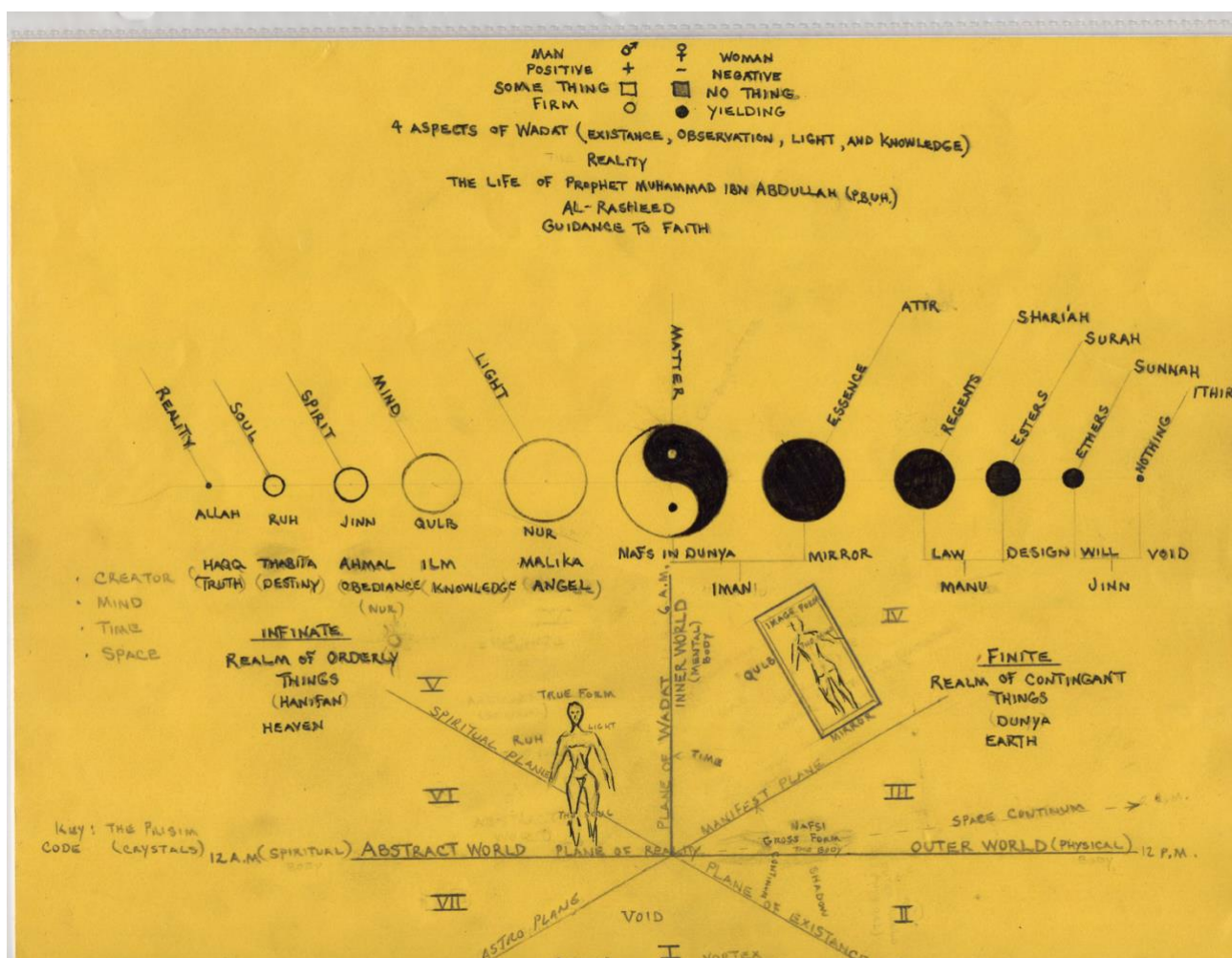


Out of the Darkness into the Light



What is nothing?

Nothing is defined as the total absence of anything, representing a void, nonexistence, or a state of zero quantity and substance. While conceptually it is the opposite of something, true absolute nothingness is difficult to define because even in a vacuum, quantum fields and potential energy exist.

What is ether?

- **Higher Consciousness & Connection:** It represents the divine, cosmic consciousness and unity, linking all things, dimensions, and beings. It is often associated with the Crown Chakra, and in some practices, the Throat Chakra (representing communication of truth).

- The "Void" or Emptiness: Rather than "nothingness," this emptiness represents the potentiality of all things—the space where creation happens.
- Luminiferous Aether: In 19th-century physics, ether was a hypothesized medium thought to fill all space and allow light waves to travel, similar to how air carries sound.
- The Fifth Element: In ancient and medieval cosmology (e.g., Aristotle), ether was the "quintessence," the pure substance that filled the universe beyond the moon and composed the stars and planets.

What are Esthers?

- Symbol of Transformation: It symbolizes "dying to self"—a total transformation, turning away from one's old life to enter a new destiny.
- In aromatherapy and biblical studies, "Esther's" refers to the year-long, intense purification and beautification process undertaken by Queen Esther before meeting the King of Persia, as described in the Book of Esther (2:12)

What are regents?

- Monarchy: A temporary ruler (e.g., a "Prince Regent") who exercises sovereign authority without being the actual monarch.
- In Islam, "vicegerency" refers to the human responsibility to act as [caretakers of the Earth](#) on behalf of God.
- Academic Roles: Historically or in specific religious orders (like the Jesuits), a "regent" can be a teacher, administrator, or individual in training who holds a specific position of authority.
- **Reagents** (spelled with an *a*), these are specific chemical substances, compounds, or mixtures added to a system to bring about a chemical reaction or to see if a reaction occurs.

What is essence? In simple terms, essence is the core nature or most important quality that makes something what it is.

