



*Journey of the Soul*

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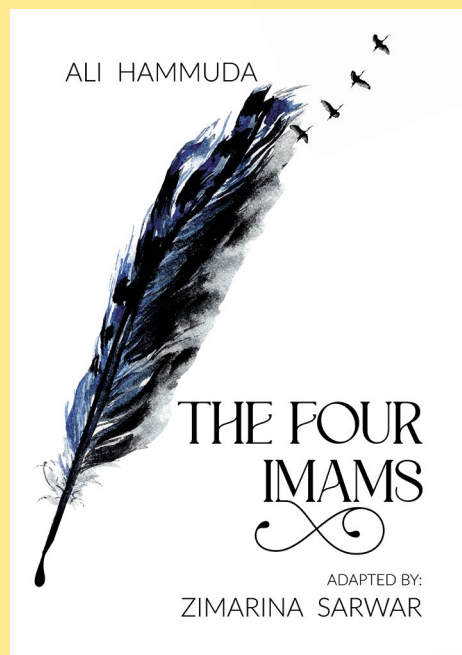
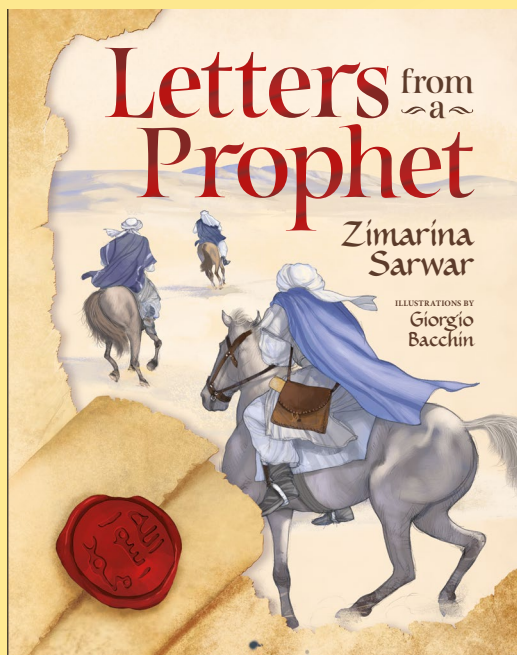
# *Resource Pack*

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ZIMARINA SARWAR

**ALSO AVAILABLE  
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# INTRODUCTION

1 What are some of the ways people define themselves? For example, what is your:

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

Ethnicity: \_\_\_\_\_

Place you live or grew up: \_\_\_\_\_

School or classes you go to: \_\_\_\_\_

Dream job: \_\_\_\_\_

Place in your family (are you the oldest, middle or youngest child?): \_\_\_\_\_

Favourite hobbies/activities: \_\_\_\_\_

Of all these things, what is it that makes you you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 What is the word for 'soul' in Arabic?

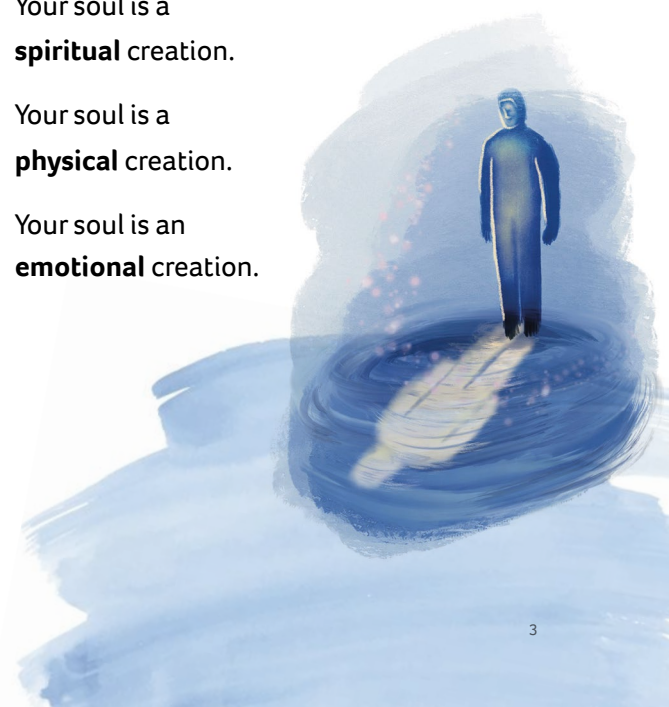
2b Can you write it in Arabic?

3 Read the following statements and circle **True** or **False**:

- a) You can see your soul: **True / False**
- b) You can touch your soul: **True / False**
- c) You can smell your soul: **True / False**
- d) You can taste your soul: **True / False**
- e) You can hear your soul: **True / False**
- f) All human beings have souls: **True / False**
- g) All belief systems have some belief in a soul: **True / False**
- h) Your soul is inside your body right now: **True / False**

4 Which is the correct statement: *place tick*

- Your soul is a **spiritual** creation.
- Your soul is a **physical** creation.
- Your soul is an **emotional** creation.



