



# JOURNEY TO THE UNSEEN WORLD

FUNDAMENTALS OF ISLAM

LEVEL 2

## 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 healthily
- Learn some ways of feeding our souls
- Be introduced to death as a natural phenomenon
- Be reminded that the body contains 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 so we don't feel pain or pleasure as we do in this world but that it is a different pain or pleasure
- 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.

### WHAT IS THE SOUL?

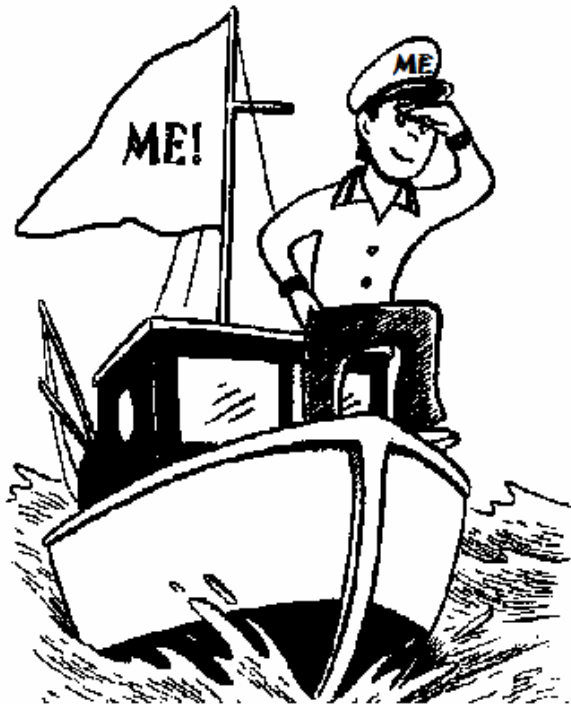
The soul is what makes me 'me'. It is something that I can't touch or see or hear or smell, but it is the thing that I feel emotions with and the thing I think with. When I am happy, it is my soul that feels happy and when I feel sad, it is my soul that feels sad.

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.

The soul is like the captain of a ship that steers the ship to different places! Our soul is the captain and the ship is our body!

The last important thing to remember is that the soul continues to live after the body has died.

Colour in the picture below.



As a sailor, are you able to travel a long way in the ocean without a ship? You wouldn't be able to. You need a boat or a ship to be able to travel in the water. Imagine that the ocean is like this world that we are living in. So, in the same way, our soul (the captain) needs a body (the ship) so that it can travel through this world (the ocean) that we are living in. That is why Allah (SWT) has given us a body! Just like the boat is a gift to the captain of the ship so he can travel in the ocean, our bodies are a gift from Allah (SWT) to our souls so that we can travel in this world!

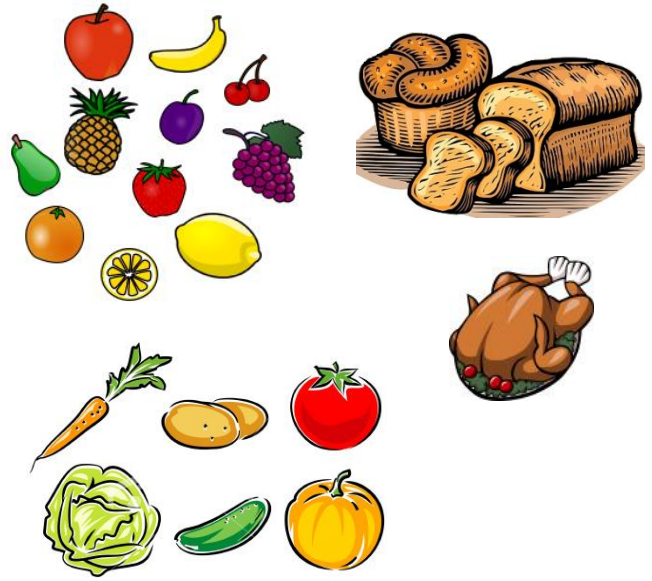
## LOOKING AFTER OUR BODY

As the captain of the ship, would you like your ship to stay in a good condition and not get wrecked? Would you also like to make the ship bigger and better?

Well then you'll have to make sure that you treat it properly and give it the right fuel to keep working!! You also have to be careful as to what you bring on board your ship from the ocean! To make the ship stronger, you would choose the best wood or steel to build it. Also if the ship gets damaged, for example it has a hole in it, you would immediately try to fix it before the ship sinks.

In the same way, 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.



Please remember, it is ok to have a little bit of sweets but not too much!

- **Sleeping well:** After working hard, learning, helping mum and dad and playing during the day, our bodies need to rest. Make sure you get enough sleep and wake up refreshed.



- **Exercise and sport:** This makes us stronger and healthier and it's fun too.



## 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! Remember the ship and the captain? What will happen to the ship if the captain becomes sick? We have to always keep the captain healthy so he can look after the ship or else the ship could get lost and wrecked too. So we also have to look after our soul.

