

THE 5D THINKING NEWSLETTER

A UNIQUE APPROACH TO READ THE UNIVERSE



Special read: An Interview with Dr.Necati Aydin by Bilal Malik

SNEAK PEAK OF WHAT'S INSIDE:

- *5D Thinking on Minerals*
- *"Returning Home" by Dr. Colin Turner*
- *"The Industrious Ants" by Saba Irshad Ansari*
- *"Reading the Universe" by Uzma Ahmed*



Welcome to the seventeenth edition of **The 5D Thinking Newsletter!**

Dear Subscriber,

Welcome to the seventeenth edition of the 5D Thinking newsletter!

In this issue, you can reflect on the gems in Dr. Colin Turner's article "Returning Home" where life on Earth is elegantly compared to a journey on a foreign land. In "The Industrious Ants", Saba Irshad takes you on a journey into the fascinating world of ants using the 5D thinking approach.

You can also read about the 5D Thinking Team's pilot program for little ones "Reading the Universe". Uzma Ahmad explains how the program offers a ray of hope to parents who want to equip their children with ideas that help them connect with and appreciate the Creator of the universe.

Be sure to take the time to read Bilal Malik's wonderful interview with Dr. Necati Aydin, who is scheduled to teach the "Happiness in Philosophy, Science and Spirituality" course at the "Existence and Meaning" program in Spring 2022.

Remember, you can unsubscribe at any time by clicking on the link at the end of the newsletter. We hope to continue to inspire you with the Five Dimensional (5D) Thinking Approach to education.

On behalf of the 5D Thinking Team,

Nadine Kamal



5D Thinking Approach on Minerals

Have you ever reflected on the importance of minerals? Without minerals, you would not have access to running water from a faucet, electricity, light, a cereal bowl, a spoon, a drinking glass, or even clothing. In the newly released 5D thinking topic, we explore marvelous minerals through the 5D thinking approach.

In the **first** dimension, Analytical Thinking, we explore how minerals have a distinctive geometric shape called a crystalline structure. We discuss how they are formed through the melting & cooling of magma as water containing dissolved minerals evaporates & leaves behind mineral crystals. We also highlight some fascinating facts about minerals.

Next, in the **second** dimension, Analogical Thinking, to better appreciate minerals, we reflect on the artificial versions of diamonds made by scientists by placing carbon seeds in microwave devices together with methane gas. We learn how the production of artificial diamonds involved the collaboration of many knowledgeable experts based on years of research and hard work.

Then, in the **third** dimension, Critical Thinking, we point to our experience of lab-grown diamonds and conclude that it takes knowledge, power, and wisdom along with consciousness to arrange carbon atoms into diamonds. Just as we do not believe the formation of an elegant palace through the self-arrangement of its bricks is possible, we cannot accept the idea that beneficial minerals such as diamonds, with their elegant structures, are the works of the blind natural forces and material causes.

In the **fourth** dimension, Meditative Thinking, we reflect on how the formation of a diamond is linked to the entire universe at both the macro and micro levels. As we learn how minerals are connected to the cosmos, we will understand that the Maker of minerals must be the Maker of the entire universe. He must be the All-Knowing, All-Wise, All-Powerful who creates and controls elements along with their particles to sustain life on this planet. He must be the Most Beautiful who clearly formed our planet and adorned it with the most precious and beautiful gems.

Finally, in the **fifth** dimension, the Moral Thinking dimension, we invite readers to reflect on the vital importance of minerals. We learn to practice gratitude for the presence of minerals and reflect on their countless uses in our daily life.

To read more about the 5DT approach to the carbon cycle, please click [here](#).

Returning Home

Dr. Colin Turner

When you are on a trip in a foreign land, however wonderful your hotel is, you never plan to move in and stay there forever: however comfortable the bed, however tasty the food, however amazing the facilities, you know deep down that even if you were able to stay there for any longer than just a week or two, in time it would eventually lose its appeal and you'd long to return home. Hotels are designed to be temporary: they simply don't have everything that you would need in order to live your whole life there.

