

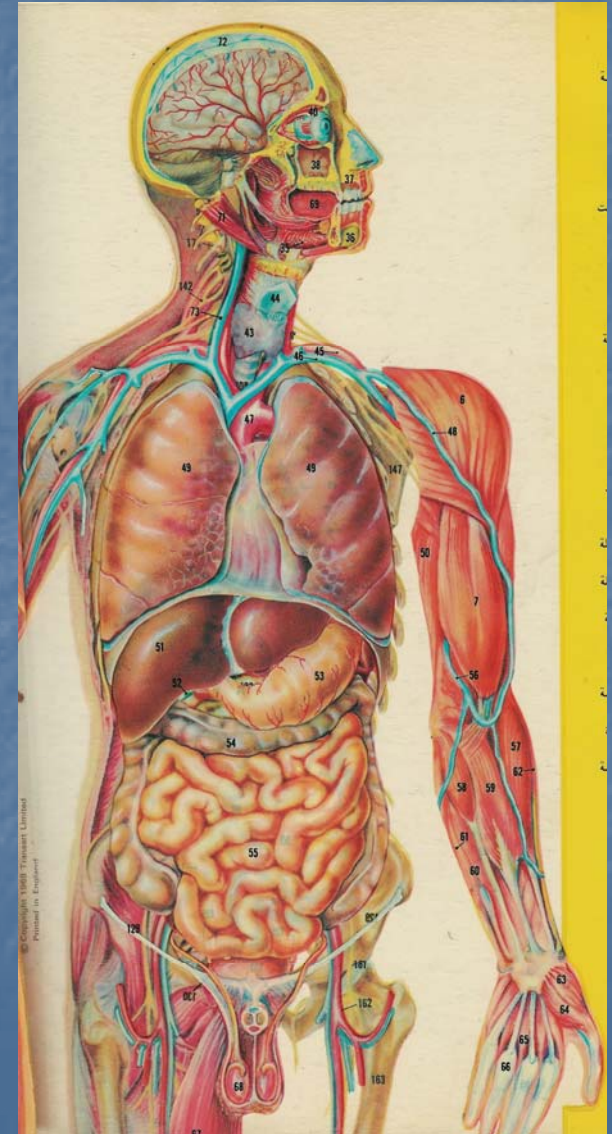
# Balance Between Body and Soul

***Human = Body + Soul***

Don't Transgress Against the Due  
Balance. And Establish Balance with  
Justice and Don't Fall Short in the Fair  
Balance (Koran 55:8-9)

# And every thing we have created in pairs (Koran 51:49)

- Surat Sad 32:72 and Al-Hijr 15:29
- Car = Body, Soul=Driver
- Driver doesn't know how the car works and doesn't control most of its operations
- Separation between the body and the soul during death and sleep Koran Al-Zomor 39:42. Nightmares and grave punishment
- Resurrection = Coupling Body and Soul again. Al-Takweer Koran 81:7
- Condition of resurrection. Taha (20:102); Beauty = deeds. Body is naked from all kinds of covers



# Which is more important

## Body > = < Soul

- Justice and Equality are not the same
- Body is from dirt. Dirt is cheap. Soul was breathed from Allah's spirit
- When did Allah order angels to bow?
- Where does Allah look? What the place of motives and intentions?
- Container is to serve the contents

# Needs of the Soul

- Treatment from Sickness, exercise of spiritual muscles, and feeding and caring for the soul
- The right extreme of denying the rights of the body
- The left extreme of emphasizing the needs of the body in a materialistic culture; Best clothes, best perfume, best health insurance, ...
- Feeding the soul doubts about the existence of Allah, fictitious attributes about Allah or materialistic purposes of life
- Contaminated spiritual food leads to decline in spiritual health until death. The walking deads

# Emphasis of Materialistic Life

- Highest value of the society is materialism
- Focus on individuality; Human is alone no partner with him. Versus Allah is alone no partner with him
- Pleasing temptations versus pleasing Allah
- Submission to temptations versus submission to Allah

