

MAN + WORSHIP = KHALIFA

اللَّهُ

Humanity = Man + Jinn (Man Essence controls higher consciousness “The Human Nature”) (The Jinn Essence controls, lower subconsciousness “The Animal Nature”) Man and Jinn share a symbiotic mental existence within the physical material body referred to as the human being. When the man submit to prayer as commanded, then he can control the djinn.

## Why believers pray five times a day:

## Five pillars of faith:

*With the name, Allah., the Beneficent, the most merciful, all praise is due Allah, the Lord of all the worlds, most gracious, the compassionate, master of the day of judgment, thee alone we worship, thee alone we seek . O'Allah, guide us along the right path, the path of those on whom thou has bestowed thy favor, whose portion is not raft and who go not astray. Amin!*

- Five human appendages:**

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- WILL (HEAD)  
MIND (BRAIN)  
HEART (HEART)  
MILITARY (ARMED)  
ARMED FORCE (ARMED)  
STRENGTH (MUSCLE)  
LAW (LAW)  
MORAL SCIENCE (MORAL SCIENCE)  
LABOR FORCE (LABOR)  
INDUSTRY (INDUSTRY)  
PRODUCTION (PRODUCTION)
- THE LOST GOD
- THE LOST GOD

### Five Human Hand Digits:

These digits have specific colloquial, medical, and anatomical designations:

- **Thumb (1st Digit):** Also, anatomically known as the *pollex*. Unlike the other digits, it has only two bones (phalanges) and is fully opposable to the rest.
- **Index finger (2nd Digit):** Commonly called the **pointer finger** or **forefinger**.
- **Middle finger (3rd Digit):** Also referred to as the **long finger**. It is typically the longest digit on the hand.
- **Ring finger (4th Digit):** Traditionally where wedding bands or engagement rings are worn.
- **Little finger (5th Digit):** Also widely known as the **pinky**, **pinkie**, or **small finger**.

### Five Human Senses:

- **Sight, (Vision):** The ability to detect light and form images using the **eyes**.
- **Hearing, (Audition):** The ability to perceive sound vibrations via the **ears**.
- **Taste, (Gustation):** The ability to detect flavors (like sweet, sour, salty, bitter, and umami) using the **tongue**.
- **Smell, (Olfaction):** The ability to detect odors and chemical particles in the air with the **nose**.
- **Touch, (Tactition):** The ability to feel textures, pressure, temperature, and pain through the **skin**.

### Five Solar Mental Connections:

The five obligatory Islamic prayers, along with their Arabic names and approximate daily timings based on the sun's position, are:

- **Fajr** (فجر): Dawn
- **Dhuhr** (ظهر): Midday / Early Afternoon
- **Asr** (عصر): Late Afternoon
- **Maghrib** (مغرب): Sunset
- **Isha** (عشاء): Night

Five Primary Reasons behind the five daily prayers include:

- **Fulfilling Divine Purpose:** In Islam, the ultimate purpose of human life is to know and worship God.
- **Spiritual Nourishment:** Just as the physical body needs food and water daily to stay healthy, the soul and spiritual heart require regular nourishment through prayer to avoid spiritual fatigue.
- **Mindfulness and Discipline:** Praying at specific intervals throughout the day and night (dawn, noon, afternoon, sunset, and night) keeps God at the forefront of a believer's mind. It breaks up the day, offering moments to practice gratitude, seek guidance, and reset focus.
- **Washing Away Sins:** Prayer serves as an act of purification. Muslims believe that stepping away to pray—along with the required ritual washing (*wudu*)—helps spiritually cleanse the soul of minor sins and shortcomings.
- **Divine Commandment:** According to Islamic tradition, the five daily prayers were specifically gifted and commanded directly to the Prophet Muhammad during the miraculous Night Journey (Isra and Mi'raj).

