

# JOURNEY TO THE UNSEEN WORLD

FUNDAMENTALS OF ISLAM

LEVEL 1

## Lesson 1: The Soul

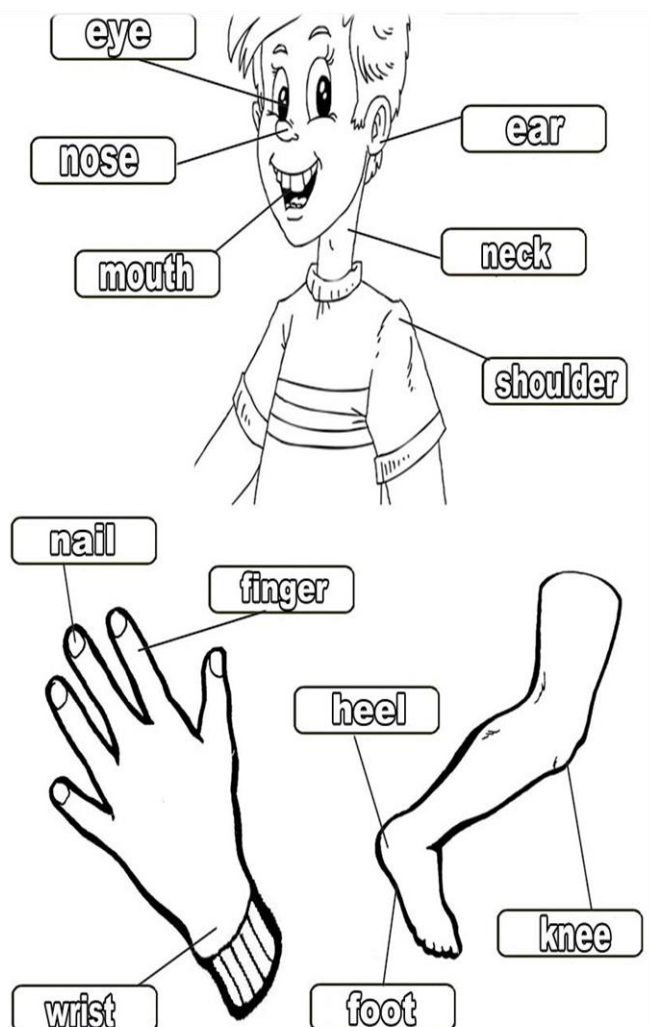
### Objectives >>>

#### Students should:

- Understand that we are made up of a body and soul
- Understand that we need to look after our bodies to keep healthy and that our souls also need special food to grow in a healthy way
- Learn some ways of feeding our souls
- Be introduced to death as a natural phenomenon
- Be reminded that it is the soul that makes us what we are
- Understand the word death is used when soul departs from the body and enters a new world
- Discuss the idea that death is a beginning of a real journey and we need to be prepared for it
- Be introduced to the idea that we need to be conscious of what we take with us on this journey; what is beneficial for us and what will be harmful
- That Barzakh is a place we go to after we die and before the Day of Judgement
- That it is a place where believers can become purified and we have companions that help us or hinder us along the way
- That it is our soul that travels in Barzakh not our body
- That we need to take care of ourselves in this world so that the journey in Barzakh is easy

We are made up of a body and soul. Our body is what we can touch and see; our arms, legs, head, tummy, etc. are all part of your body. Our soul is something that we can't see but it makes us who we are. Both our body and soul are mixed to make us who we are.

Here are some parts of our body. Colour in the picture:





We cannot see our soul but our soul is part of us. It is the part of us that makes us have feelings and makes us decide what is right and wrong.

The soul is what makes me 'me'. It is something that I can't touch or see or hear or smell, but it is the thing that I feel emotions with and the thing I think with. When I am happy, it is my soul that feels happy and when I feel sad, it is my soul that feels sad.

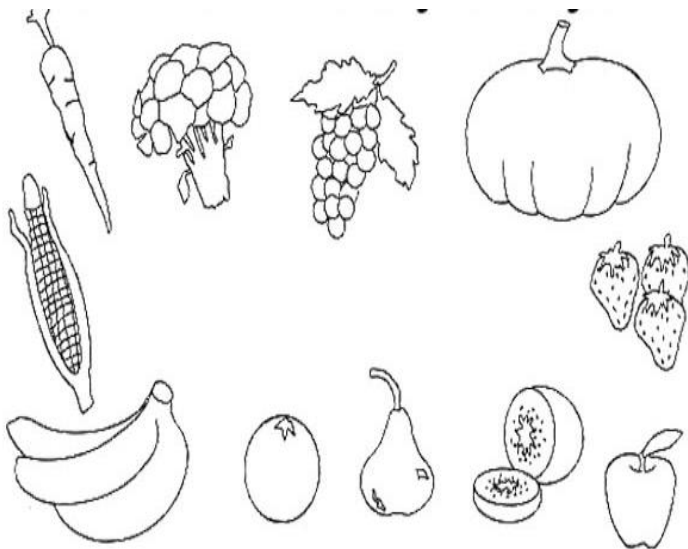
Our soul tells our body what to do, when to do it and so on. At the same time, the soul needs the body to do what it wants in this world. If the soul feels sympathy for a person and wants to help that person, it needs the body to do it, and if it feels angry and wants to scream, it needs the body to do that too.