**5** What does the 'Unseen' mean?  
Circle the correct answer

- a) Things you can only see with a microscope.
- b) A type of Allah's creation hidden from our knowledge, but we know exists.
- c) Things you can hear but not see with your eyes.

**6** How do you say 'Unseen' or 'Knowledge of the Unseen' in Arabic?

\_\_\_\_\_

**7** What are examples of things in Islam which are Unseen? Give three examples here:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**8** Which verse(s) of the Qur'an mention the Unseen?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

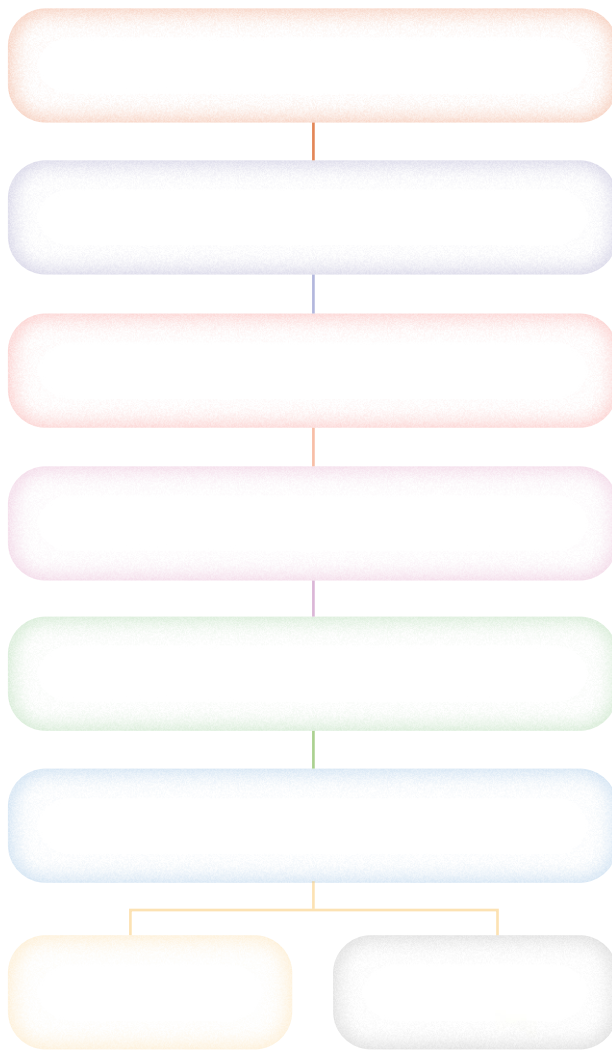
**9** In the Qur'an, 'ruh' has been used to describe things other than just the soul. What are they?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_