# Some of the Evil Temptations

- The characteristics of the Evil Soul, such as excessive selfishness and greed



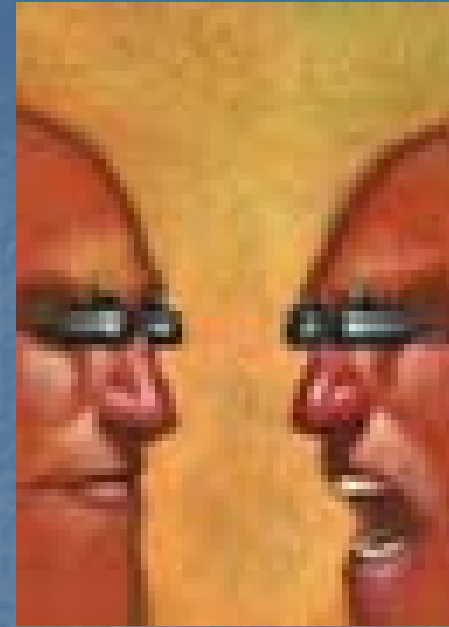


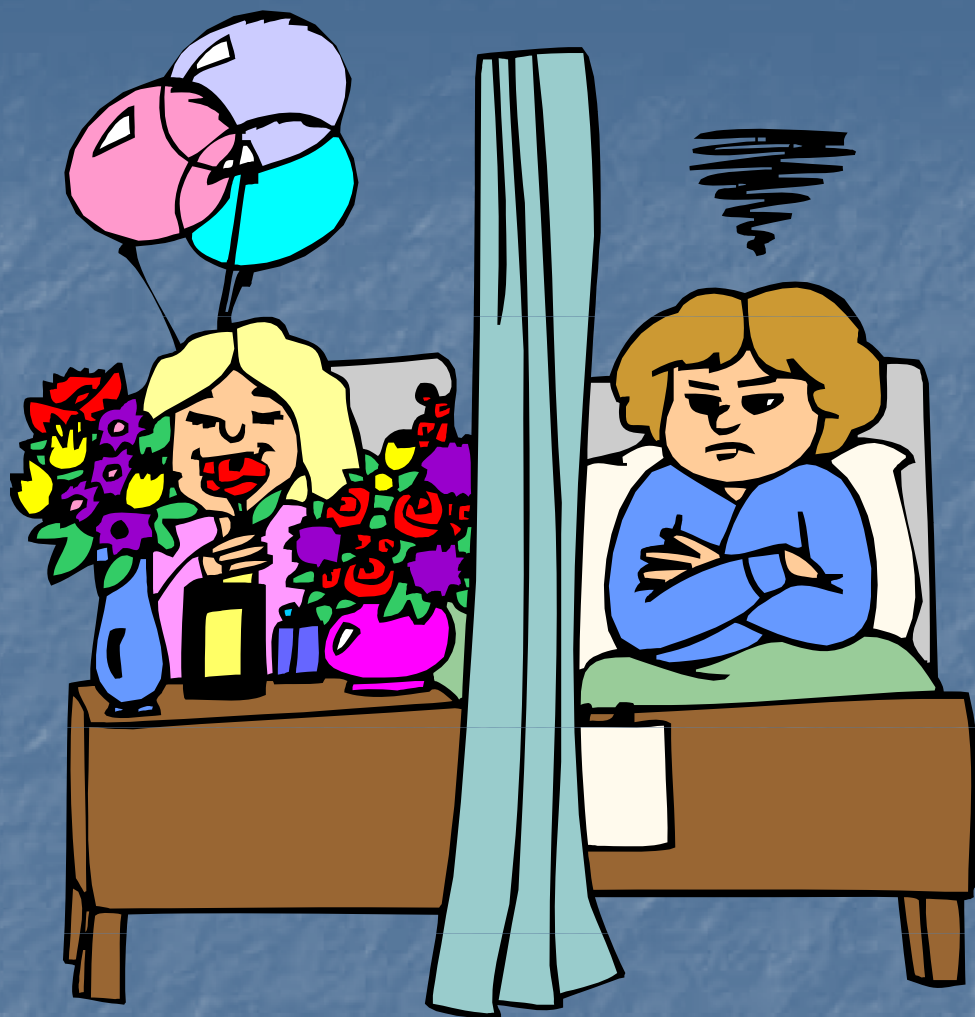
**Ego and Arrogance**



**Hatred and Grudges**

# Anger and Revenge





**Envy and Jealousy**



**Cowardness**



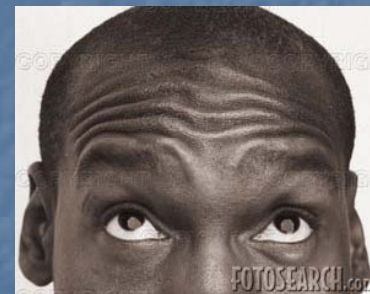
**Stinginess and  
excessive Love  
of Money**



**Laziness**

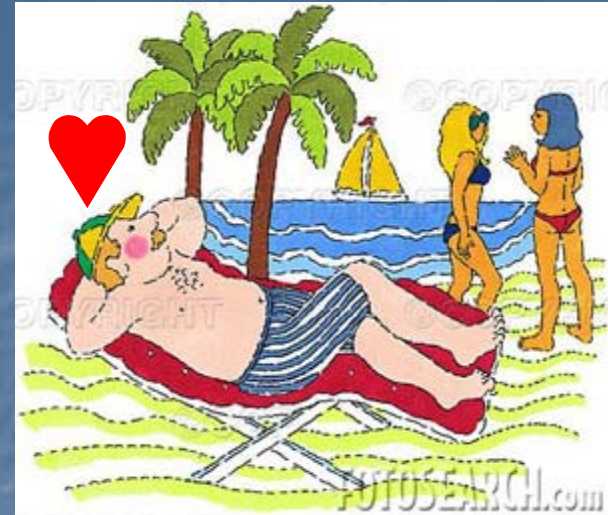


# Evil Desire of Racism





Excessive  
Self Admiring



sexual desires  
outside of  
Marriage

# Three Spiritual Motivations

1. Love of God and Strong Desire to Please him Al-Baqra 2:165
2. Strong desire to Earn Paradise
3. Fear of God's Punishment and Strong Desire to Protect Oneself Against

Al-Anbia'a 21:90  
Al-Sajada 32:16

## Analogy:

What Motivates an Individual to Go To Work?

1. Love of His job
2. Desire to Earn the Salary
3. Fear of Being Fired, or Fear of Poverty

What is the soul Koran 17:85

# Al-Rahman 55:1-9

The Most Gracious. He taught the Quran. He has created man. He has taught him speech. The sun and the moon follow courses exactly computed. The stars and the trees are submissive to his powers. And the heaven. He raised it high, and He has establish the balance. In order that you may not transgress against the due balance. So establish balance with justice and do not fall short in the balance.

# Examples of Balance in Natural Laws (And Established the Balance)

- Consumption of fresh water = Production from sources
- Centrifugal force against gravity force
- Distance from sun
- Consumption of oxygen and its production
- Loss of balance will lead to end of life
- Natural balanced is not subject to the control of our free will. It is guarded by Allah
- Balance of life is not guarded by Allah. It is one of our responsibilities as Allah representatives on earth to guard it (Al-Hadeed 57:25)

# Mechanics of Balance

- Examples of balance in Islamic laws
- Double standard: Al-Motafifeen (Koran 83:1-6)
- Balance in marriage and divorce
- Balance in spending
- Label of the Muslim nation middle nation (Koran 2:143)
- The three excessive guys who came to the prophet
- Salam Al-Farsi and Abo-Aldarda
- Balance between revenge and forgiveness (Koran 42:40)
- Balance between freedom and protection; Allah natural laws and Islamic laws