The fundamental, unchanging property of a thing that determines its identity, often contrasted with its "accidental" or temporary features.

NAFS N DUNYA

What is matter?

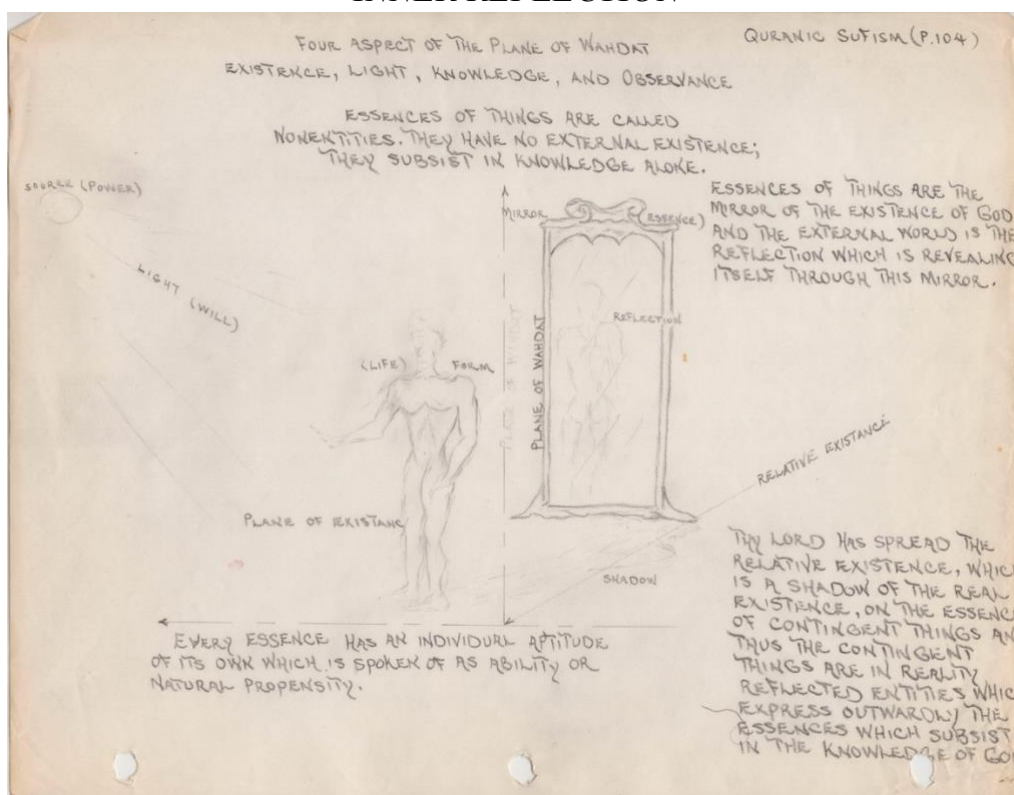
Matter is any physical substance that possesses mass and occupies space (volume).

Everything in the universe that can be touched, seen, or sensed—including solids, liquids, gases, and plasmas—is made of atoms or subatomic particles

. It is essentially the "stuff" that makes up all physical objects

- Mass and Volume: Matter must have weight (mass) and take up three-dimensional space (volume).
- Atomic Structure: Matter is composed of atoms, which are in turn made of smaller particles like protons, neutrons, and electrons.

INNER REFLECTION



What is light?

Light is a form of electromagnetic radiation, specifically the narrow spectrum of energy (roughly 380–750 nm) detectable by the human eye. It behaves as both a wave and a particle ([photon](#)), travels in a vacuum at a constant speed of $\approx 300,000 \text{ km/s}$, and is essential for vision, photosynthesis, and energy transfer.

- Allah as Light (An-Nur):

One of Allah's 99 names is An-Nur, meaning "The Light." The Quran states, "Allah is the Light of the heavens and the earth," signifying His role as the guide who leads people out of darkness

- God is Light: 1 John 1:5 states that "God is light, and in him is no darkness at all," signifying absolute moral purity and omniscience.
- Creation: Light is the first element created by God (Genesis 1:3), demonstrating His authority and bringing order out of chaos.

What is mind?

The mind is the complex, often considered abstract, set of cognitive faculties responsible for consciousness, perception, thinking, judgment, language, and memory. It encompasses both conscious and unconscious mental processes, allowing individuals to experience sensations, emotions, and desires. While often linked to the brain's physical, neural activity, the mind is distinct as the functional, subjective experience of being.

In Islam, the mind ('Aql) is a sacred gift and the faculty of intellect, reasoning, and moral responsibility that distinguishes humans from other creations. It is considered the foundation of accountability—a sane person is responsible for their actions. Islam elevates the mind, commanding Muslims to use it for studying the universe, seeking knowledge, and reflecting on the signs of God, rather than relying on blind faith.

- Connection to the Heart (Qalb): While the mind is for logical, analytical thinking, it works in tandem with the heart, which is considered the seat of spiritual insight, true understanding, and belief.
- Encouragement of Knowledge: The Quran frequently encourages contemplation (Tafakkur) and the use of reason (Ta'aqqul) to understand the world, with scholars emphasizing that true faith requires reflection.

In the Bible, the mind (often *nous* in Greek or *leb*—heart—in Hebrew) is the immaterial center of thought, volition, and moral consciousness, representing the inner person rather than just the physical brain. It serves as the faculty for understanding, attitudes, and determining actions. Scripture emphasizes that the mind can be corrupted or "debased" by sin, requiring it to be transformed or renewed by God.

- **The Seat of Will and Decision:** The mind is where thoughts, reasoning, and decisions are made, setting the course for behavior.
- **Associated with the "Heart":** Often, the biblical concept of the "heart" covers what modern people think of as the mind—the inner being, including intellect, emotions, and intentions.

what is spirit?