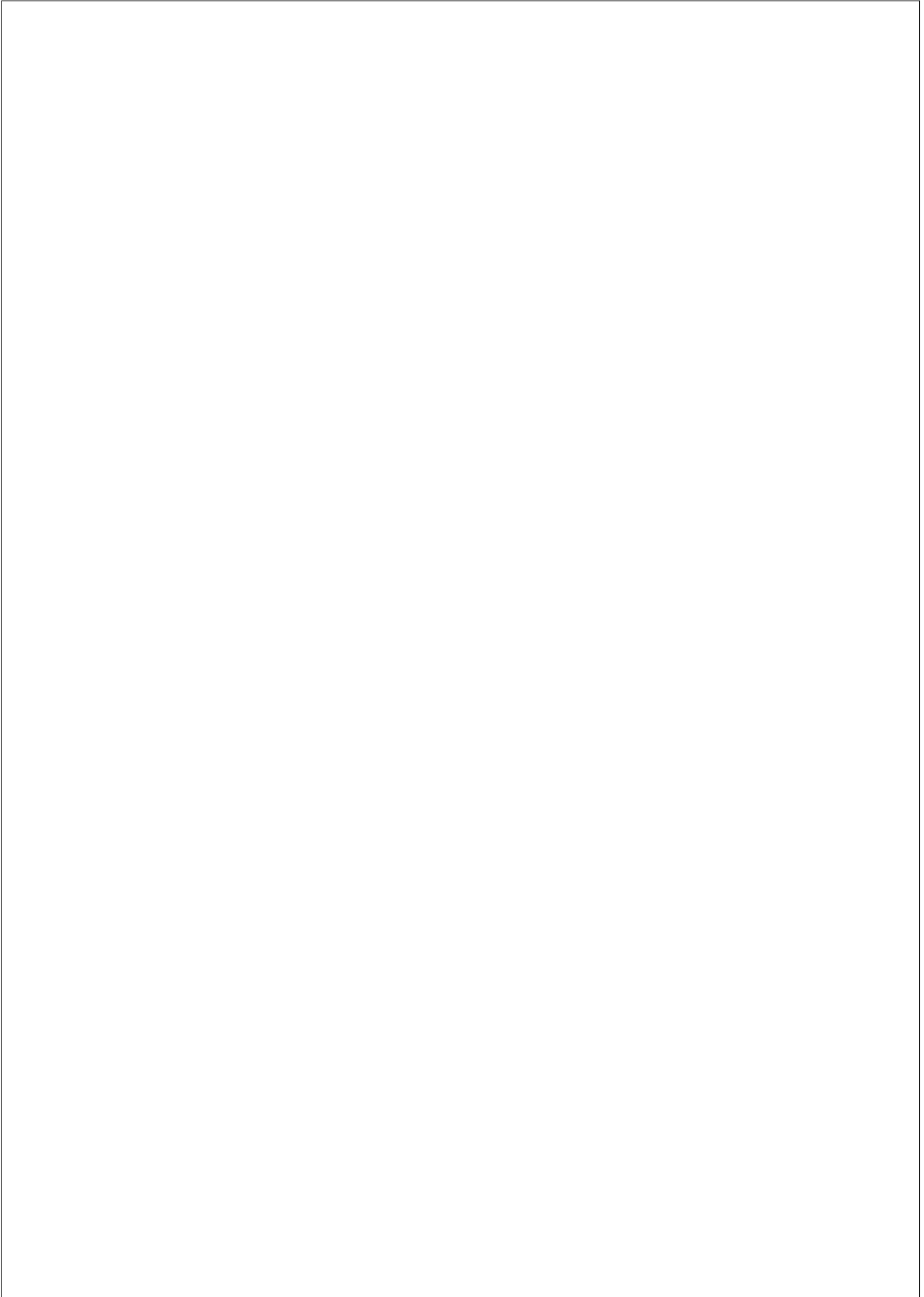
**10** What do all these things have in common?

\_\_\_\_\_  
\_\_\_\_\_

**11** Can you fill in the stages of the soul's journey? (Hint: See Page 7&8!)



**12** Can you create your own artwork using the word روح in the centre?





## CREATION OF THE FIRST HUMAN SOUL

**1** What was Adam created from?

- a) The earth
- b) Fire
- c) Water

**2** Circle the correct answer:

- a) Prophet Adam (ﷺ) was the first soul created and first human.
- b) Prophet Adam (ﷺ) was not the first soul created but the first human.
- c) Prophet Adam (ﷺ) was the first soul created but not the first human.

**3** What do the following words mean?

- a) Turab:
- b) Teen:
- c) Salsal:

**4** Give one Qur'anic verse where Allah describes creating Prophet Adam (ﷺ).

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**5** What was the first thing Prophet Adam (ﷺ) did when Allah blew his soul into him?

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**6** What did Prophet Adam (ﷺ) try to do as soon as he saw the beautiful sight of Paradise around him?

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**7** What were the first words Prophet Adam (ﷺ) was taught and who did he use them with?

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**8** What is the meaning of these words? Where do you hear them and how do they make you feel?

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## CREATION AND REALM OF ALL HUMAN SOULS

1 Where were the souls of all human beings extracted from?

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2 Describe, in your own words, what the Divine covenant (or mīthāq) was.

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3 What is the difference between an open question and a rhetorical question?

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4 What is the fitrah? Can you describe it in your own words?

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**5** What does 'worship' mean? Can you describe it in your own words?  
(Try to think in broader terms than the usual definitions!)

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**6** What is the Arabic term for the place where all the souls were gathered?



# THE LIFE OF THE WOMB

**1 Can you describe, in your own words, what life inside the womb feels like for a baby?**  
You can write from the baby's point or view, or in third person.

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**2 What are the three main stages of a baby's development inside their mother's womb?**  
Write the Arabic term and a short definition.