## LOOKING AFTER OUR BODY

In order for us to live well and live as good Muslims, we must look after our bodies.

Therefore we need to choose the right things to put in our bodies so that we can stay healthy and grow stronger. We need to make sure we treat our bodies well. Let's look at some ways that we can do this:

- **Eating healthy foods:** Can you name some healthy foods? Here are some pictures to help you. Colour them in.



Please remember, it is okay to have some sweet treats every now and then, as long as it is not too much!

- **Sleeping well:** Our bodies need to rest after a long day at school and sports. One of the ways to rest the body is to get a good night's sleep. Colour in this sleepy cat.



- **Exercise and sport:** Another way of looking after our body is to be fit. And we can do this by playing lots of sports and exercise.



## DO OUR SOULS EAT TOO?

In the same way that our body needs food to be able to work well, our soul needs special food too! So we also have to look after our soul. But what kinds of food does the soul eat?

Because our souls are not touchable, they have a different type of food than our bodies. We can feed our soul by doing things that bring us closer to Allah (SWT), especially things like:

- Praying our daily prayers, especially if we do them on time



- Reciting the Holy Qur'an and Duā's



- Helping the sick and needy



Have you noticed that after doing these things, we feel good and happy inside? This is because our soul has been fed with healthy food, and so it is comfortable and calm, and so we feel happy and good.

Sometimes we accidentally eat something that is not good for us, such as too much sugar and that makes us feel sick. Similarly there are also foods that are not good for our soul.

Things like swearing, being rude to people, listening to ḥarām music, talking about people behind their back, are all poison our soul and make it sick very quickly. We should try to avoid these things so that our soul can stay healthy.



## Review Questions

### Q1. Our soul is:

- Made up of sweets
- Something that comes after we die
- What makes me 'me' and what we feel things with

### Q2. Which of the following is good food for our soul?

- Running
- Reciting Qur'an
- Eating

## Lesson 2: Death

Now that we understand what our soul is, let us look at what happens when the soul is taken out of a person's body. It's simple, the person dies.



At some point in our lives, maybe on TV we have seen animals die, insects die. Every living thing on this earth will die one day. Our bodies

will stop working which means the body can no longer eat, drink or feel anything.

Death is the beginning of a real journey. We cannot live forever in this world. When a person dies, their soul moves to another world.

**So death is like a journey to another world, or like a bridge that helps us move from this world to the next.**

Let us talk more about this journey.

When you pack your bag for a journey, what do you take with you?



That is right. You want to take clothes, walking shoes, tooth brush, food, books etc...

We do prepare for a trip. Who doesn't? Most of all, we need a passport and a ticket.

Just like we prepare so well when we are going for a journey in this world, we have to prepare for the BIG journey after we die.



So how do we prepare for this journey? What should we take with us? Here is a list of things that we need to pack for the big journey after death.

### USEFUL ITEMS

Colour in the pictures that will help us in the journey after death.

**Praying:**



**Helping elderly people:**



**Attend the mosque and Islamic classes regularly:**



**Study well at School:**

**Always wear a smile:**



All these things will help us after death. When we die, these things light up our dark graves and keep us happy.

### **THINGS THAT WILL NOT HELP US AFTER WE DIE:**

- Missing out on prayer
- Watching useless things on TV
- Being greedy
- Being rude to our parents or other elders
- Using bad language
- Telling lies

To sum up, let us remember: what sort of a journey do we want to have? If we want to have a pleasant and easy journey, then we must make sure our bag of good deeds is as big as possible.

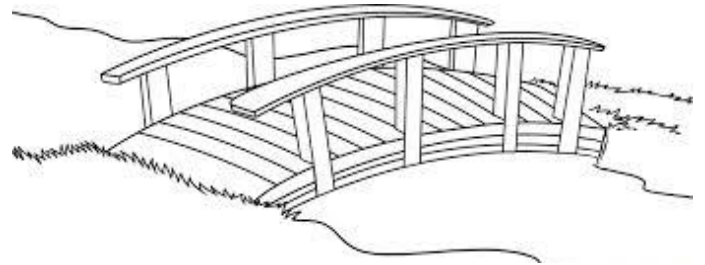
## **Review Questions**

### **Q1. Death is:**

- a. When the soul dies
- b. When the soul leaves the body
- c. When the body and soul both die

### **Q2. The most important thing to have for when we die is:**

- a. As many good deeds as possible
- b. Lots of money and cars
- c. Lots of good friends



## **Lesson 3: Barzakh**

After we die, our bodies are buried in the grave and slowly wither away. What about our soul?