The word originates from the Latin *spiritus*, meaning "breath." This reflects the ancient belief that the breath was the physical manifestation of the life force leaving the body at death. In Islam, the spirit (*rūḥ*) is a, divine-created, immaterial essence, often described as the "Command of my Lord" (Quran 17:85) that gives life to the human body. It is distinct from the soul (*nafs*), which manages emotions and desires, as the spirit is considered a pure,, God-given, conscious entity.

- **Nature of the Spirit:** The Quran states that knowledge of the spirit is limited to what God has revealed, emphasizing its mysterious,,non-physical nature.
- **Distinction from Soul (Nafs):** While the *nafs* is often associated with the ego, self, and desires, the *rūḥ* is the pure,, spiritual component that connects with the divine.
- **Afterlife:** The spirit is, taken by God upon death and, continues to exist, distinct from the physical body.

What is soul?

A soul is generally defined in religion and philosophy as the immaterial, immortal essence or core of a human being, often considered synonymous with the mind, personality, or true self. It represents the non-physical aspect of a person— comprising thoughts, emotions, and will—that is distinct from the physical body and is believed to survive bodily death.

- **Religious Perspectives:**

- Christianity: Often viewed as a tripartite being (body, soul, and spirit), where the soul is the seat of mind, will, and emotions.
- Judaism: Features concepts like Nefesh (vital life/instinct), Ruach(emotion/spirit), and Neshamah(higher intellect/divine connection).
- Hinduism: The Atman is considered the true, eternal self, which is distinct from the temporary body and mind, and identical to the ultimate reality (Brahman).
- Islam: The Ruh represents the divine spirit or breath, while the Nafs refers to the self/ego that navigates moral choices.

In Islam, the soul ([nafs](#) or ruh) is the divine essence breathed into humans by Allah, making them alive and distinct from mere physical bodies, serving as the seat of free will, consciousness, and moral responsibility, which persists after death and faces judgment, ultimately leading to Paradise (Jannah) or Hell (Jahannam). It's considered a profound mystery, with limited human knowledge, but is central to spiritual development through purification via worship and good deeds.

Key Aspects of the Soul in Islam:

- Nafs (Self/Psyche): Often translated as the soul, self, or ego, it's the part that can command good or evil, can be purified (e.g., nafs al-mutmainnah - the serene soul), and is responsible for actions.
- Ruh (Spirit): Sometimes distinguished from nafs, the ruh is seen as the divine breath, the life-giving essence, while the nafs is the driver or conscious self that uses the body.
- Divine Origin & Mystery: The soul is a creation of Allah, and its true nature is beyond full human comprehension, as stated in the Quran.
- Immortality & Afterlife: The soul survives bodily death, entering an intermediate state ([Barzakh](#)) before resurrection on Judgment Day, where it's judged for earthly deeds.
- Spiritual Journey: The goal in life is to purify the nafs through acts like prayer, charity, and kindness, improving one's spiritual state.

- Components of the Psyche: Some Islamic philosophy describes the inner self as having parts: heart (qalb), spirit (ruh), ego (nafs), and intellect (aql).

What is reality?

Reality is the state of things as they actually exist, encompassing all tangible matter, energy, and, according to

[Dictionary.com](#) and [Wikipedia](#), the objective, independent facts of the world. It is generally defined as the totality of existence, independent of human awareness, and differs from illusions, subjective, or imagined scenarios.

In Islam, reality ([haqq](#)) is fundamentally defined by the existence and oneness of Allah, the ultimate truth, creator, and sustainer of all things. The true nature or essence of reality ([haqīqa](#)) encompasses both the visible, physical world and the unseen, spiritual realm, with all created things existing only through God's will and representing signs of His existence.

Ultimate Reality (*Al-aqq*) Allah is considered the absolute reality, the only true, self-subsistent existence

The Unseen (*Al-Ghayb*) Beyond the material, reality includesy spiritual aspects such as angels, the afterlife, and divine decrees, which are known through revelation rather than observation.

The Mysteries of Creation

Wahdat" (وحدة) is an Arabic term meaning "unity," "oneness," or "singularity". In Islamic philosophy and Sufism, it often refers to [Wahdat al-Wujud](#) (Unity of Being), a doctrine attributed to Ibn Arabi, which posits that only God (Allah) truly exists, and all

creation is a manifestation or reflection of that single divine existence. **Key Aspects of Wahdat in Islam:**

- **Definition:** Originating from the root *wahada* (to make one), it emphasizes the oneness of being.
- **Wahdat al-Wujud (Unity of Being):** This profound mystical concept asserts that the ultimate reality is only God, and creation is, in a sense, an illusion or a reflection of the Divine, rather than a separate existence.
- **Context:** It is often used to describe the ultimate spiritual goal of recognizing that nothing exists outside of God, often contrasted with a literalist interpretation of creation.
- **Distinction:** It is distinct from Tawhid (the absolute oneness of God in divinity), focusing instead on the oneness of existence itself.

Out of the Darkness into the Light:

Quantum physics is the fundamental branch of science describing how nature behaves at the smallest scales—atoms, electrons, and photons—where traditional laws of physics fail. Developed in the early 1900s, it reveals that energy is quantized, particles act like waves, and behavior is probabilistic rather than deterministic.

The space-time continuum is a 4D model merging three spatial dimensions (length, width, height) with one dimension (time) into a single, unbroken fabric, where movement through space affects time and vice-versa, as explained by Einstein's relativity; gravity arises from mass and energy warping this continuum, causing objects to follow curved paths (geodesics) through it. **Key Concepts:**

- **Four Dimensions:** Any event needs four coordinates (x, y, z, and t) to be fully located, representing its place and moment in spacetime.
- **Continuum:** Space and time are continuous, with no gaps, allowing for subdivision into smaller points and moments.
- **Interconnectedness:** Moving through space changes how you experience time; fast-moving objects experience time slower (time dilation), illustrating their link.
- **Curvature (Gravity):** Mass and energy warp spacetime; planets orbit the Sun not because of a direct force, but because they follow the curves created by the Sun's mass in spacetime.