1

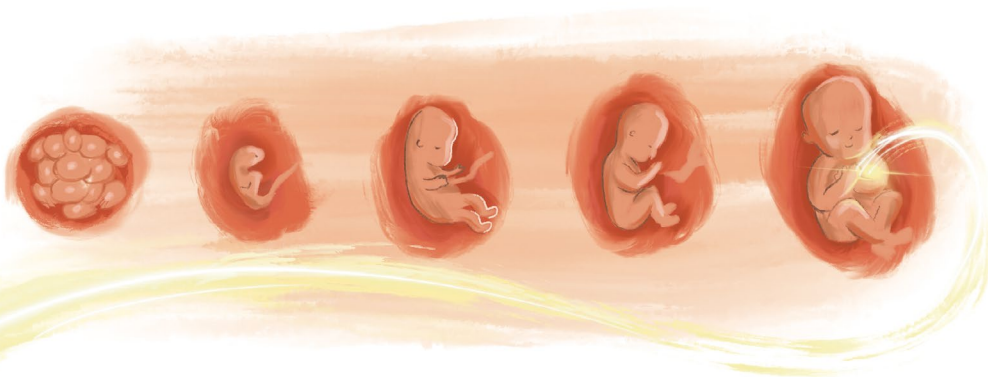
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2

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3

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**3 When do most scholars believe the soul is blown into the developing baby's body?**

- a) 30 days
- b) 120 days
- c) 90 days
- d) At the time of birth

**4** If, sadly, a baby dies inside the mother's womb after the soul is blown in, what three things are still done for the baby?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**5** What are five 'keys' from the Unseen that only Allah knows?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**6** When you see the root letters **r - h - m** in a word in Arabic, what does this usually hint at?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**7** What are four things that are written about the baby's future when the soul is blown in? Please draw an illustration for each one to go with your answer.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_



# THE LIFE OF THIS WORLD

**1** What does the word 'dunya' mean? Can you explain it in your own words?

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**2** Can you draw a picture of a juicy, ripe bunch of grapes.  
You may choose to draw a hand grasping for it also.

**3** What are some of the different stages of life we go through as human beings from being born until we die? Please draw an illustration by each stage.


4 What are some of the things we can and can't control in our lives? Fill a bubble for each.



5 What is the purpose of our creation that Allah gives us in the Qur'an?

Cite the chapter and verse number too!

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6 What are the two conditions our actions must have to be accepted as worship by Allah?

1) \_\_\_\_\_

2) \_\_\_\_\_



7 What are the five pillars of worship in Islam? Please put the English and Arabic.

1) \_\_\_\_\_

Arabic: \_\_\_\_\_

2) \_\_\_\_\_

Arabic: \_\_\_\_\_

3) \_\_\_\_\_

Arabic: \_\_\_\_\_

4) \_\_\_\_\_

Arabic: \_\_\_\_\_

5) \_\_\_\_\_

Arabic: \_\_\_\_\_

**8** What are the six pillars of faith? Please note the English and Arabic.

1) _____	Arabic: _____
2) _____	Arabic: _____
3) _____	Arabic: _____
4) _____	Arabic: _____
5) _____	Arabic: _____
6) _____	Arabic: _____

**9** What is the comparison of this life compared to the Hereafter, according to the hadith?

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**10** Can you draw a drop of water compared to the ocean?





**14** Did souls ever meet one another before this life? If so, what does this mean for how people interact in this life?

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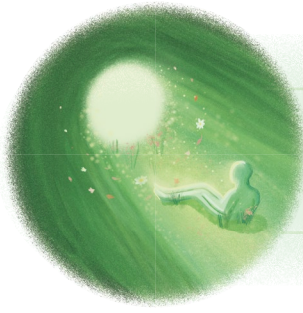
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**15** What are the general steps of an Islamic burial?

**16** How does the Angel of Death approach the believing and disbelieving soul?  
Write out the similarities and differences.





# THE LIFE OF THE GRAVE

1 What does the word barzakh mean? Can you provide examples of this or draw an example of a partition?

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2 What three things is a person asked about in the grave?

1

2

3

3 Will you be able to answer the questions in the grave if you knew the answers, but didn't live by them?

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4 What are three things in this world which will continue to benefit us in the grave?



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**5** Name five categories of people who are punished in the grave.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**6** What is a martyr in Arabic and what does this term mean?

