

March 4, 2010

Thursday

Title: [The Adamic Reality Part II](#)

DVD title: The Adamic Story:
The Science of What We are Made Of
And The Power of the Hand

We know that there is no conflict in Islam between science and religion or spirituality; that many a faithful person is a great scientist. Look at the history of Islam. During the Middle Ages, it was the Muslims who led the world in scientific inquiry. Over 1400 years ago the Qur'an was revealed over 23 years. It is filled with incredible facts of biology, astronomy, and physics that are supported today by modern science. Qur'an itself instructs us to contemplate the wonders of creations, as in Suratu-l-Imran. One of the items for contemplation is this very simple thing that we take for granted, when Allah says, **“Truly, I am going to create man from clay.”** Think about all the elements that are present in the earth, and contained within the human body.

The most essential element to those of us who walk on top of the earth, that Mustafa has spent years creating, is topsoil, wonderfully organic and rich topsoil—the darker the better. The plants love it. It is a thin layer of very vital soil where all these wonderful microorganisms are living out their existence, converting our compost into topsoil. The minerals that constitute the very basic elements of that topsoil make it available to so many different forms of life around them are critical to our food chain and our existence. That's what Allah created us out of, the most critical material. He didn't say, “I'm going to carve man out of a piece of granite”—not that granite is bad. But human beings support life, and they are from that material that creates and supports life. In that is more than a metaphor. In that there is a continuum. If you are made out of what supports life, you, yourself, should support life.

Human being should protect and support life—“**enjoin what is good and forbid what is bad,**” *maruf* and *munkar*. The system is totally internally consistent. Those inorganic elements that originate in the earth are the ones which the body can't make, and yet they play an incredibly important role in our bodily functions also. They are necessary to sustain our life. They are necessary for our health. I was in a health food store today. You've all been in health food stores. Walk up and down the aisles. Every mineral is in a bottle, to be consumed by a human being to supplement what they need. Isn't that amazing? We taken them all apart and put them in bottles. “Can I have your store tonight? I'm going to mix all those bottles up with a bunch of topsoil, and in the morning I will have created a human being.” “Ah... could you come in a little later? I'm not done yet. Don't come in! I'm not ready!” Those minerals cannot be created in a laboratory, many of them.

Our cells are 95% water by weight, and that water makes up most of the human body. Most of the human body's mass is oxygen, carbon, and water. 99% of the mass of the human body is made up of just six elements. Here's your quiz for the day: what are they? I'll give you a clue: oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus. Isn't it amazing that the human body contains trace elements of almost every mineral on earth, including things like sulfur, potassium, copper, iron, and aluminum, chromium and platinum, boron and silicon, lead and vanadium, arsenic and bromine, iodine and cobalt, lithium and strontium. (Sounds like a song!) Without these minerals, the vitamins have no effect. That's why it says on your vitamin bottle, “Trace minerals.”

The minerals are catalysts. They trigger many things in the body, thousands of enzymes. Correct me if I'm wrong, Dedeh. They trigger these thousands of essential enzymes that react in the body. These trace elements play a major role in the functioning of a healthy human being. If you don't have enough iodine, you get a thyroid condition... or you could be hypothyroid and...(snore) fall asleep a lot. If you have a deficiency in cobalt,

what will happen? You won't have vitamin B12 in your body. Without B12, you will be deficient in red blood cells. This is what Allah made out of clay. Then we had to know about all this. At some point, it was necessary that we know about it, because this is part of the *maruf* and *munkar*. To enjoin people to do good doesn't just mean be a good person. It means far more than just be a good person in character. It means be complete. **“And He taught him the names of things.”** (2:31) (Iodine, bromine, strontium...) We are sitting here and all these little busyness is going on inside of us. The good guys and the bad guys are fighting inside of us. There are little wars going on inside of us. It is understandable why human beings create wars; they have wars going on inside of them. But if the intention is to try to stay healthy and well, and live out your 120 years, *inshā'allaḥ*, there has to be peace and harmony in the body.