The realm of contingent things: Contingent things are entities, events, or facts that exist but could have failed to exist, meaning their existence is not necessary, guaranteed, or eternal. They depend on other factors, conditions, or causes to exist. Almost all physical objects, such as trees, rocks, and humans, are contingent. Key aspects of contingent things include:

- **Dependency:** They require external causes or conditions to come into being and continue existing.
- **Non-Necessity:** It is logically possible for them not to exist; they are not required to exist by their own nature.
- **Mutability:** They are subject to change, decay, or cessation.
- **Examples:** A specific person, a tree, a cup on a table, or a specific event like a rainstorm.

In philosophy, especially in the context of the cosmological argument, contingent things are often contrasted with a "necessary being" (such as God), which is thought to exist by its own nature and does not depend on anything else.

The realm of orderly things: Orderly things are objects, spaces, or processes arranged in a neat, logical, or systematic way, characterized by tidiness and, often, adherence to a method or, rule. Examples include organized, files, tidy, rooms, sorted tools, and well-behaved crowds. Orderly systems, enhance, efficiency, reduce, stress, and facilitate, easy navigation.

Key characteristics and examples of orderly things include:

- Physical Objects/Spaces: Neatly arranged, bookshelves, a clean desk, organized clothing, drawers with, dividers, and, color-coded, items.
- Processes and Methods: A, structured, daily, routine, a, systematic, workflow, or, a, step-by-step, approach, to, a task.
- Behavior and Systems: A, quiet, library, a, disciplined, class, a, peaceful, protest, or, a, well-managed, organization.
- Key Traits: They are typically, clean, systematic, methodical, and, predictable,.

The abstract world:

The abstract world refers to the realm of non-tangible concepts, ideas, emotions, and systems that exist outside of physical space-time. It includes mathematical truths (numbers, sets), philosophical concepts (justice, infinity), and mental constructs that lack physical form or causal, material power.

Key aspects of the abstract world include:

- Non-physical Existence: Unlike concrete, material objects (e.g., dogs, rocks), abstract entities are conceptual.
- Mental and Symbolic Representation: It encompasses thoughts, beliefs, emotions, and language.
- Mathematical/Logical Frameworks: It includes abstract structures used in AI, robotics, and science to model the world by omitting unnecessary details.
- Philosophical Debate: Philosophers often debate whether these concepts exist independently or if they are purely creations of the human mind.

Examples of the Abstract World:

- Mathematics: Numbers, equations, shapes.
- Concepts: Time, justice, gravity, freedom.
- Emotions: Love, fear, happiness.
- Structure: Language, logic, music.

In the context of art and perception, an "abstract world" can also refer to a, symbolic, or non-representational view of reality.

Planes of existence: Planes of existence are distinct, often overlapping dimensions or layers of reality ranging from the physical world to spiritual, mental, and elemental realms. While frameworks vary, they typically include the Material (physical), Astral (thought/spirit), Elemental (inner planes), and Outer (divine) planes.

- D&D Cosmology: Consists of the Material Plane (mortal world), Inner Planes (Elemental/Energy), Outer Planes (Gods), and Transitive Planes (Astral/Ethereal for travel).
- Esoteric/Spiritual View: Often lists seven planes: Physical, Astral, Mental, Buddhic, Atmic, Monadic, and Logoic.
- Hinduism: Refers to Triloka (three worlds) or fourteen Lokas (seven higher, seven lower).
- Other Systems: Some models define five worlds (Jewish cosmology: [Adam Kadmon](#), [Atzilut](#), [Beriyah](#), [Yetzirah](#), [Assiyah](#)) or suggest 11 dimensions based on theoretical physics.

These planes represent different vibrations, consciousness levels, or states of being.

1. **Plane of Reality:** reality is viewed as a series of nested or interpenetrating levels. (Y-axis) horizontal
2. **Spiritual Plane:** is a non-physical dimension of existence or a higher level of consciousness that transcends the material world. It represents a realm of pure energy, divine connection, and universal oneness where individuals experience expanded awareness, inner peace, and direct insight beyond physical limits.
3. **Plane of Existence:** The tangible world of matter, energy, and physical bodies where humans currently reside. It is a distinct level, layer, or realm of reality that operates according to its own unique laws, vibrational frequencies, or states of being. (X-axis) horizontal

4. **Manifest Plane:** The subtle level of reality or dimension where thought, energy, and divine will take form and transform into physical existence. the universe as a series of interpenetrating levels, ranging from the unmanifested absolute down to dense physical matter.
5. **Plane of Wahdat al-Wujud:** Objects derive their existence solely from God, akin to reflections rather than independent entities. Positing that God is the sole absolute reality and all creation is a manifestation of His attributes. God remains transcendent yet immanent through His sustaining attributes, meaning the universe is not God Himself. Z-axis vertical
6. **Etheric Plane:** is an unseen layer of the physical world. It represents a finer, higher form of matter beyond solids, liquids, and gases. It is an energy template that supports and sustains all physical life.
7. **Astro Plane:** is a non-physical dimension of existence where consciousness operates outside the material body.
 - Intermediate Realm: It is viewed as a bridge or intermediate layer between the physical world and higher spiritual realms.
 - Fluid Reality: Physical laws do not apply; instead, thoughts, emotions, and intentions instantly shape and influence the perceived environment.
 - Inhabitants: The realm is populated by non-physical beings, including spirits, angels, guides, and souls before birth or after death.