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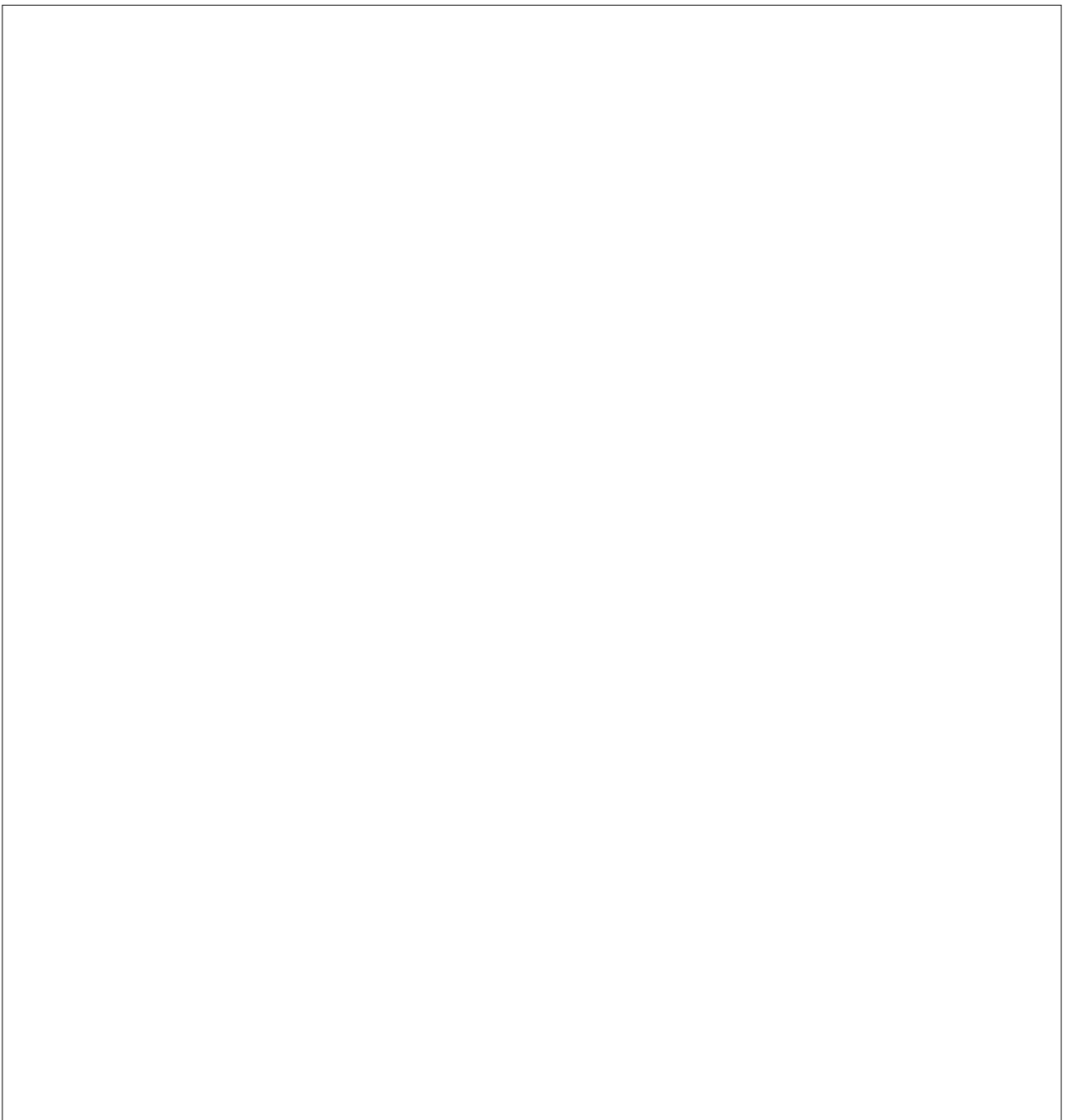
**7** What are some of the categories of martyrs? List at least five.

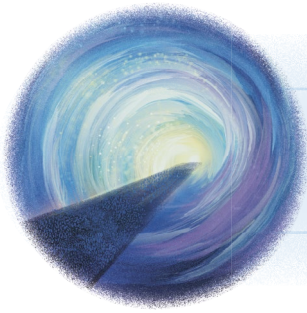


**8** What are some of the special favours given to martyrs at the time of their death? List at least five.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**9** Draw a scene depicting green birds. You can make it as detailed or as abstract as you like!





# LIFE ON THE DAY OF JUDGEMENT

**1** What are some of the minor signs of the Day of Judgement? List at least five.

1) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2** What are some of the major signs of the Day of Judgement? List at least five.

1) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3** What are some of the names used for the Day of Judgement? List at least five.

1

2

3

4

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**4** When will the Day of Judgement occur? Use evidences to help explain in your own words:

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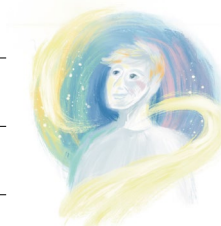
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**5** How long will the Day of Judgement be, and how will it feel for different people?





**6** What are some of the ways people can harm others? List at least five.

1)

2)

3)

4)

5)



- 10** Who are the seven groups of people who will be given shade on the Day of Judgement?  
Include a small illustration with each.



1

2

3

4

5

6

7

A collection of seven numbered, light blue, rounded rectangular boxes arranged in a grid-like pattern. Each box is intended for a student to write the name of a group of people and include a small illustration. The boxes are numbered 1 through 7, corresponding to the question above.