We are all on a trip in a foreign land at this very moment in time. We came from Him and to Him we shall return. In the meantime, we are staying in the hotel that is this world. A world which, despite all of its amazing wonders, its beauties, its bounties and its marvels, is still ultimately finite, transient, temporary, limited and, as far as our infinite wishes and desires are concerned, awfully restricted and prison-like. And yet there are many who really would like to stay here forever – but without death or decay, without sadness or depression, without illness or anxiety. Of course, this doesn't really make much sense. Like the hotel in the example, we all know deep down that even if we were able to stay in this world for longer than a lifetime, it would eventually lose its appeal and we would long to return Home. This earth, this world, is designed to be temporary: it simply doesn't have everything that we would need in order to live our whole eternity here.

The truth is, we have to return home. Even if our life here were able to be extended indefinitely, we would eventually become so old, decrepit and bored that we would beg for death, and a return to our real Home and our eternal state.

We have to return Home. Which is why we need to treat this 'hotel' with care and respect, for if we damage or destroy it, the fine that we will have to pay when we do actually return will be unimaginably difficult to sustain. Every journey we make while on this earth is a reminder of the primordial journey that we made from His court to this world, and of the way back to Him when our stay here is over. To journey is a universal experience, and to return an inevitable one. May all our returns be auspicious ones...



The Industrious Ants

Saba Irshad Ansari

The other day, while kneading dough to make Indian bread, I noticed a black ant that seemed to have smelled the spilled honey on the slab of our kitchen. I smiled at the ant and continued my work. By the time I was finished, there was a long trail of ants, some heading and others returning from the location. Each of them was bumping its head into the other as they were marching. As I bowed to have a closer look at them, they began dispersing, and in no time the trail disappeared, except for a few who were stuck onto the honey drop. What a fantastic creature they are! These tiny eusocial insects live in extreme harmony and work in coordination tirelessly throughout the day and night.

Ants are classified scientifically into the Formicidae family from the species *Formica rufa* of Insecta class amongst the animal kingdom. Ants are found everywhere across the globe except Antarctica.[1] Argentine ants, pavement ants, carpenter ants, red imported fire ants, etc. are some of the popular species. There are more than 20,000 ant species and all of them display remarkable characteristic features. They exhibit an extraordinary unity and cooperation with each other to support their colony, something which is unknown among human beings. Often termed as superorganisms, their colonies are usually composed of workers, soldiers, queens, and drones. “Ant societies have a division of labor, communication between individuals, and an ability to solve complex problems. These parallels with human societies have long been an inspiration and subject of study.”[2] Only the queen of the colony can reproduce, and if she dies the colony will get completely shattered. They don't have ears but their sense of feeling a vibration through their feet is very strong which allows them to sense danger. They leave behind a pheromone trail on the ground as they walk so that they don't forget the way and its colony members can follow the trail if it leads to a food source. One of the most fascinating facts about ants is that it can lift 20 times their own body weight. “If a second grader was as strong as an ant, he would be able to pick up a car!”.[3] They act like extremely intelligent creatures who are known to bury their deceased just like humans. They appear to know that storing dry grains will make them last longer.[4]



The Industrious Ants

Saba Irshad Ansari

Given the fact that ants can lift and carry weights 20 times their own weight, it would be interesting to compare them with the mobile cranes, in general, and crawler cranes, in particular. Crawler cranes are the largest mobile cranes and are also known as lattice cranes or telescopic crawlers. “These are heavy-duty cranes that utilize “tank-like” treads to move throughout a construction site and can lift in excess of 2500 tons. They can lift the heaviest loads and require the most on-site assembly out of all the mobile cranes.”[5]

When we look at the history of crawler cranes, we learn that it was in 1911 that the first of its kind was designed and manufactured by the Bucyrus Company. To lift even heavier weights more features were added to it in the later years. This shows that someone designed and created it in the first place. So, how silly could it be to claim that a random accident or chance has designed and assembled the crane without the involvement of a maker or a manufacturer with a purpose and power? Similarly, is it not reasonable and appropriate to say that ants have a maker too? Team effort, high-tech machinery, and obviously lots of money are required to make one crawler crane. So, have you ever thought about what goes into the making of one ant? The answer is no because we don't think that way, we don't observe things around us, we don't question the existence of our surroundings. We are too busy crediting natural laws and causes behind every phenomenon.