Sectors: rotate around the vertical axis

- I. The void: Cosmic Vortex
- II. The cosmos: Physical Outer World
- III. The creation: Natural World
- IV. The mind: Inner World
- V. The realms: orderly/contingent
- VI. The prism: Abstract World
- VII. The construct: Divine World

The Dynamic Sphere of Reality

Something is considered dynamic when it is characterized by constant change, activity, progress, or energy. Unlike static objects, dynamic entities are in a state of continuous motion, evolution, or adaptation, often driven by internal forces or external interactions. Key elements making something dynamic include adaptability, force/power, and the ability to evolve over time.

Time in my diagram is the arc that connects the plane of existence to the plane of Wadadah that causes a spherical rotation known as the dynamic sphere of reality.

Space in my diagram is is the straight-line tangent to the plane of reality originating from the core that generated the cosmic vortex into infinity.

In physics, the space-time continuum is a mathematical model that fuses the three dimensions of space (length, width, height) and the one dimension of time into a single fourdimensional fabric.

Key Concepts

- **Interwoven Dimensions:** Space and time are not separate; moving through space affects how you move through time. This link is essential for the [theory of relativity](#).
- **Gravity as Curvature:** Massive objects like stars and planets don't just "pull" on things; they warp and curve the fabric of space-time itself. This curvature is what we perceive as gravity.
- **Continuum:** It is called a "continuum" because there are no gaps or "jumps" between points in space or moments in time.
- **Minkowski Space:** The flat, four-dimensional version used in special relativity, named after Hermann Minkowski, who first proposed the unified model in 1908.

Real-World Effects

- **Time Dilation:** Because of this connection, time moves slower for objects moving at very high speeds or those near massive gravitational bodies.
- **GPS Accuracy:** Engineers must account for space-time warping to keep GPS satellites synced with ground clocks.

While physicists use "spacetime" to describe the universe's geometry, the term "space-time continuum" is frequently used in science fiction like Star Trek and [Back to the Future](#) to refer to a fragile "fabric" that can be ripped or altered by time travel.



Creator + observer + space + time = reality

The space-time continuum, also known as Minkowski space, is a mathematical model that combines the three dimensions of space and the one dimension of time into a four-dimensional continuum. It's a geometrical interpretation of Einstein's special relativity theory. Here's a summary of the space-time continuum:

- Purpose

It's a useful concept for understanding the consequences of special relativity and forming the basis for general relativity. It also helps cosmologists understand how the universe works at different scales.

- Relativistic effects

Time can't be separated from space in a relativistic universe. The observed rate of time's passage depends on an object's velocity relative to the observer. Gravitational fields also slow the passage of time.

- Time dimension

The time dimension is different from the three space dimensions. Time can't be rotated about anything, unlike space dimensions which can be rotated into each other.

- Spacetime diagrams

These diagrams help visualize and understand relativistic effects, such as how different observers perceive events.

FUAD in “The Dynamic Sphere of Reality”

A "Dynamic Sphere of Reality" is a concept primarily rooted in the martial art of **Aikido**, referring to a three-dimensional, ever-changing, and imagined space surrounding a practitioner. It serves as a mental and physical framework for managing energy, space, and interaction with others, moving beyond rigid, linear, or static positioning.



In Aikido and Martial Arts

- **Definition:** It is a, "bubble" or zone of influence that expands, contracts, and spins around the practitioner as they move.
- **Purpose:** It allows an *aikidoka* to visualize, anticipate, and respond to attacks fluidly, allowing them to move with an opponent's energy (ki) rather than resisting it.
- **Components:**
 - **Center/Hara:** Maintaining one's physical and energetic core within the center of this sphere.
 - **Fluidity:** The sphere is not fixed; it shifts based on velocity, direction, and intent.
 - **Movement:** It emphasizes circular and arcing movements rather than straight lines.

- **Benefits:** It enhances distance management, timing, and allows for maximum effect with minimum effort.

Philosophical and Psychological Aspects

- **Harmony Over Conflict:** The concept represents a philosophy where conflict is seen as an opportunity for harmony and connection, rather than just destruction.
- **Beyond the Dojo:** The awareness of this personal energetic field can be applied to daily life to maintain composure in stressful situations, encouraging a thoughtful response rather than a reactive one.
- **Interconnectedness:** It reflects a deeper understanding that all aspects of existence are connected, breaking down the illusion of separation between self and other.

Alternative Conceptualizations

- **"The Sphere" (Refik Anadol):** In art and technology, this refers to AI-powered, immersive, and sensory experiences that simulate different realities based on data.
- **Conscious Time:** Some interpretations suggest that conscious experience exists as a "dynamic sphere in conscious time," which helps maintain stability and meaning.
- **Scientific Perspective (Field Theory):** It can be viewed as the "dynamic geosphere," recognizing Earth as a constantly changing system (plate tectonics, atmosphere).

In essence, the Dynamic Sphere of Reality is a model for adapting to a constantly shifting, interconnected environment, whether in a physical, martial context or in personal, daily life.

Fuad (Arabic: فؤاد, also spelled Fouad) is a masculine name meaning

"heart," "inner core," or "conscience," deeply rooted in Arabic and Islamic tradition. In the Quran and Islamic context, it refers to the spiritual heart—the seat of emotion, intellect, and deep faith—rather than the physical organ, representing profound emotional depth and sincerity.

Key Aspects of the Meaning of Fuad:

- **Spiritual Heart:** Unlike *Qalb* (the general heart/soul), *Fu'ad* often refers to a heart that is fully aware, emotional, or in a state of deep reflection or sensitivity.
- **Quranic Usage:** The word is used in the Quran, such as in Surah Al-Isra' 17:36: "Indeed, the hearing, the sight and the **heart (Al-Fu'ad)**—all those will be questioned". This implies accountability for one's inner emotions and intentions.
- **Emotional Depth:** The root of the word is *fa'ada*, meaning "burning" or "flame," which signifies a heart inflamed with emotion, passion, or intense feeling.
- **Name Significance:** As a given name, it represents a person of sincere character, emotional intelligence, and warmth.

