

THE 5D THINKING NEWSLETTER

A UNIQUE APPROACH TO READ THE UNIVERSE



Special read: A Universe in You by Aisha Al Owais

SNEAK PEAK OF WHAT'S INSIDE:

- *5D Thinking on the Earth's Atmosphere*
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Book Review:

The House of Wisdom by Jim Al-Khalili



Welcome to the thirteenth edition of
The 5D Thinking Newsletter!

Dear Subscriber,

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

In this issue, you can read Dr. Colin Turner's riveting reflection on human existence "More than a Speck of Dust" and Aisha Al Owais' enlightening article "A Universe in You".

You can also read Dr Necati Aydin's excellent review of Jim Al-Khalili's "The House of Wisdom" and Saba Irshad Ansari's interesting blog article on the Pere falcon "Shaheen: King of the Skies".

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 to the Earth's Atmosphere

Have you ever thought about why the oceans do not evaporate into space? Or why we never seem to run out of air to breathe in? Through our usual five dimensional scientific thinking method, we explore the Earth's invisible giant- the atmosphere- that has been designed to ensure our survival as a species. We try to understand the meaning of this wonderful design: what it means for us, for our lives and for our destiny.

In the **first** dimension, Analytical Thinking, we study the atmosphere, its layers, and its vital role in keeping out ultraviolet radiation, sheltering us from incoming meteors, retaining heat, oxygen, water, and transferring sound.

Next, in the **second** dimension, Analogical Thinking, we compare the function of the atmosphere to the process by which man-made air purification systems collect unwanted air particles in our homes.

Then, in the **third** dimension, Critical Thinking, we reflect on the technology used to make a man-made ionizing filter or an ozone purifier. We consider whether it is possible to develop this technology without studying engineering. We learn that from experience, it takes knowledge, will, and power to bring certain materials together to create air purifying technologies.

In the **fourth** dimension, Meditative Thinking, we explore the hidden messages in the construction and maintenance of the invisible giant we call the atmosphere and reflect on the attributes of the atmosphere's Maker.

Finally, in the **fifth** dimension, the Moral Thinking dimension, we reflect on the value of the Earth's atmosphere and conclude that the Creator is communicating to us directly through His creative acts of making and sustaining the atmosphere.

To read more about the 5DT approach to the Earth's atmosphere, please click [here](#).

More than a Speck of Dust

Dr. Colin Turner

Don't Ask Who Created Us Then, Ask Who Creates Us Now!

One of the many ways in which deniers of the Creator try to make us partners in their denial is by stressing how insignificant we are. They say: "You are just one person out of seven billion people, living on one planet out of nine planets, orbiting one star out of 300 billion stars, in just one galaxy out of 200 billion galaxies. You are nothing more than an enormously insignificant speck of dust."

And yet I know that for me to exist, my parents had to exist. And for my parents to exist, their parents had to exist, and their parents before them, and so on. And for all of those people to exist, an earth had to exist. And for an earth to exist, a universe had to exist. And so on. This means that even though from one perspective I may appear to be 'insignificant', from another perspective, the whole of the universe was created just for me. This means that I'm not insignificant in the least and that in my creation, there was, and is, Someone who cares about me enough to create a whole universe on my account.



They also try to cover up the Source of our existence by obscuring it with temporal distance. They say, "We cannot possibly know what happened sixteen billion years ago, before the Big Bang, and so we are unable to say for sure where we came from."

But 'where we came from' is not the issue: where we COME from, right now, at this very moment in time, is the issue. It is clear that we cannot ask questions about what happened sixteen billion years ago, but we can ask about what is happening now. For my body is being created and re-created continually and continuously, as we speak: millions of cells are coming into existence and departing from existence, with the utmost order and harmony. Okay, let's not ask where we came from sixteen billion years ago, let's ask where we are coming from NOW.

A Universe in You

Aisha Alowais

On a moonless night, look up, and tell me what you see. The bejeweled sky with stars must have intrigued you to learn how it came to be, and who made it the way it is. Well, all stars were born in a "stars nursery" in space known as a *Nebula*. And believe it or not, *you* are in fact made of stardust! Let us now understand Nebulae using a 5D Thinking perspective.

Nebulae are made of dust and gases—mostly hydrogen and helium. Although the dust and gases are spread out, an invisible force called gravity is made to slowly pull together clumps of them. As these clumps get bigger, the force of gravity holding them together gets stronger. Eventually, the clump of dust and gas gets so big that it collapses from the apparent effect of its own gravity. As it collapses, pressure from gravity causes the material at the center to heat up, creating a protostar. One day, this core becomes hot enough to ignite fusion and a star is born.