Of course, crawler cranes are no match for ants if we think of how they are being made. While both of them are made of similar fundamental particles, the latter one consists of billions of living cells which are connected to each other and the entire cosmos. Indeed, ants are dependent upon plants, trees, other creatures and thus are in a way connected to them. Their interconnectedness and interdependence with other living and non-living creatures is a clear sign that the One who created the cosmos must be the Creator of ants. Furthermore, these sophisticated and intelligent behaving creatures speak of their Creator's attribute as the Best Fashioner who has given ants the ability to organize themselves in a colony so perfectly that humans take inspiration from their work ethic and synchronization.

As tiny as ants are, they also teach us some very important life lessons. Their non-stop work inspires us to work harder to achieve our goals in life. You must have seen them falling down several times while crawling up the wall with a heavy load, but they don't give up until they get it to their desired location. In fact, some other ants come for help as they see one struggling with something. This teaches us that no matter how many times we fail, we should never give up. We must always lend a helping hand to someone in need. Through their division of labor, non-stop working, and organized colonies, ants inspire us on how to work collectively and effectively.

[1] “Ant”. Wikipedia. Retrieved Jan 12, 2022, from <https://en.wikipedia.org/wiki/Ant>

[2] Ibid.

[3] “Ants”. Pest World for Kids. Retrieved Feb 15, 2022, from <https://www.pestworldforkids.org/pest-guide/ants/>

[4] Lifestyle and Communication of Ants. Available on YouTube, <https://www.youtube.com/watch?v=78JUE6hVnTQ>

[5] Lexie Keller, What are the Different Types of Cranes Used for Construction? (Jan 8, 2020). Retrieved Feb 15, 2022, from <https://www.mazzellacompanies.com/learning-center/what-are-the-different-types-of-cranes-used-for-construction/>

Reading the Universe: An Eye-opening Program for Children

by Uzma Ahmed

In the age of an atheistic paradigm dominating the education system, the program “Reading the Universe” offers a ray of hope to parents who want to equip their children with ideas that help them connect with and appreciate the Creator of the universe.

The 5D Thinking Team facilitated a pilot program for children aged 8 – 11 who live in USA. Four amazing topics were presented according to the 5D Thinking model. The children learned the 5 steps to read the Universe:

- 1.Explore
- 2.Compare
- 3.Question
- 4.Connect
- 5.Appreciate



The topics started with the Sun, where the students were presented with fascinating facts about this amazing body in the sky, that allows life to flourish and without which, the Earth would be dark and cold.

The beautiful topic of Snow was a delight for the students as they saw that any efforts to make artificial snow won't be cool at all! They were fascinated by the uniqueness and delicacy of snowflakes.

Bees caused quite a buzz when the students learned about their amazing methods of communication in the form of the waggle dance and their vital role in the pollination of a third of the world's crops.

The final topic on Falcons helped students understand that these majestic, powerful creatures are truly a wonder, flying at incredible speeds and possessing tiny bones in their nostrils that prevent their lungs from being damaged by air pressure.

The students compared created beings with man-made objects and critically questioned them. They understood the connections created beings have to the universe and to their Creator. They explored the names of God and learned verses of the Qur'an to strengthen their connection with the Creator of the universe. They took lessons from the Universe and were taught the value of fikr (reflection), dhikr (remembrance) and shukr (gratitude). Each session was presented with a Prezi presentation, with videos and activities and a Kahoot. The children's and parents' feedback were excellent. The program was conducted by Aisha Alowais, Saba Irshad and Uzma Ahmed, providing students with the opportunity to explore their thoughts and guiding them to understand the 5-step process.

The feedback of the students shows that the program was a huge success, with both students and parents anxiously awaiting the next module.