In essence, Fuad represents the innermost heart that is connected to God and deeply feels. The spiritual aspect of the dynamic sphere of reality represents the underlying, interconnected, and constantly evolving nature of existence, shifting the perception from a world of separate, static objects to one of unified, flowing consciousness

. It is characterized as a "well of consciousness" where all things are in a relational, harmonious, and inseparable, often referred to as a "tapestry of consciousness".

Key spiritual facets of this dynamic reality include:

- **Interconnected Oneness:** The dynamic sphere teaches that all aspects of reality—physical, emotional, and spiritual—are interconnected. It dissolves the illusion of separateness, suggesting that other people and events are reflections of a shared, greater self.
- **Constant Flow and Transformation (Becoming):** Spiritual reality is not static, but a process of constant change, sometimes referred to as the "flow of Ki" (life energy). It encourages embracing this flux rather than resisting it, viewing life as a continuous exploration.
- **The "Sphere" as a Container of Consciousness:** The "sphere" is a metaphor for a comprehensive whole, where every action or event is a,

"opening in the veil" allowing for self-discovery and deeper awareness of reality itself.

- **Harmonious Relationship with the Divine/Whole:** This aspect emphasizes living in accordance with the natural, creative, and sometimes paradoxical flow of life, often described as "love" or "harmony".
- **Self-Reflection and Inner Growth:** The dynamic sphere acts as a mirror, where 外部 (external) experiences are viewed as opportunities for inner, spiritual transformation.
- **Transcending Time and Space:** It involves recognizing that true spiritual, being is not bound by linear time or physical death, representing an indestructible, eternal nature.

In practical application, such as in the philosophy of Aikido, this spiritual aspect encourages a "center" or "hara" (inner calmness) from which to navigate the changing world with grace, moving with, rather than against, external forces.

[The Fractal Sphere of Reality](#)

The concept of a **fractal sphere of reality** is a striking visual and philosophical metaphor used to explain how the universe might be structured. It combines the geometric properties of a **fractal** (endless self-similarity) with a **sphere** (wholeness, unity, and boundaries) to suggest that the grandest scale of cosmos and the smallest subatomic particle share the same fundamental pattern.

Here is a breakdown of how this concept bridges science, philosophy, and mysticism:

Core Concepts

- **Infinite Self-Similarity:** Just like a fractal geometry zoom where the same pattern repeats infinitely, a fractal sphere implies that if you zoom into a single atom, you might find a miniature universe. If you zoom out past the observable universe, our reality might just be an atom in a larger sphere.
- **The Principle of Correspondence:** It mirrors the ancient philosophical maxim, *"As above, so below."* The macrocosm (the universe) and the microcosm (the individual or atom) are reflections of each other.
- **Holographic Principle:** In a holographic universe, every tiny part contains the information of the whole. A fractal sphere embodies this by suggesting that the entire blueprint of reality is encoded into every individual point within it.

Scientific and Mathematical Parallels

While "Fractal Sphere of Reality" is often used in metaphysical discussions, it touches on real scientific theories:

- **Fractal Cosmology:** Some astrophysicists have explored whether the distribution of matter in the universe follows a fractal pattern, though standard cosmology suggests this pattern levels out at massive scales.
- **Quantum Mechanics:** The bizarre interconnectedness found in quantum entanglement suggests that separation in space might be an illusion, much like how different branches of a fractal all belong to the same equation.
- **Chaos Theory:** Simple mathematical equations (like the Mandelbrot set) can generate infinitely complex, beautiful geometries. This suggests that our highly complex reality could be generated by a few simple, underlying universal laws.

Heavenly Hosts of the Divine Mind

- In Islam, angels (*mala'ikah*) are spiritual, luminous beings created by Allah from pure light who lack free will and possess total obedience to God's commands.
- In Islam, the primary terms for the angels that watch over and record a person's life are the **Mu'aqqibat** (protectors) and the **Kiraman Katibin** (recording angels). While Islamic tradition assigns various guardians to every human being, these angels operate under different primary roles: safeguarding individuals from harm or meticulously documenting their deeds for the Day of Judgment.

Other Inhabitants of the Unseen Realm (*Al-Ghaib*)

While the heavens are the domain of the angels, Islamic theology dictates that the broader unseen realm (*Al-Ghaib*) contains other creatures:

- **The Jinn:** Created from a smokeless flame of fire, jinn possess free will like humans. While they mostly inhabit the Earth in a parallel dimension, classical Islamic texts mention that some jinn used to ascend toward the lowest heaven to eavesdrop on the decrees of the angels, a practice halted after the revelation of the Quran.
- **The Souls of the Righteous:** During the transitional period between death and resurrection (*Barzakh*), the souls of the prophets, martyrs, and righteous believers are elevated to *Illiyin*, a high station within the heavenly realm.

Classes of Guardian Angels



Angelic Class	Primary Role	Common Titles/Names
Hafaza / Mu'aqqibat	Protect individuals from harm by God's command.	<i>Al-Hafathah</i> ("The Guards"), <i>Mu'aqqibat</i> ("The Succeeding Ones")
Kiraman Katibin	Record every word and deed (good and bad).	<i>Raqib</i> (Right shoulder/Good deeds), <i>Atid</i> (Left shoulder/Bad deeds)

The Mu'aqqibat (Protectors)

The **Mu'aqqibat** are specifically charged with guarding humans from front and behind.

- **Function:** They maintain a person in life, sleep, and death, protecting them from harm caused by evil jinn or devils until their decreed time of death.
- **Quantity:** Each person is assigned four of these angels at any given time— two watch during the day and two during the night. Some traditions suggest every man has ten guardian angels.
- **Behavior:** When God decrees a specific calamity or accident should befall a person, these angels withdraw to allow the decree to occur.