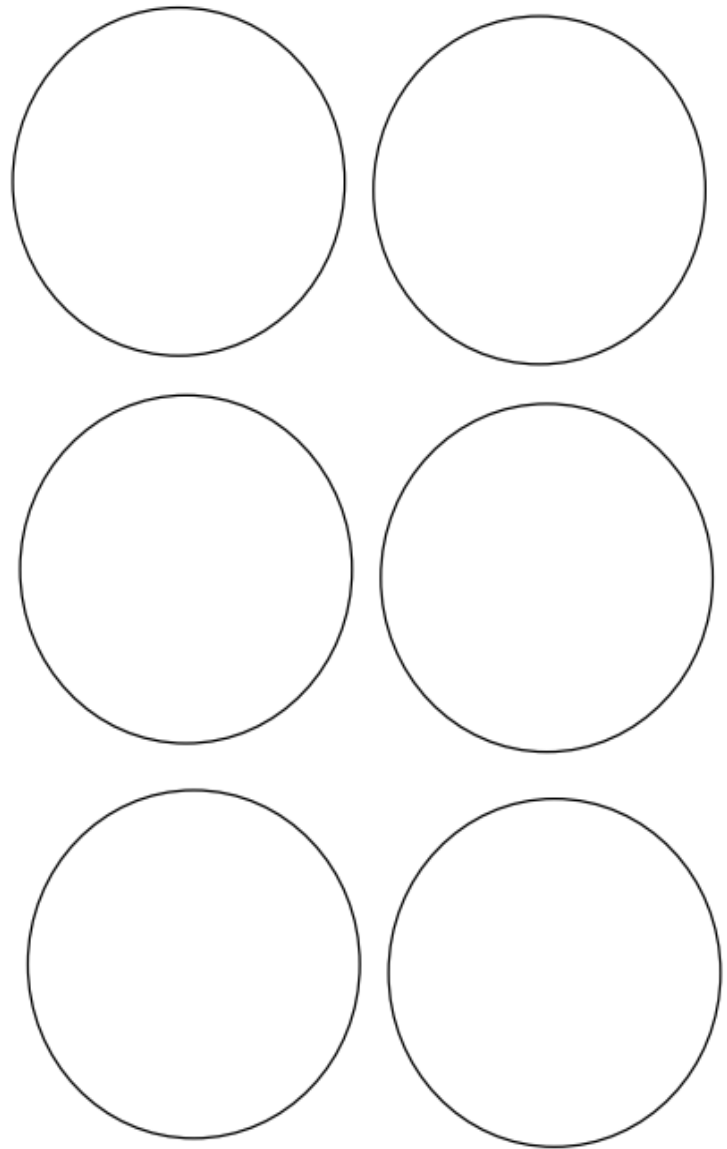
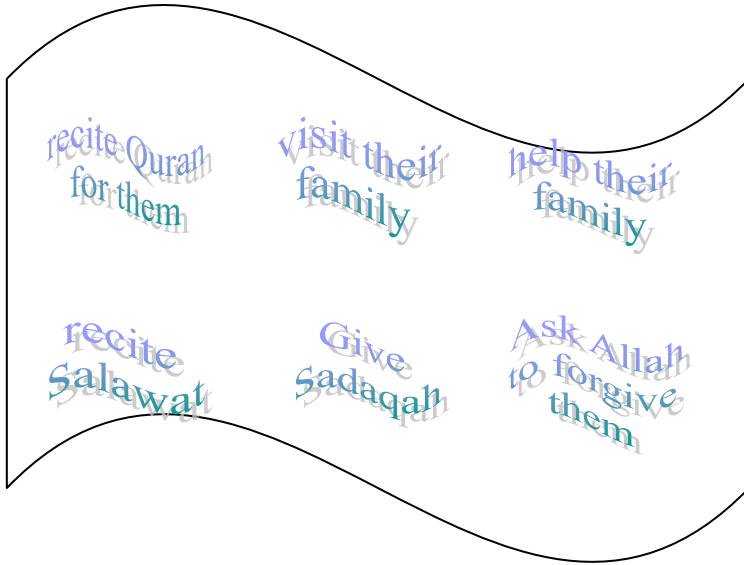
Remember our soul is what makes me 'me' and it is what we feel things with. Do you also remember that when a person dies, their soul does not die? The soul just leaves the body and continues on its journey into another world.

Where does the soul go after death?

The soul goes to the world of Barzakh. This is the world where the souls live after the body dies, until the Day of Judgment comes. Barzakh is a world between this world where we live now, and the world of Judgment Day. This is like a bridge between the 2 worlds.

The world is on one side of the bridge and the Day of judgement is the other side. Barzakh is the life on the bridge.

When a family member dies, there are certain things we can do to help them in Barzakh. Any good thing that we do with the intention of the person who has died, they will get the reward. Below we can see what sort of things we can do here to help those who have died.



It is also very good to recite the following:

Practise reciting it with your teacher.



If we want our journey in Barzakh to be smooth and easy, we need to work hard in this world to ensure that it is. As we mentioned before, things like praying, reciting Qur'an and helping our parents, will help us in Barzakh.

Below there are 6 circles. Draw or write other good things that you can do in this world so that your journey in Barzakh is easy.

In conclusion, remember this life is only a short one, and that any good action we do here will help us after we die, and any bad action we do here, will come against us.

We pray to Allah (SWT) to always help us be good, and to guide us in everything we do.