**11 Describe Shaytan’s speech on the Day of Judgement and what we can learn from it.**

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**12 Describe the water in the fountain (hawd) of the Prophet (ﷺ) on the Day of Judgement.**

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**13 Describe, in your own words, the bridge (sirat) and small arch (qantarah) on the Day of Judgement.**

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**14** In your own words, describe how our relationship with Allah may be like a bird in many ways.  
You can draw your best bird too!

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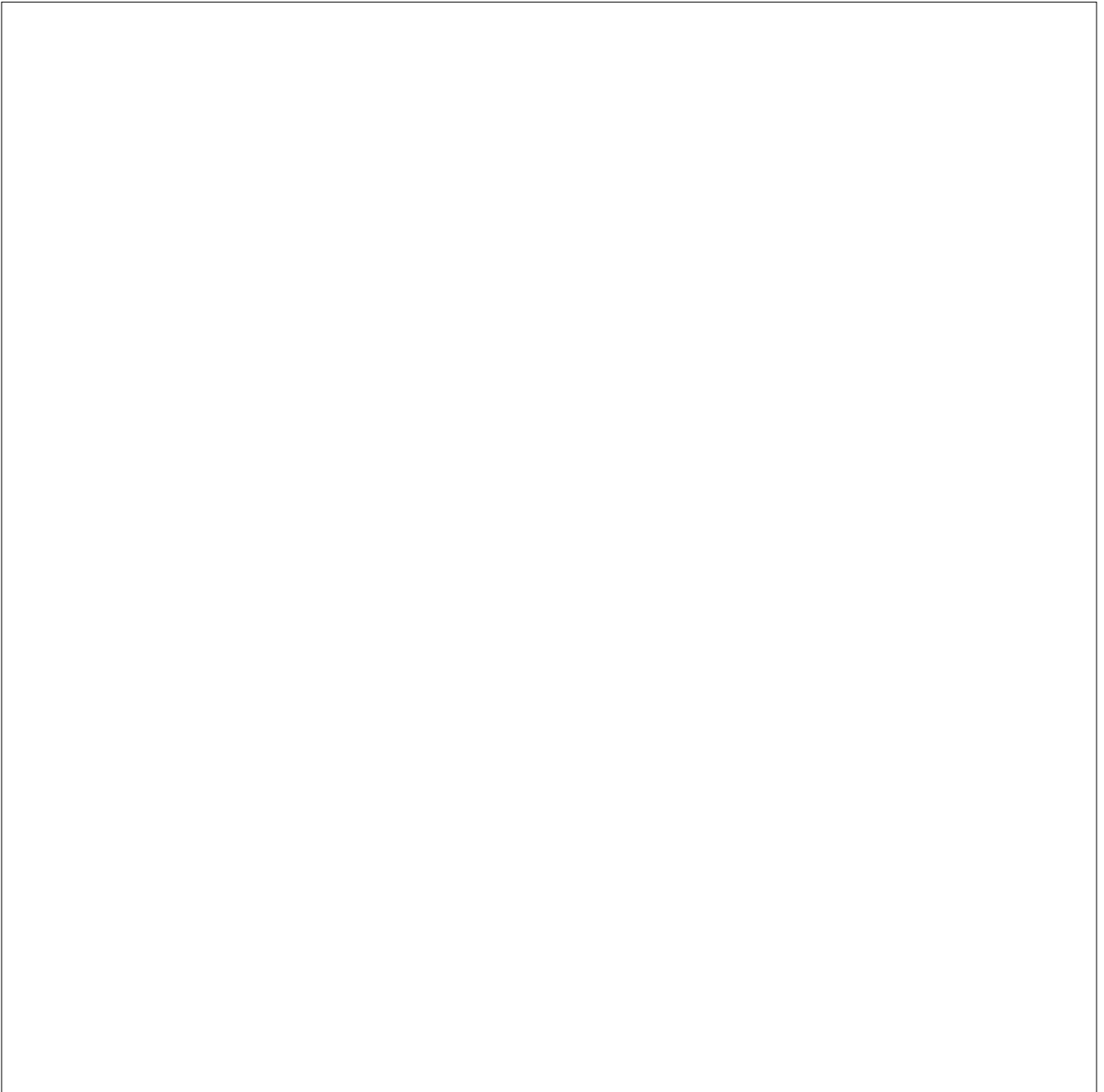
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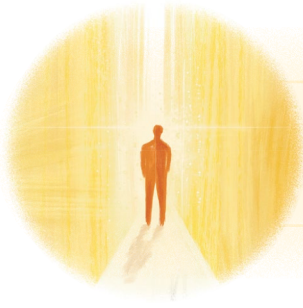
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# ETERNITY IN PARADISE OR HELLFIRE

**1** What does it mean when we say that Paradise is our inheritance? Write in your own words what you understand of this concept.