In a chemical laboratory, scientists investigate the properties of matter at the level of atoms and molecules. They measure proportions and reaction rates in order to understand unfamiliar substances and how they behave, or to create new compounds for use in a variety of practical applications. Perhaps, the most chemists and scientists can do is create a powerful bomb, which is of course, harmful to all living beings. On the other hand, in the vast space of the universe, unhindered by walls and human-made instruments, stars are created from the most basic elements of matter- hydrogen and helium. Nebulae, supernovae, and stars are only a few examples of the beautiful creations of the Almighty.

Let us reflect on what happens in a chemical laboratory. It took millions of experiments for scientists to know which compounds when mixed together, result in the desired reaction. If we take a nuclear bomb as an example, when an atom of radioactive material splits into lighter atoms, there's a sudden, powerful release of energy. Many scientists were involved in the invention of the atomic bomb. Among them is J. Robert Oppenheimer, who is considered to be the "father of the atomic bomb".

A Universe in You

Aisha Allowais

So, how did an atomic bomb come to be? Can someone without knowledge in nuclear physics and chemistry contribute to such an invention? In nuclear fission, energy is gained by splitting apart heavy atoms, such as uranium, into smaller atoms such as iodine, cesium, strontium, xenon, and barium, to name just a few. Do you think it would have been possible for atoms on their own to invent a bomb? How about the wind? Can it randomly combine particles and tools to come up with such a destructive weapon? Just as the invention of an atomic bomb required a great deal of knowledge and experience, nebulae and stars must have a Creator behind them. Nature cannot randomly cause stars to be born, at any given time or place. Moreover, while nebulae are fascinating astronomical phenomena and an apparent cause for the birth of many stars, and most importantly, our star - the sun-, atomic bombs cause nothing but destruction to Planet Earth.

Were it not for nebulae, stars would not have been born, and consequently, there would be no life. Our Creator, with His infinite wisdom and knowledge, knew our need for the Sun and the other stars. In fact, during ancient times, when no satellites were around, people used to rely on stars for direction. They relied on them for determining date and time, and for the harvest season. The stars inspired scientists to come up with astronomical tools such as the astrolabe and the sextant to measure the distance of the sun and stars above the horizon. This allowed them to determine latitude- an important navigational tool.

Did you know that every atom in your body was made in a star? The basic components of everything within you and around you were made in a star and you are deeply connected to all of them. Your body is made of the remnants of a star after it took its last breath. So, in other words, you are the whole universe! You are connected to the leaves on a tree, the flowers in a garden, and the clouds in the sky. You are connected to humans, animals, and plants all over the globe. In fact, you are also connected to a comet, and even to a piece of dust on the surface of a planet in a galaxy far, far away.

Our Creator blessed us with eyes to observe those beautiful nebulae and stars. He gave us brains to invent devices such as binoculars and telescopes to help us observe those exquisite celestial objects that we are made of. As a matter of fact, there is a nebula called the Orion Nebula which can be seen with the naked eye so long as you are in a non-light polluted area. Isn't it amazing how our Creator made these nebulae a reason for life to exist on Earth? Shouldn't we be grateful to the Maker for these many gifts? Should we not praise the Maker of such amazing gifts? How would you live if the sky was starless? How would you live if our star was not born in the first place? Indeed, we should show the utmost appreciation for the valuable gift of nebulae and stars through the use of good words and fine deeds. We should not utilize our knowledge of chemical reactions in the universe for the manufacture of dangerous weapons. We should exploit energy, and nuclear fissions and fusions, for purposes that benefit humanity.

Book Review:

Jim Al-Khalili's *The House of Wisdom* by Dr. Necati Aydin

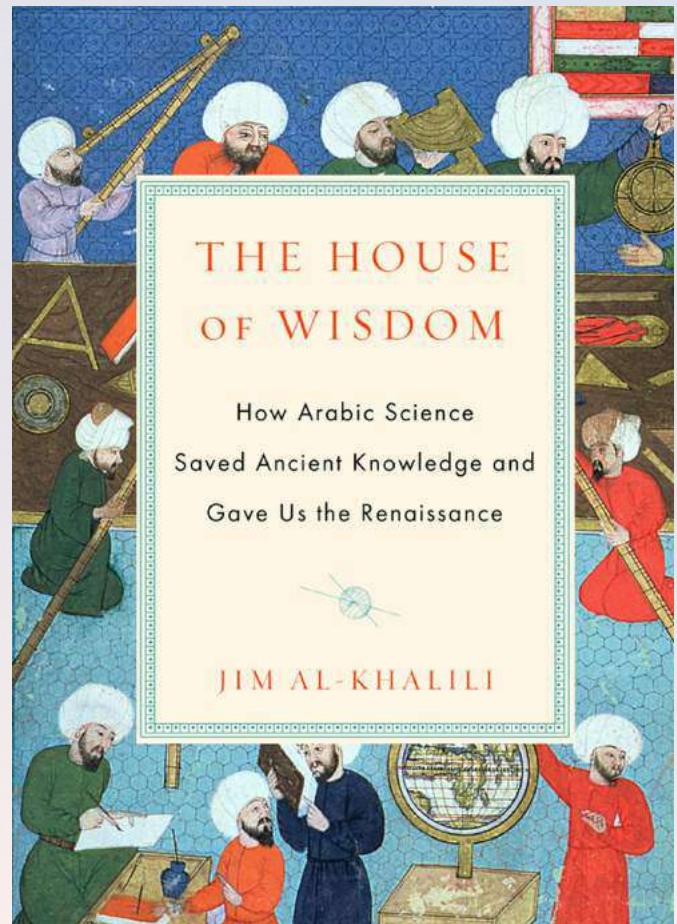
The book "The House of Wisdom" provides compelling arguments along with rich historical records on the role of Islam in the development of science. It is great reading for those who want to understand the historical interplay between Islam and science.

It is important to give some information about the author before discussing the major theme of the book. Jim Khalili is a British scientist who was born in Iraq from a devout Christian mother and an agnostic Shia father. He defines himself as an atheist. Thus, the motive of the author in writing this book is not religious. As a scientist, the author seems to be interested in exploring the

historical role of Islam in modern science. He felt obliged to write such a book once he came across many historical records that contradicted the common perception of Islam and science.

The book mainly covers the Golden Era of Islam which took place between the 7th to the 12th century, according to the author. While the Western world was in the Dark Ages, the Muslim world was experiencing its Golden Age of science and development. The book provides many examples that show how Muslims contributed to science, starting from the Abbasid Era. In fact, for over 700 years, Arabic was the language of science. Anyone who wanted to learn science from original sources had to learn Arabic. Of course, that did not happen overnight. After the emergence of Islam, early Muslim rulers had big ambitions to spread their faith by conquering new lands. As Muslims extended their territory, science also flourished with them for several reasons.

First, most Muslim rulers in that era provided patronage to scholars. For instance, during the Abbasid era, Baghdad became a vibrant center of scholarly activities due to such support. Scholars were invited to the palace to engage in debate. The Abbasid rulers employed many translators to translate books from other languages, mainly Greek, into Arabic. The translation movement lasted almost two centuries.



Book Review:

Jim Al-Khalili's The House of Wisdom

by Dr.Necati Aydin

Second, Muslim rulers and establishments gave great importance to the establishment of libraries. Though the tradition began with the Umayyad dynasty, it was the Abbasids who built a major library in Baghdad. It was called the House of Wisdom. The same model was later replicated by Fatimids in Egypt and Al-Andalus in Cordoba. In fact, the number of books at Cordoba's library during the Al-Andalus era was more than the number of books in the whole of Europe at that time.

Third, Muslims needed help from scientists to better practice their religion as they spread over three continents. Muslim scientists were exploring scientific ways to find the direction of the kiblah, determine times for the five daily prayers, and identify moonsighting for fasting in Ramadhan. For instance, Al-Khawarizmi primarily came up with algebra to solve the complex inheritance formula that the Qur'an ordains. In fact, the very word, algebra, came from the title of Al-Khwarizmi's book, Kitabul Al-Jabr.

Fourth, according to the book, it is an unfair claim to say that the contribution of Muslims in modern sciences is limited to the translation of Greek books. The book provides ample evidence that Muslims took science to a new level as they benefited from the translated books. In fact, the author makes it clear that modern science is the product of various civilizations including Greek, Chinese, Indian, Egyptian, and Muslim civilizations.

In short, the book provides highly convincing arguments along with compelling evidence for the positive role of Islam in the development of science during the Middle Ages. However, I think the author fails to uncover the true reason behind this amazing development. To me, it is the Quranic teachings with over 1000 verses about the universe that inspired Muslim rulers and scholars to give importance to the study of the universe. Unlike modern scientists, they were not seeking knowledge mainly as a means for power and wealth- they were looking for wisdom and Divine signs. That is because the Qur'an speaks of the universe like an elegant book full of meaningful verses.