## HOW DO WE LOOK AFTER OUR SOUL?

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
- Reciting du'a'
- Helping needy people
- Attending the mosque regularly

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.

There is also food that poisons the soul. Things like swearing, being rude to people, listening to haram music, talking about people behind their back 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:

- a. Like a ghost that comes and goes
- b. Something that exists after we die
- c. What makes me 'me' and what we feel things with

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

- a. Praying our daily prayer
- b. Reciting Qur'an
- c. Both of the above

## Lesson 2: Death

### Teaching Aids

1. Real or pictures of life cycle of insect eggs, larva and insect
2. A seed germinating, seedling, a plant and a dead plant
3. Pictures of a baby, toddler, a teenager, an adult and then an aged person



Look at the picture of this insect. What happens to the eggs after they are laid?

What will the larvae turn into?

What will the insect do? The insect will fly around, sitting on plants or animals; sucking juice or blood; or even sit on dirt, and then? Get swatted or get eaten away. Then it is dead. That's the end of the insect. Let us look at this seedling. It germinated out of a seed. Now it will grow into a plant when watered and cared for. When the plant has flowered or given fruits it may next start to wither, dry up, droop and then eventually...die.



Now, here is another story. Look at this beautiful baby. It will grow into a naughty little toddler; then a boy then a teenager. When he grows older, he will be an adult; like your teacher. Eventually, he will age and become an old man and then unfortunately he will die as well.



Everything that has a beginning has to end; or die. It's one of the rules of nature. Every living thing including the plant, insect and human being dies.

## DEATH

So what is death, then? Look at our body. It is made up of flesh, blood and bones. Come on class, there is something more to it. What makes you love Mum? What makes you like butterflies? What urges you to want to help a little cat? Where do these feeling come from? Our soul.

Our soul makes us who we are. So, what are we made of?

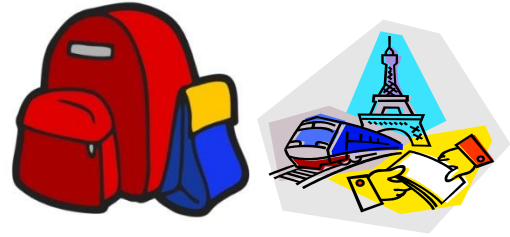
Soul, and body.

When a person dies, his body stops talking, moving or functioning. This is because the soul leaves the body and enters a new world. This is what we call death or dying. The word death is used when the soul separates from the body and enters a new world.

Death is the beginning of a real journey. We cannot live forever in this world. When a person dies, his 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.**

## A REAL 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.

How do we prepare for our journey after death? Can we take a lot of dollars? Best clothes? Favourite food? Toys and books? None of these things help us after we have died.

The life in this world is short but the life after death is everlasting and real and we have to prepare for it while we are here. Now what do we need to take with us on this real journey? Let us think of all the things that will be beneficial for us and also let us list down those that will be harmful to us.

## USEFUL ITEMS

Necessary items are a **bag of good deeds** for the pleasure of Allah because He is our Creator.

- Pray on time
- Recite the Holy Qur'an
- Fast
- Listen to your parents
- Attend the mosque and Islamic classes regularly
- Love your parents and respect them
- Help and serve your mother
- Be kind to your grandparents
- Study well at school
- Always wear a smile
- Help anyone who need your help



All these things will help us after death. For example, if we make someone who was sad happy by listening to them and cheering them up, Allah (SWT) will send us a beautiful and powerful friend to protect us when we leave our grave on the Day of Judgment. This friend will walk in front of us and protect us from anything that might hurt us. Another example is reading du'ā' and reciting Qur'an. When we die, these things light up our dark graves and keep us happy.

## HARMFUL THINGS

- 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.

Let us finish with this poem:

### "Allah Is Watching You"

**Whatever you see, wherever you go,**

(Make glasses with fingers, +stamp feet)

**Was made by Allah be sure to know.**

(Make a big round circle with arms and shout Allah)

**The sun by day, the moon at night,**

Make circle with thumb and 1<sup>st</sup> finger, + sleep)

**The shining stars, three kinds of light.**

(1<sup>st</sup> finger and thumb together, 3 fingers.)

**Plants, flowers, trees so tall,**

(Hand facing the floor, then it goes high and higher.)

**Boys, girls, animals in all**

Point to the boys, point to the girls/themselves +bend down on all fours.)

**Whatever you think, whatever you say,**

(Point finger to the temple, + point at round lips.)

**Be sure, Allah is watching you all day.**

## 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 the Hereafter or Judgment Day.

### LIFE IN BARZAKH

For a good person, life in the grave or in the world of Barzakh is just like living in one of the small gardens of paradise. The person can see paradise and cannot wait for the Judgment Day to come so that he can enter paradise permanently.

He is visited by Prophet Muhammad (saw) and his family. They comfort him and stop him from feeling lonely. This is because he loved them during his life. He would attend gatherings where they were remembered. He would listen to their words through the Ḥadith and would respect them and try to do what they said.

