

# **5-Thinking Words**

## **QUR'AN wants us to do**

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# **READ/IK'RA 4-Books!**

- 1. QUR'AN-(Ayetü'l-Mestûra)**
- 2. UNIVERSE/Sciences (Ayetü't-Tekvîn)**
- 3. HUMAN/İnsan (Ayetü'l-Enfüs)**
- 4. TIME/Zaman (Ayetü'l-Hâdisât)**



## 5-Thinking Words in QURAN

1. **Tezekkur:** To think about past
2. **Tedabbur:** To think about future
3. **Taaqqul** : To think about past and future by linking each other
4. **Tefekkur** : To think about everything in details and create new/own thoughts
5. **Tefeqquh:** To make judgments, rules, conclusions by using 4 words above



# Tezekkur

- To think about past
- To remember, mention, and draw lessons from the past
- To Reflect and have lessons by evaluating the past
- Quran extremely invites us to do those over and over

# 1-Ibrahim 52:



هَذَا بَلَاغٌ لِلنَّاسِ وَلِيُنذِرُوا بِهِ وَيَلْعَلُوا أَنَّمَا هُوَ إِلَهٌ وَاحِدٌ وَلِيَذَّكَّرَ أُولُو الْأَلْبَابِ

(14:52) This is a clear message for humankind, that they may be warned by it, and that they should know that He is One God, and that people of discernment that were endowed with intellects may constantly remember, reflect and be mindful.

## 2-A'raf 3:



اتَّبِعُوا مَا أَنْزَلَ إِلَيْكُم مِّن رَّبِّكُمْ وَلَا تَتَّبِعُوا مِن دُونِهِ أَوْلِيَاءَ قَلِيلًا مَّا تَذَكَّرُونَ

Follow what is revealed to you from your Lord, and do not follow other masters beside Him. Little you recollect.

## 3-Neml 62:



أَمَّنْ يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكْشِفُ  
السُّوءَ وَيَجْعَلُكُمْ خُلَفَاءَ الْأَرْضِ ءَأِلَهُ مَعَ اللَّهِ قَلِيلًا مَا تَذَكَّرُونَ

Is He [not best] who responds to the desperate one when he calls upon Him and removes evil and makes you inheritors of the earth? Is there a deity with Allah? Little do you remember.



# Tedabbur

- To think about future by feeling, and listening to your heart
- To think and plan for your future by digesting



## 4-Mu'minun 68:



أَفَلَمْ يَدَّبَّرُوا الْقَوْلَ أَمْ جَاءَهُمْ مَا لَمْ يَأْتِ آبَاءَهُمُ الْأَوَّلِينَ

Have they ever pondered over this Word (of God) or has there come to them something (completely novel in human history) which never came to their forefathers of old?

## 5-Nisa 82:



أَفَلَا يَتَدَبَّرُونَ الْقُرْآنَ وَلَوْ كَانَ مِنْ عِنْدِ غَيْرِ اللَّهِ لَوَجَدُوا فِيهِ اخْتِلَافًا كَثِيرًا

Do they not **contemplate** the Qur'an (so that they may be convinced that it is from God)? Had it been from any other than God, they would surely have found in it much (incoherence or) inconsistency.

## 6-Sad 29:



كِتَابٌ أَنْزَلْنَاهُ إِلَيْكَ مُبَارَكٌ لِيَدَّبَّرُوا آيَاتِهِ وَلِيَتَذَكَّرَ أُولُو الْأَلْبَابِ

‘This is’ a blessed Book which We have revealed to you ‘O Prophet’ so that they may **contemplate** its verses, and people of understanding may **reflect**



# Taaqqul

- To think about both past and future by comparing and linking each other.
- To reason and distinguished what was to our benefit from what was to our harm, and acted accordingly
- To draw lessons from the past and reflect in depth so that we can defend the truth and stay away from wrong things in the future

## Taaqqul in Heart: "Hearts to reason" or mind with intellect/ wisdom!

أَفَلَمْ يَسِيرُوا فِي الْأَرْضِ فَتَكُون لَهُمْ قُلُوبٌ يَعْقِلُونَ بِهَا أَوْ آذَانٌ يَسْمَعُونَ بِهَا فَإِنَّهَا لَا تَعْمَى الْأَبْصَارُ وَلَكِنْ تَعْمَى الْقُلُوبُ الَّتِي فِي الصُّدُورِ

Do they never travel about the earth (and view all these scenes with an eye to learn lessons) so that they may have hearts with which to reason (and arrive at truth), or ears with which to hear (God's call)? For indeed it is not the eyes that have become blind, it is rather the hearts in the breasts that are blind.