Furthermore, the author appears to emphasize the contribution of the Shia scholars to the development of science amongst Muslims. Although he begins from the birth of Islam, he barely covers the Umayyad era. He puts all emphasis on the Abbasid era, with most credit given to Shia advisors and scholars. Despite these shortcomings, I certainly think the author did a great job in rightly placing Islam at the core of the historical development of modern sciences. It is an easy reading book with much to gain. After reading the book, I highly recommend watching the BBC documentary, Science and Islam, which is presented by the author based on this book.

REFLECTION TIME

A Traveler Seeking God

Indeed, every traveler who comes to the hospice and the realm of this world opens his eyes and wonders who is the master of this fine hospice, which resembles a most generous banquet, a most ingenious exhibition, a most impressive camp and training ground, a most amazing and wondrous place of recreation, a most profound and wise place of instruction. He asks himself too who is the author of this great book, and who is the monarch of this lofty realm.

.... a wondrous place of gathering known as space or the atmosphere begins thunderously to proclaim to that traveler come as a guest to the world, "Look at me! You can discover and find through me the object of your search, the one who sent you here!" The traveler looks at the sour but kind face of the atmosphere and listening to the awesome but joyous thunderclaps perceives the following.

The clouds, suspended between the sky and the earth, water the garden of the world in the wisest and merciful fashion, furnish the inhabitants of the earth with the water of life, modify the natural heat of life, and hasten to bestow aid wherever it is needed. In addition to fulfilling these and other duties, the vast clouds, capable of filling the heavens sometimes hide themselves, with their parts retiring to rest so that not a trace can be seen, just like a well-disciplined army showing and hiding itself in accordance with sudden orders.

Then, the very instant the command is given to pour down rain, the clouds gather in one hour, or rather in a few minutes; they fill the sky and await further orders from their commander.

Next, the traveler looks at the wind in the atmosphere and sees that the air is employed wisely and generously in such numerous tasks that it is as if each of the inanimate atoms of that unconscious air were hearing and noting the orders coming from that monarch of the universe; without neglecting a single one of them, it performs them in an ordered fashion and through the power of the monarch. Thereby it gives breath to all beings and conveys to all living things the heat, light, and electricity they need, and transmits sound, as well as aiding in the pollination of plants.

The traveler then looks at the rain and sees that within those delicate, glistening sweet drops, sent from a hidden treasure of mercy, there are so many compassionate gifts and functions contained that it is as if mercy itself were assuming shape and flowing forth from the dominical treasury in the form of drops. It is for this reason that rain has been called "mercy."

REFLECTION TIME

A Traveler Seeking God

Next, the traveler looks at the lightning and listens to the thunder, and sees that both of these, too, are employed in wondrous tasks.

Then taking his eyes off these, he looks to his own intellect and says: "The inanimate, lifeless cloud that resembles carded cotton has, of course, no knowledge of us; when it comes to our aid, it is not because it takes pity on us. It cannot appear and disappear without receiving orders. Rather it acts in accordance with the orders of a most powerful and compassionate commander. First, it disappears without leaving a trace, then suddenly reappears in order to begin its work. By the command and power of a most active and exalted, a most magnificent and splendid, monarch, it fills and then empties the atmosphere. Inscribing the sky with wisdom and erasing the pattern, it makes of the sky a tablet of effacement and affirmation, a depiction of the gathering and the resurrection. By the contriving of a most generous and bountiful, a most munificent and solicitous sustainer, a ruler who regulates and disposes, it mounts the wind and taking with it treasuries of rain each as heavy as a mountain, hastens to the aid of the needy. It is as if it were weeping over them in pity, with its tears causing the flowers to smile, tempering the heat of the sun, spraying gardens with water, and washing and cleansing the face of the earth."

That wondering traveler then tells his own intellect: "These hundreds of thousands of wise, merciful and ingenious tasks and acts of generosity and mercy that arise from the veil and outer form of this inanimate, lifeless, unconscious, volatile, unstable, stormy, unsettled, and inconstant air, clearly establish that this diligent wind, this tireless servant, never acts of itself, but rather in accordance with the orders of a most powerful and knowing, a wisest and generous commander. It is as if each particle were aware of every single task, as a soldier understanding and hearkening to every order of its commander, for it hears and obeys every dominical command that courses through the air. It aids all animals to breathe and to live, all plants to pollinate and grow and cultivates all the matter necessary for their survival. It directs and administers the clouds, makes possible the voyaging of sailing ships, and enables sounds to be conveyed, particularly by means of wireless, telephone, telegraph, and radio, as well as numerous other universal functions.

"Now these atoms, each composed of two such simple materials as hydrogen and oxygen and each resembling the other, exist in hundreds of thousands of different fashions all over the globe; I conclude therefore that they are being employed and set to work in the utmost orderliness by a hand of wisdom.