If there is a little problem, the good guys have to come and do conflict resolution. How many continents are there? Seven. How many openings are there on your head? Seven. This is all very internally consistent. Each thing had to have a name and be identifiable, so the knowledge could be passed on. **“He taught Adam the names of things (of everything!).”** In addition to that, the power of reasoning and of free will are given to him, and he learned how to categorize things and understand what they are for. In that way, Allah (swt) taught Adam how to think and apply that knowledge, how to solve problems, how to make plans and make decisions and achieve goals. All of that is within *tadbīr*, a higher thing—how to trust in Allah, how to realize that Allah (swt) is working through this creation. He created this factory to make a product.

We are the children of Adam, and we have been left a legacy. We have inherited those very same skills that our progenitor had—the very same skills. If you visit a factory or business, it might say, “Established in 1831.” This one was established in year one of the original calendar. We inherited these skills, but not only so we can exist in this world. We are made out of the things this world is made out of. That makes sense. Doesn't it make sense that we should be made out of the things this world is made out of? And for

what purpose? So that we could worship the One Who created us. Worship how? In what way? There are probably four or five thousand languages in the world. Each one is distinct. Isn't it amazing that we are all made out of the same material; we all have similar hopes and desires; we are all attacked by similar diseases; we all have the same production in our factory; and yet, those people with all those languages cannot understand each other (unless you happen to study it). These languages are so fundamentally similar in terms of values, in terms of intention to build character, that the message you find in every one of those languages, and in the hagiography of those cultures [is similar also].

If you watch a show on cable where they show the Amazonian Indians walking about stark naked, talking to the camera person after that person has gained their trust by living with them for three months, if you listen to what is being translated, it is the same wisdom you hear from the highest wise person who graduated from Harvard or Oxford. It is about the same concerns, how they want to avoid war, for instance. I saw one program where the tribes had put evil eye on each other and were about to go to war, but they also had the representatives talking and trying to avoid war—conflict prevention. These languages are fundamentally similar even though they are different, in the sense that we all speak a singular human language of value. Language is a special form of communication that involves learning complex rules. It combines symbols and words, gestures and attitudes into an infinite number of complex, meaningful senses. From that we derive words, grammar and rules of communication, which we still struggle with today.

We see this, even when we try to analyze Arabic and find the real meaning of a phrase. Here you have an arbitrary combination of sounds and symbols that come out with a meaning. “**Allah taught him the names of things.**” Look at how complex that is. Then there are onomatopoeiac words, like fuzzy. It sounds like what it tries to connote.

Cat is a harsh word; it doesn't sound soft and purry. (My first cat was named Fuzzy.) Then we memorize these patterns. We have these rules on how to combine them. Some of the rules are very complex; some are not. Some languages have plural, some don't. Some have gender, and some don't. That has to do with how we understand things. We were having a conversation with someone, and they don't know that unless you say it in a certain way in Arabic, it means there is no male in the room. There are people how don't know that. Everybody assumes that their way of saying things is the same. Is it any wonder that Shaytan has the tools that he has of deception?

The first thing that happens in this creation of Allah (swt) is sounds. You hear the babies making sounds, like Ayla tries to make sounds. Then they become meaningful. The phonemes are basic sounds. We know from studies that all children all over the world make the same basic sounds, whether in the Amazon, American children, or children of other languages. They all start from the same sounds, *alhamdulillah*. From a single cell is created all humanity. Then these meaningful sounds, the combinations become a language and morphology comes. Then after learning to combine morphemes to make words, then we combine words to make sentences. Then there comes syntax and grammar, and the rules tell us how to combine the words so the meaning is clear. Then there are the semantics and semiotics, the specific meanings of these words and phrases.

All children in the world, every new created human being (step two, not with the clay but with the metaphorical clay) of Allah's creation goes through the same stages to create that Adamic reality. Then, somehow, Allah (swt) has programmed us to be receptive to this new information and data that is coming in. It comes into our brains, and we are programmed to go through this process of language development: of sound, meaning, and expression of it in clear ways to attain to some purpose.