# Neurocardiology: close interaction between heart and brain

## Modern Neuro-cardiology

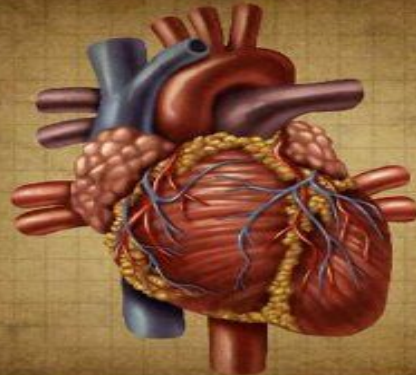
Heart is a Sensing Organ.

Brains are not the rhythmic controller of bodily functions, the Heart is.

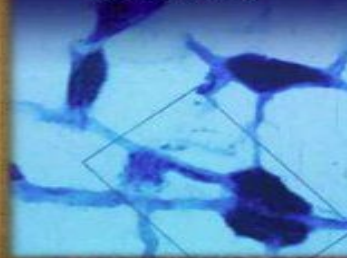
Brain sends c. 40-60 times as much data to the brain as is reverse.

Heart tunes feelings, reactions, perceptions and physiological feedback.

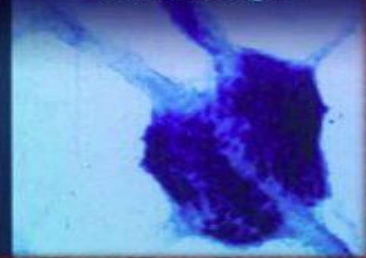
Heart has its own intrinsic memory – independent of the brains.



Interconnectivity between  
Intrinsic Ganglia in the  
human heart



Expanded view of  
the Intrinsic  
Cardiac Ganglia



# INTEGRATIVE NEUROCARDIOLOGY



**Marco Rado**

## 7-Yusuf 2:



إِنَّا أَنْزَلْنَاهُ قُرْآنًا عَرَبِيًّا لَعَلَّكُمْ تَعْقِلُونَ

We sent it down as a Qur'an (discourse) in Arabic so that you may **reflect** (on both its meaning and wording) and understand.



# 8-Ma'idah 103:



مَا جَعَلَ

بَهْمٍ وَلَا وَصِيلَةٍ وَلَا حَامٍ وَلَا كِنَّ الَّذِينَ كَفَرُوا يَفْتَرُونَ عَلَى اللَّهِ الْكَذِبَ وَأَكْثَرُهُمْ لَا يَعْقِلُونَ

God has not ordained anything (in the nature) of a bahirah, nor a saqibah, nor a wasilah, nor ham. But those who disbelieve fabricate falsehoods against God □ most of them do not reason and indeed are devoid/empty of sense.\*

## 9-Mulk 10:



وَقَالُوا لَوْ كُنَّا نَسْمَعُ أَوْ نَعْقِلُ مَا كُنَّا فِي أَصْحَابِ السَّعِيرِ

They will say: “If only we had listened (to him) or reasoned (and distinguished what was to our benefit from what was to our harm, and acted accordingly), we would not (now) be among the companions of the Blaze.”



# Tefekkur

- To think and reflect about everything that we need to consider in details so we create/produce new ideas
- To work out foresee the cause and effect of an act by using such Tefekkur wisdom when needed
- ***In an hadith, Prophet Muhammad(SAV) says, “True reflection/Tefekkur an hour is better or more exemplary/meritorious than one whole year of voluntary physical worship.”***

# 10-Mulk 10:



يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ وَمَنَافِعُ لِلنَّاسِ وَإِثْمُهُمَا أَكْبَرُ مِنْ نَّفْعِهِمَا وَيَسْأَلُونَكَ مَاذَا يُنْفِقُونَ قُلِ الْعَفْوَ كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ آيَاتِهِ لَعَلَّكُمْ تَتَفَكَّرُونَ

They ask you concerning wine and gambling. Say, ‘There is a great sin in both of them, and some profits for the people, but their sinfulness outweighs their profit.’ And they ask you as to what they should spend. Say, ‘All that is surplus.’ Thus does Allah clarify His signs for you so that you may **reflect**

# 11-Nahl 69:



ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلُلًا يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ

Then eat from every kind of fruit and travel the paths of your Lord, which have been made easy for you to follow. From inside them comes a drink of varying colours, containing healing for mankind. There is certainly a Sign in that for people who **reflect**.