The Kiraman Katibin (Recording Angels)

Often also referred to as guardians, the **Kiraman Katibin** (Honorable Scribes) document a person's entire life.

- **Placement:** They are described as sitting on a person's shoulders. The angel on the **right** records good deeds (*Hasanat*), while the angel on the **left** records bad deeds (*Sayyiat*).
- **Names vs. Titles:** While widely known as **Raqib** and **Atid**, some scholars clarify that these are descriptive titles rather than personal names. *Raqib* means "watchful" or "observer;" and *Atid* means "ready" or "prepared."
- **Mercy Period:** Tradition states the angel on the left may wait up to six or seven hours before recording a bad deed, giving the person time to repent and seek forgiveness.

Related Supernatural Companions

Beyond these angels, Islamic belief mentions other beings present with a person:

- **Qareen:** A constant companion from among the jinn assigned to every individual, who often whispers or tempts them.
- **Munkar and Nakir:** The "Caretakers of the Grave" who visit a person after burial to question them about their faith and religion.
- In Islamic religious philosophy, angels (*malā'ikah*) are ethereal creatures made by Allah to perform different errands and obligations.
- This article investigates 20 noticeable blessed angels in Islam and their particular obligations.

The Names of Angels in Islam



In Islamic religious philosophy, [angels](#) (malā'ikah) are ethereal creatures made by Allah to perform different errands and obligations.

1. Jibril (Gabriel)

[Gibreel](#) is tasked with delivering Allah's messages to the prophets. He also delivered messages to other prophets like Moses and Jesus, establishing his position as the main link between Allah and mankind.

2. Mikail (Michael)

Mikail is the angel assigned by Allah to watch over nature and supply food for all beings. He has power over the weather, causing rain to water the earth and support its fertility, guaranteeing that life flourishes on the planet. Mikail is also thought to be in charge of allocating provisions and wealth to individuals, ensuring equilibrium and harmony in the natural environment. His position highlights Allah's compassion and attention for His creations by providing sustenance.

3. Israfil (Raphael)

Israfil is the angel responsible for blowing the trumpet to stamp the [begin of the Day of Judgment \(Yawm al-Qiyamah\)](#). It is accepted that he holds the trumpet to his lips, holding up for Allah's flag to sound it twice: the primary impact will bring an conclusion to all life, and the moment will bring the dead back to be judged. Israfil's responsibility emphasizes the idea of being held accountable and the temporary aspect of life in Islamic beliefs about the end times.

4. Azrael (Malak al-Mawt)

Azrael, also referred to as the Angel of Death, is in charge of collecting the souls of individuals when the time decided by Allah arrives. He ensures the entry from natural presence to the following life, satisfying this duty with exactitude and compliance. Azrael's function acts as a prompt about death and the certainty of mortality, motivating followers to live virtuously to ready themselves for the afterlife.

5. Munkar and Nakir

Munkar and Nakir, twin angels, have the responsibility of interrogating the deceased in their tombs. After being laid to rest, they go to see the deceased to ask about their beliefs and actions while alive. The type of questioning they face and the experience in the grave are determined by the person's beliefs and deeds. These angels highlight the significance of belief and moral behaviour, as the tomb is seen as the initial phase of the next life.

6. Raqib and Atid

The Angels Raqib and Atid, also called the noble recording angels (Kiraman Katibin), are responsible for recording the actions of each individual. Raqib logs positive actions, while Atid logs negative actions, providing a thorough record of an individual's conduct, speech, and motives.

7. Malik

Malik serves as the primary guardian angel of Hell (Jahannam). He supervises the operation and upkeep of Hellfire, making sure that Allah's punishment is administered correctly. Malik is portrayed as strict and uncompromising, embodying the seriousness and fairness linked to punishment from the divine. His position acts as a deterrent to prevent wrongdoing and as a point of reference for the consequences of disobeying Allah.

8. Ridwan

Ridwan has been chosen as the guardian angel of Paradise (Jannah). He greets the virtuous and devout people into the everlasting place of joy and contentment, making sure everything is ready for them. The presence of Ridwan is a symbol of Allah's blessing for those who are faithful and do good deeds, providing encouragement and reassurance for believers working towards Paradise.

9. Harut and Marut

Harut and Marut, two angels cited in the Quran, were dispatched to Babylon as a trial for its inhabitants. They educated people on magic but advised against its improper use, highlighting that it was a test from Allah. Their tale is a reminder about resisting temptation, taking responsibility, and following divine guidance even in the face of difficulties.

10. Darda'il

Darda'il are angels assigned to find and pray for believers who practice remembrance (dhikr) of Allah. They traverse the land looking for occasions where Allah is revered and admired, participating in and offering blessings to those present. Their function highlights the importance of remembering and the spiritual advantages linked to it.

11. Hafaza Angels

Hafaza angels are celestial beings designated to safeguard individuals for their entire lifetimes. They protect humans from harm and evil with the permission of Allah. It is believed that each person is accompanied by multiple Hafaza angels, demonstrating Allah's care and protection over His servants.

12. Hamalat al-'Arsh

The angels who bear the Throne of Allah are known as Hamalat al-'Arsh. They are known as majestic and powerful creatures that constantly praise Allah. Their responsibility demonstrates the majesty and power of Allah, showcasing His ultimate control over the heavens and the earth.

13. Mu'aqqibat

Mu'aqqibat are angels who accompany humans in a sequence, safeguarding them from harm and mishaps under the order of Allah. It is believed that they intercede in different situations to stop harm, showing divine mercy and protection given to humans.

14. Angel of Mountains

While not specifically mentioned by name, the Angel of Mountains appears in Islamic traditions, especially in relation to aiding Prophet Muhammad (peace be upon him). This angel was ready to crush the enemy forces of Ta'if between mountains at the Prophet's order, demonstrating Allah's backing and the presence of divine assistance in moments of difficulty.