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**2** When you hear the following hadith, how do you reflect on it's meaning?

*The Messenger of Allah (ﷺ) said: "Paradise is surrounded with difficulties and Hell is surrounded with desires."*

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**3** How are people purified before entering Paradise? Can you describe this in your own words?



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**4** Can you find and write out the hadith which describes the physical size of Hellfire?

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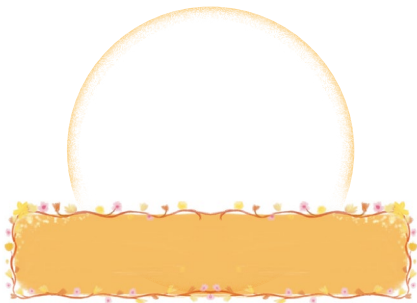
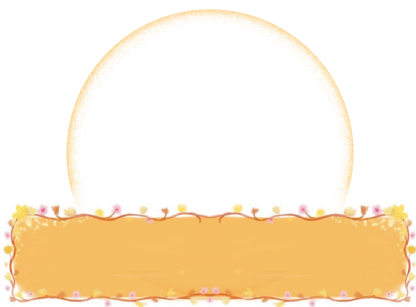
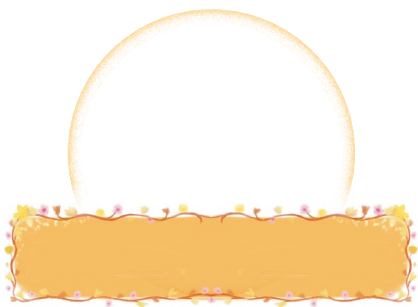
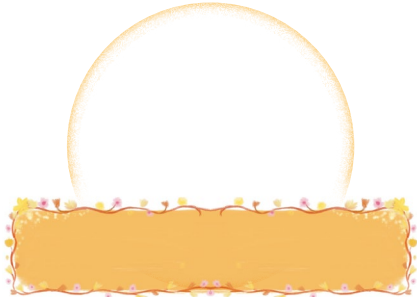
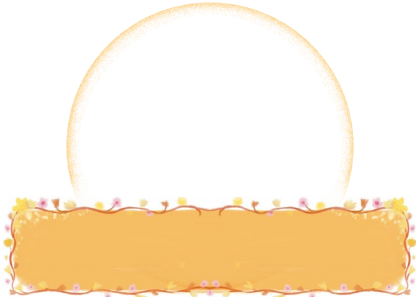
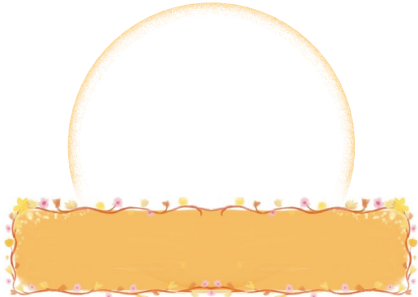
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**5** Can you write the names of the Gates of Paradise and include an illustration?

**6 Who is the chief guardian of Hellfire and what is his role? Who are his helpers?**

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**7 Give five names of the Hellfire and their meaning.  
Next to each, write why you think they were named that way.**

1	<hr/>
2	<hr/>
3	<hr/>
4	<hr/>
5	<hr/>

**8 How many levels of Paradise and Hellfire are there?**

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**9 Describe, in your own words, the physical form of people in Paradise and Hellfire.**

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# LOOKING BACK

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**1** What did you learn in this book that you didn't know before?

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**2** How has this book made you feel about your own soul?

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**3** Is there anything in this book that has surprised you?

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**4** What kinds of new facts or information do you think you would share with friends and family from this book?

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**5** What do you think you will change or improve about your life after learning more about the soul?

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# REFLECTIONS

## Part 1: Understanding the Soul

Allah says in the Qur'an (17:85) that the soul is from His command and that we have been given little knowledge about it.

1 What does this teach you about the nature of the soul?

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2 In your own words, what is the difference between ruh (soul) and nafs (self/ego)?

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3 If your body is temporary but your soul is eternal, which one do you spend more time caring for? Why?

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## Part 2: The States of the Nafs

The Qur'an describes three states of the self:

**Nafs al-Ammārah** –  
the commanding self (12:53)

**Nafs al-Lawwāmah** –  
the self-reproaching soul (75:2)

**Nafs al-Muṭma'innah** –  
the tranquil soul (89:27–30)

**4** Which state do you think you experience most often? Why?

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**5** Describe a recent moment when you felt your conscience speak to you.

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**6** What habits pull your soul toward unhealthy desires?

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**7** What habits help your soul feel calm and close to Allah?

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## Part 4: Your Relationship With Allah

**11** How does salah affect your heart and inner state?

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**12** When do you feel closest to Allah?