## Innate Human Nature (Primordial Disposition)

**Fitrah** *It is the pure, natural state of goodness, innocence, and monotheism that humans are born with.*

- **Innate Compass:** It acts as an inborn spiritual compass that inclines a person toward truth, morality, and the recognition of a Creator.
- **Influences:** External factors like environment, upbringing, and personal choices can cloud or cover this pure state over time.

**Deen** *is an Arabic term used in [Din](#) that means a complete "way of life," "religion," or system of submission and accountability to God.*

In Islamic theology, Allah created mankind out of supreme wisdom and mercy **to know Him, worship Him, and act as His stewards (vicegerents) on Earth**. Human beings were designed with free will and intellect, making them uniquely capable of choosing to follow divine guidance. The ultimate reasons for human creation encompass:

### Five Core Principles:

- **Worship and Submission:** The primary purpose of human existence is to recognize Allah and worship Him. This is detailed in the Quran (51:56) where Allah states: "And I did not create the jinn and mankind except to worship Me". Worship here encompasses all acts of obedience, righteousness, and living a life according to divine guidance.
- **The Divine Test:** This earthly life is an opportunity for spiritual growth. Allah states in the Quran (67:2) that He created life and death to "test which of you is best in deeds". The trials, blessings, and choices we face allow us to develop virtues like patience, gratitude, and compassion.
- **Vicegerency (Khalifah):** Allah honored humans by making them His deputies on Earth. We are tasked with establishing justice, protecting the Earth, and representing Allah's laws and mercy in the physical world.
- **Free Will and Elevation:** Unlike angels, who are created to obey without desire, humans were granted free will and earthly desires. When humans choose to resist temptation and strive to do good, their spiritual rank rises, making them uniquely beloved to the Creator.
- **Blessings of Peace:** The promised reward for human beings fulfilling the purpose of their creation is eternal paradise, divine closeness, and ultimate spiritual fulfillment in the Hereafter. Because the human role of vicegerency spans both the physical and spiritual realms, Abrahamic theology outlines rewards that manifest in the two distinct dimensions:

Ultimately, Allah does not need humanity; rather, humanity's creation is an act of Divine mercy designed to allow humans to earn eternal reward, draw close to their Creator, and return to Paradise

## **Five Human Body Activities**

1. Eat: **Eating Nutritious Food**
  - **Why it matters:** Whole foods provide energy and lower the risk of chronic diseases.
  - **What to do:** Eat a balanced diet of vegetables, fruits, whole grains, and healthy proteins.
2. Sleep: **Sleeping and Resting**
  - **Why it matters:** Rest repairs the body, consolidates memory, and regulates mood.
  - **What to do:** Aim for seven to nine hours of quality sleep each night
3. Shit: **Excreting Waste and Filtration**
  - **Why it matters:** Metabolic processes produce toxic byproducts that will cause organ failure if they accumulate.
  - **What it does:** The kidneys filter blood to produce urine, while the liver neutralizes toxins and the colon removes solid waste.
4. Work: **Engaging in Work (Productive Activity)**
  - **Why it matters:** Work provides the resources necessary for survival, structures daily life, and fulfills the psychological need for purpose and contribution.
  - **What it does:** It generates income for food and shelter while stimulating cognitive function and social integration.
5. Recreation: **Moving and Exercising**
  - **Why it matters:** Physical activity strengthens the heart, muscles, and bones while boosting mental health.
  - **What to do:** Walk, stretch, or exercise for at least 20 to 30 minutes every day.

Repeat the process daily

## **FIVE LAWS OF NATURE**

**Self-Preservation** (the innate instinct to protect oneself from harm).

**Change** is the only true constant in the universe. At its core, it encompasses the principle that all energy, matter, and circumstances are in a constant state of flux, transition, and evolution, never remaining entirely static.

**Cause and effect** is a foundational relationship in which one event, action, or process (the **cause**) directly produces an outcome or consequence (the **effect**).