The students were left in awe of the amazing Creator and truly learned to appreciate The Maker of the universe. They are well on their way to reading the universe.

An Interview with Dr. Necati Aydin on the “Happiness in Philosophy, Science and Spirituality” course

Bilal Malik: *In the Spring-2022 “Existence and Meaning” certificate program, you be will teaching a course titled, “Happiness in Philosophy, Science and Spirituality”. The course is based on your personal, philosophical, and scientific journey of searching for happiness through pleasure, meaning, and spirituality. The whole reflection is covered in your recently published book 3D of Happiness. You will be discussing the different themes of the book which are directly related to the subject matter of the course. In that sense, it is quite important to know more about the book. So, my first question is: what is 3D of Happiness and why did you feel the need to write this book when there are thousands of such titles already around?*

Necati Aydin: 3D of Happiness basically talks about the three dimensions of happiness namely pleasure, meaning, and spirituality. The reason I chose the title has a lot to do with my personal journey. I was born in deprived conditions. So, like everyone else, I had the dream of ‘having a lot of money’ in order to be happy. I followed my dream and, eventually, I think I accomplished it. I managed to acquire two PhDs and climbed to the top 1% in terms of possessions and position. But, I failed to achieve happiness along the way. Even after reaching the peak of my career, I realized that happiness was still missing. I decided to read and research more deeply about the meaning of ‘being happy’. And that is how I ended up writing this book.

Coming to the second part of your question, basically, during my research, I found out that other books on happiness have mostly addressed part of the problem. For example, there is a constant emphasis on the pleasure dimension of happiness. As an economist, I know that, in modern times, people are talking more about utility maximization. Nevertheless, through my personal experience, I realized that there is a life that goes beyond just pursuing pleasure or pursuing fun. And, I found out that, happiness is perhaps multi-dimensional. In the book, I argue that there is also a meaning dimension and a spiritual dimension.

body **mind** **soul** **?** **WHAT IS IMPORTANT TO YOU**

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3D OF HAPPINESS

Pleasure, Meaning & Spirituality

Based on Science, Philosophy & Personal Experience

Necati Aydin, Ph.D.

An Interview with Dr. Necati Aydin on the “Happiness in Philosophy, Science and Spirituality” course

Bilal Malik: *If I got it right, you think most people get it wrong by thinking that they can be happy if they pursue pleasure through consumption, position, or relationships. Why do you think that seeking pleasure maximization does not lead to lasting happiness?*

Necati Aydin: We try to achieve a certain position or we try to establish a relationship. Undeniably, these things give us some pleasure. Nevertheless, the problem is that such pleasures hit an end. I called it the DEAD loop (deprivation, emulation, achievement, disappointment); a loop that one would circle multiple times in life. In other words, when we do not have something and believe it will bring us happiness, we are at the deprivation stage. When we see others who have it, we emulate them. Then, if we work hard and eventually get it, we will be moving to the achievement stage.

Sooner or later, we reach the disappointment stage. That is, in the end, we get disappointed because conflict doesn't really give you the lasting satisfaction that you were looking for. Now, if we try to go beyond the pleasure, trying to do something that we find is meaningful probably in terms of, let's say, establishing a family, raising kids, writing a book, or engaging in a certain activity that you think is really going to make some meaningful contribution to whatever cause that you're believing in, this will surely bring one more level of satisfaction. But, it isn't yet the absolute satisfaction. In my journey of searching for happiness, I realized that if at a certain point in time we will be wiped out from this planet, then what is the ultimate meaning of those activities? Here I thought of another dimension i.e. the spiritual dimension. The spiritual dimension gives us hope or a belief that what we are doing is going to last forever beyond this life. My argument in the book is that the pleasure dimension is important for happiness, but it is not sufficient.