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**13** Imagine hearing the words: “O tranquil soul, return to your Lord, pleased and pleasing...” (89:27–28)  
What would need to change in your life to feel ready for that moment?

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## Part 5: Personal Action Plan

14 One habit I need to reduce or remove:

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15 One habit I will build to strengthen my soul:

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16 A short du'a I will begin making regularly for my heart:

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### Final Reflection

Write a short paragraph describing the current state of your soul and where you hope it will be one year from now.

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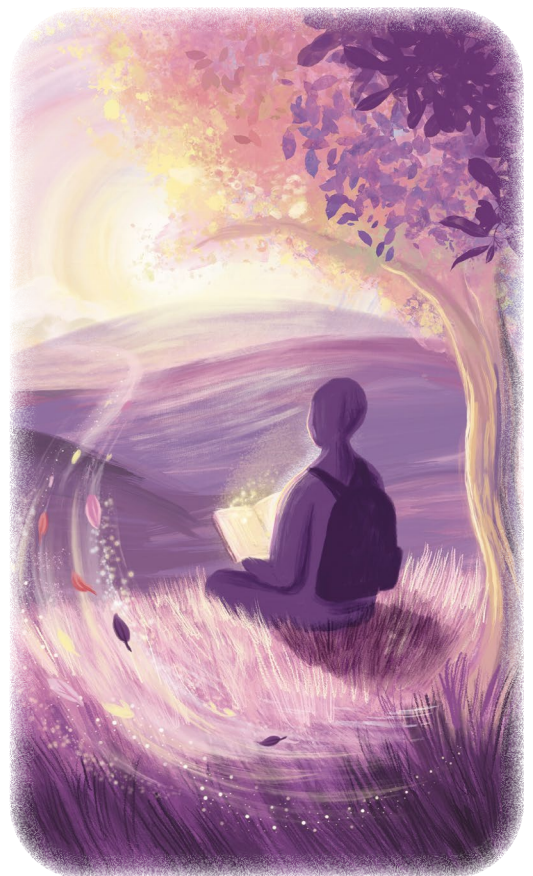
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**Part 1: Understanding the Soul**

Allah says in the Qur'an (17:85)

“They ask you about the soul. Say: The soul is from the command of my Lord...”

- 1** What does it mean to you that the soul is from Allah’s command and beyond full human understanding?

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- 2** Islam teaches that your soul existed before your body and will outlive it. How does this challenge the way you think about success, beauty, status, or reputation?

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- 3** If your soul is your true self, how well do you actually know it?

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## Part 2: The States of the Nafs

The Qur'an describes three states of the self:

**Nafs al-Ammārah –**  
the self that commands evil  
(12:53)

**Nafs al-Lawwāmah –**  
the self that blames & corrects  
(75:2)

**Nafs al-Muṭma'innah –**  
the soul at peace  
(89:27–30)

**4 When are you most controlled by Nafs al-Ammārah?**

Be specific about triggers (anger, loneliness, comparison, desire, insecurity, etc.).

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**5 How do you respond when your conscience (Lawwāmah) speaks?**

Do you listen, justify, ignore, or delay change?

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**6 Describe a moment in your life when you felt genuine inner peace (Muṭma'innah).**

What contributed to it?

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### Part 3: The Inner Battle

The Prophet (ﷺ) taught that true strength is controlling oneself in anger.

**7** In what areas of your life do you struggle most with self-control?

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**8** What sins most affect your heart — even if others don't see them?

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**9** What patterns keep repeating in your life that may reflect an unaddressed issue in your soul?

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**10** If you continue living exactly as you are now, what state will your soul be in 5 years from now?

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**Part 4: Attachment & Distraction**

**11** What are you most attached to right now?  
(Is it approval? A person? Comfort? Achievement? Social media? Control?)

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**12** How might these attachments be shaping the state of your soul?

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**13** When you are alone and silent, what thoughts rise to the surface?

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**Part 5: Accountability & Return**

The Qur'an says (89:27–30):

“O tranquil soul, return to your Lord, pleased and pleasing...”

**14** What would it take for you to feel ready to return to Allah?

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**15** If death came unexpectedly this year, what unfinished spiritual work would you regret?

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**16** What is one sincere change you know — deep down — Allah is calling you to make?

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### Part 6: Personal Spiritual Audit

Rate yourself honestly (1 = weak, 5 = strong):

Consistency in salah:	1	2	3	4	5
Guarding from major sins:	1	2	3	4	5
Lowering the gaze:	1	2	3	4	5
Sincerity in worship:	1	2	3	4	5
Time spent remembering Allah daily:	1	2	3	4	5

**Reflection** What area needs the most urgent attention — and why?

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