**Conservation of Mass** matter cannot be created or destroyed in an isolated system. It can only change its physical form or be rearranged into different chemical combinations.

**Principle of Polarity**—everything in the universe is dual and has its opposite. Matter and energy are interconnected, with opposites simply being the same thing at different degrees.

## **FIVE BOOKS REVEALED TO MOSES**

- **Genesis:** The story of creation and the early ancestors of humanity.
- **Exodus:** The story of the Israelites leaving slavery in Egypt.
- **Leviticus:** Rules and laws for the priests and religious life.
- **Numbers:** The census and travels of the people in the desert.
- **Deuteronomy:** The final speeches and a restatement of the laws by Moses.

The five books revealed to Moses—known as the Torah or Pentateuch (Genesis, Exodus, Leviticus, Numbers, and Deuteronomy)—are significant because they establish the foundational core of law, history, and the covenant for both Judaism, Christianity, and Islam.

## **FIVE HUMAN RESPONSIBILITIES**

**SELF** - Taking care of yourself first is like putting on your own oxygen mask before helping others. You cannot pour from an empty cup.

**FAMILY** - A person should be responsible for their family to ensure safety, emotional support, and shared stability.

**HUMANITY** - local involvement makes neighborhoods safer and helps neighbors trust one another.

**EARTH** - humanity shares the collective responsibility for the Earth, because our daily actions directly impact climate stability, ecosystems, and the survival of future generations.

**CREATOR** - A person is responsible to their creator through obedience, stewardship, and accountability, meaning they must follow moral laws, care for the earth, and answer for their actions.

### **1. Dependents and Immediate Family**

- **Children:** Providing safety, food, shelter, and emotional development.
- **Partners:** Supporting your spouse or significant other emotionally and financially.
- **Aging Parents:** Assisting vulnerable elder relatives with healthcare and daily living.

### **2. Financial and Contractual Commitments**

- **Employment:** Performing duties honestly for your employer.
- **Debts:** Paying back lenders, landlords, and credit lines.
- **Agreements:** Honoring legally binding contracts and promises.

### **3. Social and Local Community**

- **Neighbors:** Respecting shared spaces and peace.
- **Civic Duties:** Voting, serving jury duty, and obeying laws.
- **Support:** Helping local charities or vulnerable community members.

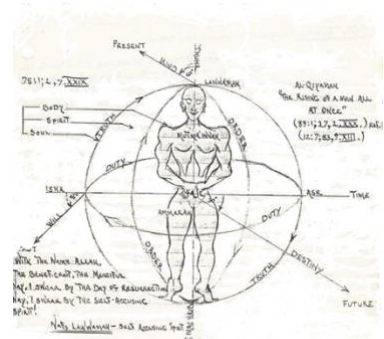
### **4. Professional and Network Circles**

- **Colleagues:** Collaborating fairly and mentoring juniors.
- **Industry:** Maintaining ethical standards in your field of work.

### **5. Global and Environmental Stewardship** <https://youtu.be/x00DQxGSvNw?is=p84LYTB-xkMnObQK>

- **Environment:** Reducing waste and conserving natural resources.
- **Humanity:** Respecting universal human rights and promoting peace.

Holy Quran- Al-An'am 6:79 PROPHET ABRAHAM (may the peace be upon him) O'Allah, surely, I have turned myself being upright to the originator of the heavens, and the Earth, and I am not of the polytheist. Surely, my prayer, my sacrifice, my life and my death are all for thee O' Allah. I am of those who submits to thee in Al Islam?  
إِنِّي وَجَّهْتُ وَجْهِيَ لِلَّذِي فَطَرَ السَّمَوَاتِ وَالْأَرْضَ حَنِيفًا ۖ وَمَا أَنَا مِنَ الْمُشْرِكِينَ



Imam Warith Deen Mohammed, president of the American Society of Muslims, gives a talk titled "The Truth about Al-Islam: An Overlooked Role for Muslims in World Leadership."