Bilal Malik: *How did you find out about those dimensions of happiness, I mean, what evidence do you provide to support your argument?*

Necati Aydin: Well, in one way, the great thinkers such as Aristotle, Tolstoy, Nietzsche, and great scholars such as Ghazali and Nursi influenced my journey in the search for happiness. Moreover, as an economist, I have been studying this subject for several years now. I have done some research on this. Actually, I have developed some empirical tools to measure and identify dimensions of well-being in individuals. It was possible after assessing the findings of different related research and my own personal experience.

Bilal Malik: *Right? Do you think that people who only follow the “pleasure dream” are wrong?*

Necati Aydin: It is a good question. I have one chapter in the book that answers the question. See, when I looked at the data, particularly for the last hundred years, it indicated a paradoxical situation. In one way, people have indeed accomplished a dream, let's say the dream of economic wellbeing. Think about the “American dream”.

An Interview with Dr. Necati Aydin on the “Happiness in Philosophy, Science and Spirituality” course

Necati (cont.): When we examine the data, we find out that Americans are now better off at least three times compared to let's say those who lived a hundred years before us. Despite that, when we look at the other dimensions of wellbeing data, we'll find out that they are not happier. They gained more possession but lost happiness. They have many problems such as depression and stress. The growing suicidal tendency is a problem. In the book, I argue that the speedy increase in the use of drugs and alcohol in the West is evidence that we are not happy with one-dimensional happiness that is mainly promoted in consumer cultures. I'm not arguing that money is not important at all. And actually, my argument in the book is clear. It's interesting- what I found out in my research is that money alone is not the source of happiness. Money has importance to us to such an extent if we are really poor. Having money will make a significant difference. But again, once we gain the threshold money then money has almost no impact on wellbeing. So, I think it is misleading to believe that the more money we make, the happier we become. Those who believe it is true eventually get trapped into a “dead loop”.

Bilal Malik: *“Money is not everything” as you said. Do you think this idea will benefit the participants attending your course in the pandemic situation?*

Necati Aydin: I think the answer is YES. The argument in the book is very clear that you can be happy even if you are deprived of many things now or you are going through a tough situation now. All you need is to explore happiness beyond the pleasure dimension. The argument I can make is: when we are stuck at home, we can start reading books. If you choose a good book, I think you will never get bored. So, through reading books you have certain intellectual enjoyment that is the main part of the meaning dimension. So, in a sense, you will be able to seek happiness through taking part in a reading activity. Similarly, you have time to understand and connect with family values. You will realize the meaning of small acts of kindness that bring smiles to the family, particularly on the faces of your parents. You can assess your strengths and weakness. You even have time for meditation or thinking deeply about your existence. Thinking about the source of kindness and how it will be rewarded with kindness. These activities have to do with the meaning dimension and spiritual dimension. I think in this regard, as long as we, somehow, learn how to engage and explore the other dimension, we can be happy even if we are stuck at home.

Bilal Malik: *Would you please tell us how course participants can connect with your work and your ideas?*

Necati Aydin: I think that they need to read the whole book. Yes, I have a website <https://www.3dhappiness.org/>. I wrote the book and am offering the course on happiness to engage in intellectual discourse with those who are really interested in the subject.

Application
Deadline
Feb 18th 2022

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SPRING 2022

ONLINE CERTIFICATE PROGRAM



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MORE INFORMATION :



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1

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by Dr.Alparslan Acikgenc

3

RNK-PHIL 548
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SCIENCE, AND SPIRITUALITY
by Dr.Necatli Aydin

2

RNK-PHIL 547
GOD'S BEAUTIFUL NAMES:
MEANING AND RELEVANCE
by Dr.Colin Turner & Dr.Mahshid Turner

4

RNK-PHIL 549
THE QURANIC READING OF
EXISTENCE AND SCIENCE
by Dr.Hamidullah Marazi



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More information: www.5dthinking.org

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Click on the image below to view the YouTube clip on the Minerals topic through the 5D Thinking approach.



5D Thinking Newsletter Team

Executive Director: Necati Aydin

Content Editor: Nadine Kamal

Media Editor: Aisha Alowais

Graphic Designer: Berfinnur Aydin

Cartoonist: Fatma Zehra

Marketing: Rehan Gelani

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