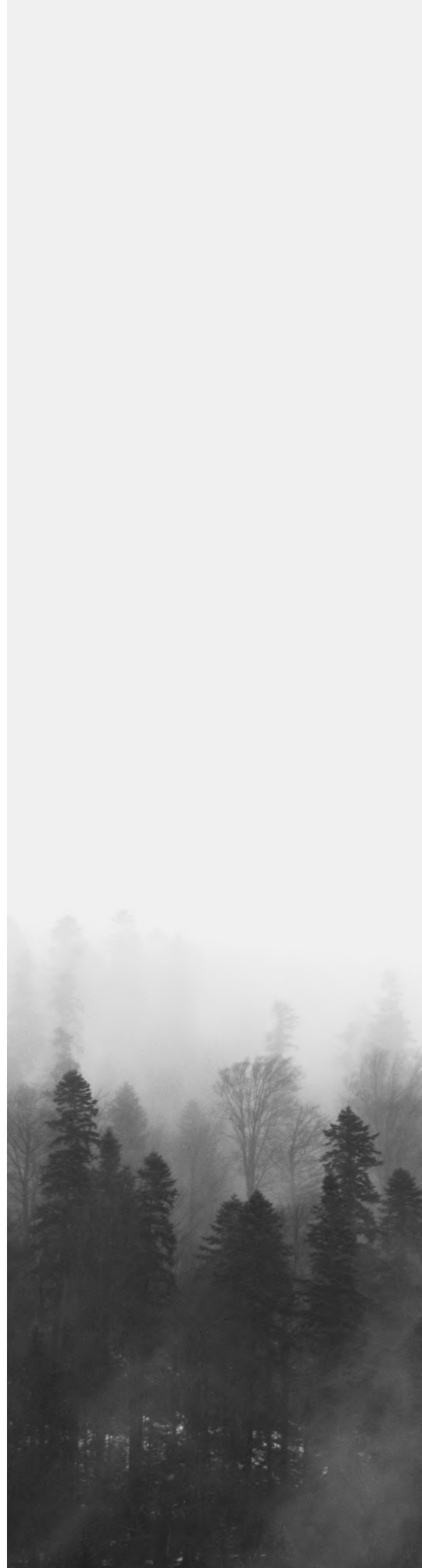
AT 31:08



Stages of our souls

4) THE REALM OF *BARZAKH*

- It is not morbid to think about death because it is a good reminder for us. **It is because of love for us that Allah sends this reminder of death to us.**
- Our physical reminders like wrinkles and decreasing metabolism are signs of mercy, Love and blessings (not curse) for us. He allows us to prepare for death.
- The Barzakh is a place that is separated into two - the good and bad place in accordance with our deeds.
- We will reunite with those who have left before us. And our souls will still be given sustenance until the Day of Judgement.
- Our deeds will speak up for us when we are questioned by the two angels in the grave. Our reading of the Quran, our prayers and all our good deeds will all give us protection.
- **We have no knowledge of the realm of *Barzakh* other than what is revealed to us in the Quran and through the Prophet SAW.**



Stages of our souls

5) THE REALM OF *QIYAMAH*

- When the horn for the arrival of *Qiyamah* is blown, all creations will cease to exist. Allah SWT will put back all souls back into the bodies and re-create every human being ever existed. Every soul will then emerge from their place of rest.
- We will either be sheltered under the mercy and *Arash* (Throne) of Allah SWT or we will be under the hot sun that will be right on top of our heads, frantically searching for help and mercy of Allah SWT.
- **When our souls are reunited with our bodies, we will have minimal control on our limbs. They will instead speak on our behalf.**



Stages of our souls

5) THE REALM OF *QIYAMAH* (CONTINUED)

- Everyone would just be thinking of their own fate - for example, mothers would run away from their children and brothers would turn away from their brothers.
- When we are recreated, we would all be without clothes but no one would be looking at anyone else. Everyone is just focused on their next destination - *Jannah* or *Jahannam*.
- **Nobody would offer a helping hand to us other than Rasulullah SAW.**