# 12-Zumer 42:



فِيْمَسِيْكُ الَّتِي قَضَىٰ عَلَيْهَا الْمَوْتَ وَيُرْسِلُ الْاٰخَرٰى اِلَىٰ اَجَلٍ مُّسَمًّى اِنَّ فِيْ ذٰلِكَ لٰآيٰتٍ لِّقَوْمٍ يَّتَفَكَّرُوْنَ ا

Allah takes back people's souls when their death arrives and those who have not yet died, while they are asleep. He keeps hold of those whose death has been decreed and sends the others back for a specified term. There are certainly Signs in that for people who **reflect**.



# Tefaqquh

- By using all of those 4 words, to make judgments, conclusions, decisions, verdicts, sentences for the truth
- While understanding the goal of life, to internalize it as well
- To be in the life incidents/actions in depth

# 13-An'am 65:



قُلْ هُوَ الْقَادِرُ عَلَىٰ أَنْ يَبْعَثَ عَلَيْكُمْ عَذَابًا مِّنْ فَوْقِكُمْ أَوْ مِنْ تَحْتِ أَرْجُلِكُمْ أَوْ يَلْبَسَكُمْ شِيْعًا وَيُذِيقَ  
بَعْضَكُمْ بِأَسِّ بَعْضٍ انظُرْ كَيْفَ نُصَرِّفُ الْآيَاتِ لَعَلَّهُمْ يَفْقَهُونَ

Say: "He it is Who has the power to send punishment upon you from above you or from beneath your feet, or to confound you by splitting you into hostile groups and make you taste the violence of one another. Look, how We set out the signs (of God's Existence and Unity and other truths of faith) in diverse ways, so that they may ponder and penetrate the essence of matters to grasp the truth.



# 14-An'am 98:



وَهُوَ الَّذِي أَنْشَأَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ فَمُسْتَقَرٌّ وَمُسْتَوْدَعٌ ۗ قَدْ فَصَّلْنَا الْآيَاتِ لِقَوْمٍ يَفْقَهُونَ

It is He who produced you from a single cell, and appointed a place of sojourning, (the womb of the mother), and a place of depositing, (the grave). How clear have We made Our signs for those **who understand the truth.**

# 15-A'raf 179:



وَلَقَدْ دَرَأْنَا لِحَبَّتِهِمْ كَثِيرًا مِّنَ الْجِنَّ وَالْإِنْسِ لَهُمْ قُلُوبٌ لَا يَفْقَهُونَ بِهَا وَلَهُمْ أَعْيُنٌ لَا يُبْصِرُونَ بِهَا وَلَهُمْ آدَانٌ لَا يَسْمَعُونَ بِهَا أُولَئِكَ كَالْأَنْعَامِ بَلْ هُمْ أَضَلُّ أُولَئِكَ هُمُ الْغَافِلُونَ

Surely, among the jinn and humankind are many that We have created (and destined for) Hell (knowing that they would deserve it). They have hearts with which they do not seek the essence of matters to grasp the truth, and they have eyes with which they do not see, and they have ears with which they do not hear. They are like cattle (following only their instincts) – rather, even more astray (from the right way and in need of being led). Those are the unmindful and heedless.



# CONCLUSION:

The Qur'an expects us to perform these five actions, but states that such an effort can benefit from it more. So when we sit in front of the revelation/QUR'AN, our heart, our mind, our imagination; We must open all of our existence in front of the divine words;



# Tefekkur Year 2020?

**So let's make this coming year, 2020, as a year of reflection/thinking and tafakkur. Let's read the book of creation as it unfolds many of its new beauties and try to see the signs and signatures of its Creator. In the Holy Quran, God Almighty says God is closer to us than our own jugular veins. One can only feel and experience this closeness of God and feel it if they see the creation through the prism of tafakkur.**