15. Angel of Rain

Like Mikail, the Angel of Rain is responsible for ensuring the proper distribution of rainfall worldwide. This angel ensures that rainfall occurs in necessary locations and times, aiding in the nourishment and equilibrium of life on Earth. The focus is on Allah's sustenance and the detailed control of natural events.

16. Angel Ridhwan

Angel Ridhwan is occasionally recognized individually as the guardian of the entrances to Paradise. He makes sure that only those authorized by Allah can enter Jannah, preserving the sacredness and cleanliness of the heavenly realm. His obligation symbolizes the prize available for the loyal and the special access to Paradise for the virtuous.

17. Angel Zabaniyah

Zabaniyah are the angels who are tasked with punishing the residents of Hell. They enforce the punishments set by Allah, making sure that those who committed wrongdoings in their lives on earth receive justice. Their function acts as a firm admonition against wrongdoing and defiance of sacred laws.

18. Angel Maalikah

In Islamic traditions, Maalikah generally refers to female angels, even though angels are usually seen as having no gender. In certain beliefs, Maalikah are responsible for documenting actions or bestowing blessings, highlighting the varied and comprehensive range of angelic responsibilities in Islam.

19. Angel Kiraman

Kiraman are respected beings in charge of documenting an individual's thoughts along with their deeds. They make sure that the actions done externally and the intentions internally are documented accurately for evaluation. This position showcases the thorough and fair aspect of divine accountability in Islam.

20. Angel Mumit

Angel Mumit is linked to bringing about death, collaborating with Azrael to carry out the fate of the end of life for every person. The responsibility of this angel highlights the divine authority in the cycle of life and death, and the organized way souls move to the afterlife.

Core Characteristics

- **Creation from Light:** "According to Islamic knowledge, angels were created from light." -- [[Muslim Belief in Angels](#)].
- **No Gender or Reproduction:** They are strictly genderless and do not marry, eat, drink, sleep, or reproduce. [[1](#), [2](#)]
- **Absolute Obedience:** They lack human desires or the capacity to rebel, executing divine commands with absolute precision. [[1](#), [2](#)]
- **No Concept of "Fallen Angels":** Because they do not possess the free will to choose disobedience, there is no such thing as a fallen angel in Islamic theology. Beings that rebel are classified separately as jinn. [[1](#)]
- **Form and Appearance:** They are generally invisible to humans in their true form, but can temporarily take on human shapes when commissioned by Allah (such as when Gabriel appeared to prophets). The Quran also describes them as having wings (two, three, or four pairs).

Roles and Duties

- **Perpetual Worship:** Many exist solely to glorify and praise Allah without ever growing tired.
- **Carrying Revelations:** Archangels like Jibril (Gabriel) deliver divine messages to prophets.
- **Managing Creation:** Mika'il (Michael) oversees natural forces and sustenance, while Israfil is tasked with sounding the trumpet for the Day of Judgment.
- **Recording Actions:** Specific angels are assigned to document human deeds and guard individuals.

Summary

This document explores reality as a movement from darkness into light, bringing together scientific, philosophical, and spiritual ideas about existence. It begins by defining foundational concepts such as nothingness, ether, essence, matter, light, mind, spirit, soul, and reality, showing how each term points toward deeper questions about creation, consciousness, divine order, and the nature of being.

A major theme is the relationship between the physical and the unseen. The document compares matter, quantum physics, space-time, and the abstract world with Islamic concepts such as *haqq*, *ruh*, *nafs*, *aql*, *qalb*, and Wahdat al-Wujud. Through these comparisons, reality is presented not as a static collection of objects, but as a layered, dynamic, and interconnected whole sustained by divine will.

The “Dynamic Sphere of Reality” functions as the document’s central model. It describes reality as a sphere shaped by space, time, consciousness, creation, and divine unity. The model connects planes of existence, spiritual realms, the abstract world, the cosmos, and the inner world, suggesting that human awareness moves through multiple dimensions of meaning. The idea is also linked to Aikido, where harmony, centeredness, movement, and adaptation become metaphors for navigating life.

The later sections focus on angels in Islam, especially guardian and recording angels such as the Mu’aqqibat, Hafaza, and Kiraman Katibin, along with major angels including Jibril, Mikail, Israfil, Azrael, Malik, and Ridwan. These sections emphasize divine administration, protection, revelation, accountability, judgment, and mercy. Overall, the document presents existence as a vast spiritual and cosmic system in which the Creator, the observer, space, time, and consciousness participate in the unfolding of reality.

FOOTNOTES:

https://youtu.be/BH-z7yNINvE?is=eWm-IIbyS0Rj_ROe

Most important angels in Islam and their duties

https://youtu.be/YhEA7iJam2Q?is=gkSvoyoRsG2AXs_M

Mind blowing facts about angels in the Quran

<https://youtu.be/iZR05MGmdH0?is=8s5fszBI742z5tP5>

Aikido-spirit of harmony

angstrom unitso

An [angstrom](#) (symbol: Å) is a tiny unit of length equal to 10^{-10} meters, or one ten-billionth of a meter (0.1 nanometers). It is named after the Swedish physicist Anders Jonas Ångström and is used to measure atomic sizes, chemical bonds, and light wavelengths.

Scale and Conversions

- **In meters:** $1 \text{ Å} = 10^{-10} \text{ m}$
- **In nanometers:** $1 \text{ Å} = 0.1 \text{ nm}$
- **In picometers:** $1 \text{ Å} = 100 \text{ pm}$

Common Uses in Science

- **Wavelengths of light:** Visible light ranges from about 4,000 Å (violet) to 7,000 Å (red).
- **Atomic dimensions:** Most single atoms have a radius close to 1 to 2 Å.

- **Chemical bonds:** Typical covalent bond lengths between atoms measure roughly 1 to 2 Å.