Third Break

AT 38:35



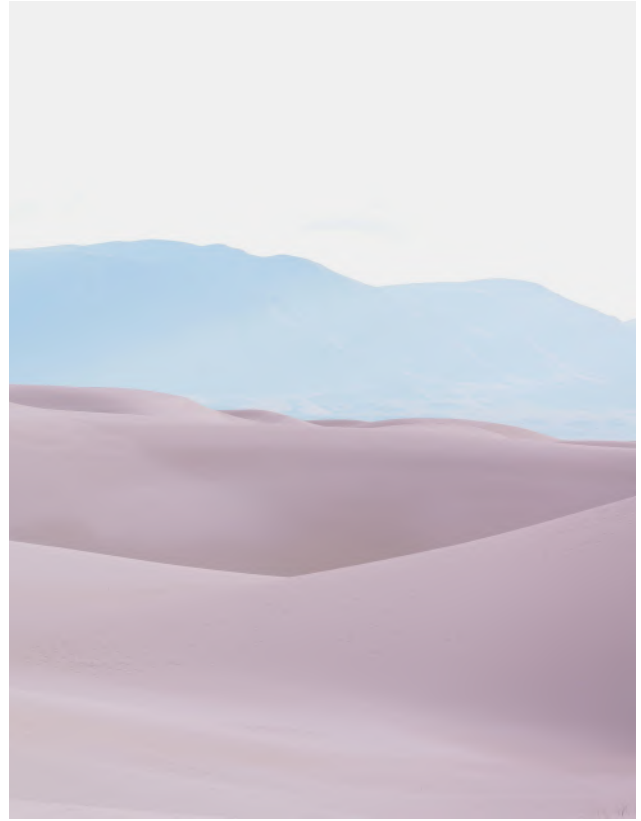
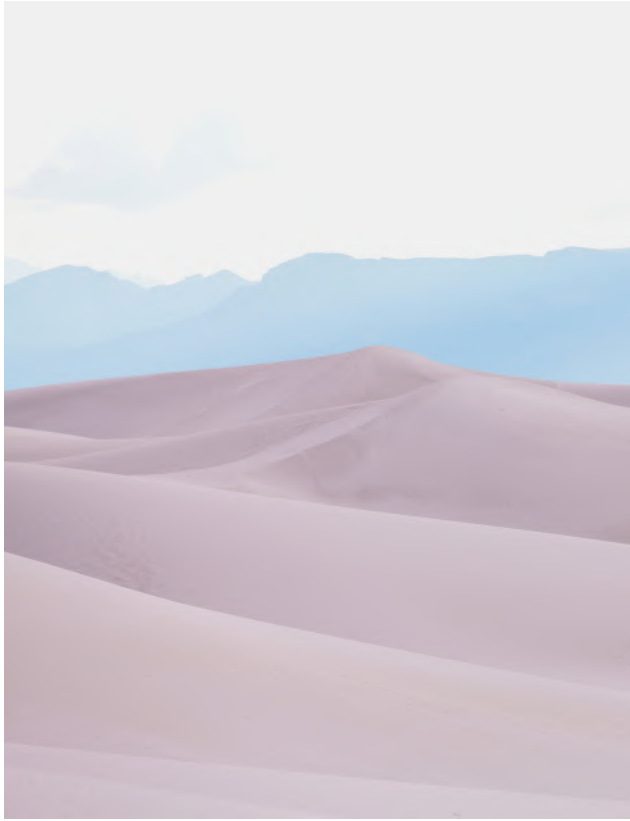
Stages of our souls

6) THE REALM OF *JANNAH*

- We would be reunited with our friends and families and we would laugh and eat in gatherings.
- People of *Jannah* will be in perpetual bliss, happiness and joy. They will not feel any pain or discomfort, and they can eat as much as they want.
- It is not enticing for women to get 70 men in Jannah; they prefer gold, nice clothes, clear skin etc. LOL. Allah SWT truly knows best what men and women like.
- **There is no jealousy in *Jannah* because we can have whatever we want.**
- The 5 pillars of Islam are very necessary to keep our souls in check. To remember that we are on a journey back to Jannah. We are on this earth is for but a day.
- All of our struggles in this life will be worth it. Our patience and endurance with our tests will be worth it.



Asking from Allah SWT



اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ وَحُبَّ مَنْ يُحِبُّكَ وَحُبَّ عَمَلٍ يُقَرِّبُنِي إِلَى حُبِّكَ

(O Allah, I ask You for Your Love, and the love of whoever loves You, and the love of deeds that will bring me closer to Your Love.)

- Du'a to find things we lost, or people we want to be reunited with:

يَا جَامِعَ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ اِجْمَعْنِي مَعَ (.....)

(O the Bringer of People on the Day where there is no doubt, bring me together with (insert people you want to be gathered with))

- We should never underestimate Allah's Power and our Du'a to Him. We have a direct connection to communicate with Allah SWT and He knows our deepest desires and longing; **all we have to do is call out to Him and ask.**



Heart work

- 1) How many realms in total does the soul travel? List all of them.
- 2) How do we ensure that our limbs speak good on our behalf on the Day of Judgement?
- 3) What does Rasulullah SAW meant when he SAW said we should live in this world like a stranger or traveller?
- 4) Why is death a gift for the believers?
- 5) Choose one pillar of Islam and indicate how you can use your belief in this pillar to solve a conflict with a loved one.