This good person is visited by lots of wonderful friends. These friends are his prayer, his du'ā', his effort to help people, especially parents. All these friends come to keep this good person company and make his time in Barzakh a good time.

For an evil person, Barzakh is just like a living in one of the pits of Hell. He can see Hell and is dreading the coming of the Judgment Day, because he will then be in Hell forever.

He is visited by angels who torture him because he disbelieved in God or was bad to people. He is asked about all the bad things he did. Now, he cannot lie and cannot make up stories- the truth is known to everyone.

He is lonely in this grave, and there is no one there to keep him company.

## **HOW DO WE PREPARE FOR BARZAKH?**

How can we prepare ourselves for Barzakh so that we live a good life there?

As you may have learnt in the previous lesson, death is something that happens naturally. It is not something that is in our control, and neither is it something that we can delay. Allah has created us in a way that we cannot live forever. We have to die and return to Him one day! However we do not know of this day. It is kept a secret, and we will only find out the day the angel of death comes and tells us he is ready to take us.

According to an old story, a man made an unusual agreement with the angel of death. He told the angel that he would be willing to accompany him (as though he had a choice) only if the angel would send him a notice well in advance. The agreement was made. Weeks became months and months became years. One bitterly cold night, as the man sat alone thinking of his success in life, the angel tapped on his shoulder.

"You are here too soon" the man cried out. "You sent no messenger. I thought we had an agreement!" The angel whispered "Notice your hair, once it was full and black, now it has streaks of silver in it! Observe your face in the mirror and see the wrinkles. Yes! I have sent many messages through the years! I have kept my promise. I am sorry that you are not ready for me but the order of Almighty Allah (SWT) cannot be changed!"

We need to prepare ourselves well enough in this world, so that when the angel of death appears to take us, we are ready with a big smile, waiting to meet our Creator, and confident that we have been good in this world. We learnt in our last lessons how to prepare for our death:

we need to do as many good deeds as possible and try to get as close to Allah (SWT) as possible.

## **Class Activity: Role Play**

One student is the deceased one, one plays the role of the good companion, and another plays the role of the 'bad' companion. (When we say bad companion, we do not really mean bad, it is just a way of showing that he is the one who accompanies us because of the sins we had done in this world).

This is how the play can be performed (teachers can make changes while teaching)

One student – Ahmad has died, and has been buried. (Let him sleep on the table).

One companion (dressed in black ) appears carrying this big stick, appears and scares Ahmad and prods him with his stick because of some of the wrong actions (lying, being bad to his mum) he did while he was alive.

After a little while, another companion with a smiling face dressed in white, appears, and calms Ahmad, and tells him, I am your helper, and I will be there with you, because when you were alive, you had the love of Prophet Muḥammad and his family in your heart.

Then Ahmad asks – why weren't you there when the other companion came and tortured me? He replies – you have to go through that because of your own bad actions on earth.

### Teacher Notes:

Make the environment such that it gets the students involved.

At the end of the play, get all the students together, and ask them to describe what they felt as acting in the play or as watching it.

## **Review Questions**

### **Q1. Barzakh:**

- Is a world where the soul goes after the body dies
- Means death
- Means the Day of Judgment

### **Q2. A person:**

- Always knows when he is going to die exactly
- Sometimes knows when he is going to die exactly
- Never knows when he is going to die exactly

**References:**

- eHawza, semester 1, course 3, lecture 4  
eHawza, semester 2, course 1, lectures 13 and 16  
Beharul AnwÁr, vol 61 page 129  
Holy Qur'an, English translation by Hilali & Khan  
Imam Khomeini, Forty Hadiths, Eleventh hadith (Man's God-seeking nature)  
Imam Khomeini, Forty Hadiths, Eighteenth hadith (Remembrance of God)  
The Scale of Wisdom, Remembrance, Inner knowledge of Allah (SWT).  
Nahjul Balagha, Sermon 186  
MizÁnul Hikmah (subchapters 1255-1256 and 1216)  
eHAWZA: Sem 1, Course 3, lectures 3 and Sem 2, Course 1, lecture 12, 13, 16, 17  
Akramullah Syed, 100 Moral Stories, Story No. 27  
Mishkatul Anwar fi Ghurairil Akhbar, section 1, Chapter 6 on Thanksgiving  
eHAWZA, Semester 1, Course 3, lecture 4- section on Unity of Acts  
<http://www.al-islam.org>  
Imam Khomeini, Forty Hadiths: Twelfth Hadith (Contemplation), Thirty-sixth Hadith (The Attributes of God).  
The Scale of Wisdom, chapters 271, 324  
eHawza, semester 1, course 3, lecture 4  
[www.evidencesofcreation.com/](http://www.evidencesofcreation.com/)  
[www.harunyaha.com](http://www.harunyaha.com)  
Holy Qur'an, English translation by Hilali & Khan