O Mankind! Be dutiful to He who created you from a single person (Adam). And from him (Adam), He created his wife (Hawa) ; and from them both He created many men and women. (4:1)

We know now with the decoding of the genome, people have tracked their lineages through their DNA to Africa, Europe, North and South America, all to a single origin which people call the “mitochondrial Eve” theory. According to some scientists who are doing this cutting edge research, everyone on the planet can trace a part of their genetic heritage back to one woman through a unique part of our genetic makeup, the mitochondrial DNA (MTDNA). “...*the mother, the mother, the mother.*” Today and yesterday are inexorably linked. Who we are today, scientifically, is directly linked to how it all began. There is no conflict with science and religion. Throughout the centuries, from mother to daughter [it is passed on]. Men are the carriers and don’t pass it on. It exists with all living beings. This is known as the “Eve/Hawa theory,” because it is passed down through the X chromosome.

Scientists are now studying the Y chromosome. Maybe it will be called the “Adam theory.” There will be atomic energy and Adamic energy, passed from father to son, and not recombined with any of the mother’s genes. These are the wonders of Allah’s creation that we have to contemplate through the Qur’an. The entire universe, created by Allah, follows and obeys these laws. We are to seek knowledge from the cradle to the grave, and find the signs in Allah’s creation.

I just want to go back for a moment to the hands. What does it take, do you think for us to walk this earth, walking the elements we are comprised of, in a different vibratory form; an atomic form? What do you think it takes for us to walk this earth and remember our lineage, remember our history, and understand the relative space, place and origin that we have in such a way that we are carriers of the original message? The original message is what? To worship Allah, the One Who created you. That’s all. It doesn’t mean stand

up, bow down, and put your head on the ground or daven. Yes, those are means to worship. But worship in the sense of being humble, grateful and aware of that Dynamic Majesty and being unified and in harmony and balance with the Creator. What does it take? If science tells us that we all come from the same mother, we should at least try to act like brothers and sisters. But we don't. Why? Because he added that other element: Shaytan. That element had to be added if there was going to be consciousness and choice. There had to be something to choose and something to reject in those choices.

Allah gave us power, and that power is manifest basically through our hands. It is the hands you till the ground with, and the hands you pull the trigger with. It is the hands you milk the cow with, and the hands you push the button with that blows up the bomb. It is the hand that you reach out to shake, or the hand you hit with. The hand represents power. Allah says He created with His hands. (ref. 38:75) We do not think Allah sits on a throne and has hands and feet and eyes and things like that. But this power is a power that comes from before the time of creation. It becomes relativized, specified. If the creation of Adam with two hands entailed some kind of choice or choosing, then the creation of the other things, the cattle, the beasts of the land and sea, would entail that they were superior to Adam. Because in this choosing, Allah said in the description of creation:

Do they not see that We have created for them what Our Hands have created: the cattle, so that they are their owners? (36:71)

It implies that the creation of Adam followed that. Let's say it in English: "What is that?" "Oh, I did that with my own hands." We say this kind thing. Allah has passed down this power to us in our hands. It wasn't that he just said, "*Kun fa yakun.*" But it says in Qur'an He created, molded, with His Hands and passed on the power to us with our hands. What are we creating today with our hands? We are creating bombs. We are creating factories that spew pollutants into the air. We are creating what with our hands,

literally and metaphorically? Ah, we say to the child. “Did you do that?” “Yes,” she says. “I did it with my own hands,” just as Allah created Adam with His Own Hands.

There is only one Divine creation, although there may be many worlds. This being that we are, and as Sufis we have been told for generation upon generation, you reflect upon yourself as being the creation of Allah to carry on the *amanat* of Hazrat Adam (as), who not only came one time, but countless times and cycles. We have this personal responsibility. We, each one of us, have taken on the *amanat* and have the personal responsibility to carry on the highest level of the Adamic world or Divine View, to bring out the Adamic nature in us, to know that there will be errors, there will be whisperings in our ears, but to make choices that are good. This is the endless message that is brought to humankind throughout the centuries.

Human beings take that message, listen to the whisperer, twist it, and use the institutions and forms to give excuse for their deviation. Then there are small groups of people who get it, or who get it in part; and who stand against the tsunami of selfishness. We are supposedly one of those small groups of people. If we are, it's time for *muhasabah*. How well are we doing? Every minute, every day. This is not something you do Monday through Friday and take the weekend off. This is not something you do from 8 in the morning until 10 at night and then take some time off. This is what you do when you listen to yourself and make *muhasabah*, when you watch your *nafs*, when you understand the interplay between your emotions and feelings of love, and your feelings of fear, when you are looking upon the timeline of your life.

Oho. Where did those last 30 years go? They go like that, and every day can be like an eternity. If it's a miserable experience, that day is like an eternity. You stand up on a hill and say, “Where did it go? It was just yesterday. My God, it's Friday already, Jumah. It was just Jumah!” Yet, throughout that week, you could have had moments that were like eternities, depending on what happened. Are you reflecting on that? Do you

understand that reflecting on that is the worship? Allah created us to reflect on ourselves, on our creation, on what we are made of, and on what we can make of what we are made of. He gave us the hands to create, out of the same materials we were created, something good. How has that changed in the thousands of years that have passed? It hasn't. It's just how we use the words, the forms, the syntax, and grammar to either explain it or mis-explain it.

We go through our lives, next step, next step. We go to school and then to graduate school. We get married, have kids, and that's one timeline. That's the *dunya* time line. And if we don't attach ourselves to the other time line, it's all *dunya*. It all goes pfft, and we all go dust to dust and earth to earth—back to the dust again. The consciousness goes, and the *rūh* returns to Allah. If we follow the other time line inside of ourselves, of awareness, of worship, of love, of the other Ninety-Nine Names of Allah, yes, we still go through the *other* *dunya* timeline, but there is something else happening. Just like the male is the carrier, what is happening in *dunya* carries the value, the character, and the meaning of life. Just like Allah creates Adam, we create and pass on that knowledge and that possibility. We pass it on. We are all creators. *Asalaamu aleikum*.

Question (Neelam): Last night, you were talking about tarbiyya. You made a statement that “all tarbiyya is an exchange, and nothing is forced.”

Shaykh: All knowledge is an exchange. You have to have the teacher, the taught, and what's being taught. So there is a dynamic exchange. If there is no receptivity of the student, it doesn't matter what the content is, or how good the teacher is able to teach. If there is no teacher, then there is no teaching. If there is no content, there is no education because there is nothing to transfer.

Neelam: About the concept of exchange...

Shaykh: Allah created everything in this world to be dynamic. Even the things we think are static are dynamic. The rock outside has atoms and electrons, proton, neutrons, and subatomic particles running around, very busy. It's the world of the rock.

Neelam: What does it mean in terms of human communications, not forcing things?

Shaykh: These are all the goals of the Asma'a al Husna. Harmony means harmony. Compassion is balancing. Patience. Even when you avenge something, it's to balance it. It's the name of Allah, so it has to have a meaning, a reality. (Is there a space that is created?) There's a ground note. HUUUUU... HMMMMM.... In this world it's 60 cycles. Tune to it, and it becomes a doorway, *fath*, that takes you through the barriers. If you were vibrating at the same rate as this table, you could put your hand through this table. But Allah made us all different, so we could come to respect one another and know each other. That's why you don't go outside and punch a rock, thinking your hand will go through it. It's the same principle with human beings. There is diversity, but there is a similarity. We are made of the same material, but there is diversity. Iblis was not made of the same material; he was made of cool fire. We are all made of the same material. But we are different. We come to know that, to respect that, and to learn the language that transmits that respect and knowledge. This is why proper *adab* is at the root of everything.

That's why Prophet Muhammed (sal) said, "***Speak to people in a way they can understand.***" It's a dynamic. You come to balance and harmony. Not space, as much as it is harmony. Space is empty. There is dynamic in a black hole in space. Everything is moving and changing. The symbol of our life, moving along, is symbolic of that. We have a whole lifetime to get used to change. But most of us don't think about it. May I take your leave?