Source: 7th Ray, Supreme Signs by Said Nursi

Shaheen: The King of the Skies

by Saba Irshad Ansari



The Shaheen falcon (*Falco peregrinus peregrinator*) belongs to the family Falconidae. It is a subspecies of the Peregrine falcon (*Falco peregrinus*) which is known to hunt down its prey at a whopping speed of over 320 km/h (approximately 200 mph). Mainly found in the Indian subcontinent, the Shaheen falcon is also known as the black Shaheen or Indian peregrine falcon. To catch its prey, it flies high then dives down at a very high speed- a characteristic feature that distinguishes falcons from eagles and vultures. Shaheen falcons live on high cliff edges and mountain ranges. "The air pressure from such a dive could possibly damage a bird's lungs, but small bony tubercles on falcon's nostrils are theorized to guide the powerful airflow away from the nostrils, enabling the bird to breathe more easily while diving by reducing the change in air pressure." [1] Their wings are strong and somewhat pointed in shape. Falcons do not build their nests; they scrape soil or vegetation on mountains and cliffs to lay their eggs. They usually feed on small birds and sometimes on rodents and reptiles. They themselves fall prey to larger birds and animals at times but have also been known to scare away the birds from their eggs.

Falcons remind me of the jet planes that are used for air shows during military parades or celebratory occasions in which the plane glides and swoops in the air and leaves behind a white, or colored, trail. One has to be a master of aeronautical engineering to know how to manufacture jet planes. So, how do jet planes work?

Shaheen: The King of the Skies

by Saba Irshad Ansari

Jet planes have engines that pass air through a sequence of steps where it is first compressed then ignited by a spark and finally ejected. This whole process is designed to produce a high-pressure exhaust that is expelled out the back of the engine, resulting in thrust. This allows the plane to be propelled forward. Millions of dollars are spent every year to design and manufacture fighter jet planes, making jet planes one of the most expensive commodities of a nation. "The Lockheed SR-71 Blackbird is the fastest jet aircraft in the world, reaching speeds of Mach 3.3 – that's more than 3500 kph (2,100 mph)."[2]

The huge jet aircraft instill in us a sense of achievement and pride, and they also tell us about their craftsmen- the engineers, manufacturers, etc. A massive team effort coupled with an exorbitant amount of money and high-tech machinery is required to make one jet plane. Just as a jet plane has a maker, does it not make it reasonable to say that falcons must have a Maker too? The master plan of a jet plane was designed quite early but it was not until the 20th century that it came into fruition with the help of ever-advancing technology. The minute details that go into the making of an aircraft speak of the designer's knowledge. Then, does it not make us wonder what kind of knowledge is needed to create a falcon that is far more complex and delicately designed than a plane in the sense that it is a living creature with multiple contributions to the ecosystem? Who could have possibly taught the falcon the art of gliding high in the air? Who has designed it to overcome the air pressure it experiences when it dives down to hunt its food? The falcon has to have an exact perception of the time and distance from its prey in order to avoid missing the mark. Who could have designed falcons with such exceptional detail? Is it not sensible to say that the Creator of the falcons must be the One who has complete knowledge of everything, and who is Wise enough to design the falcons in a way that best meets their needs?

The scientific study of a falcon actually strips open the underlying hidden meanings behind its existence- the esoteric meanings. The falcon is actually reflecting- like a mirror- the Divine Attributes. Its existence is pointing to the One who is All-Powerful and Extremely Wise. These questions clearly indicate that the Maker of these wonderful creatures is One- the Almighty. The falcon's Creator must be the Most Knowledgeable, the Most Merciful and The Beneficent. The fact that all things in the universe are interconnected i.e. the Maker of one thing is the Maker of all things, indicates His Unity and Unicity. By reigning the skies with their efficient wings, the falcons are manifesting the reflection of the King of all the kings who is the Best of Fashioners.



Shaheen: The King of the Skies

by Saba Irshad Ansari

We have a lot of moral lessons to learn from the falcons. The greatest of these lessons is the fact that falcons are a constant reminder of God Almighty whose signs they manifest. It is through the realization of the Most Powerful that we release our ego and become kind and compassionate towards our fellow creatures. A falcon teaches us to dream big and fly high. It teaches us to be persistent towards our goal in life. A falcon can only be found in high altitudes and does not build a nest using twigs or leaves. This teaches us not to get too attached to the transient, finite world but rather embrace the struggles of life and work our way towards our final abode. It also teaches us to stay outside our comfort zone and work hard.

Muhammad Iqbal, one of the greatest poets and an Islamic revivalist of the 20th century Indian subcontinent was so fascinated with these intelligent birds that he penned an entire ghazal on them titled "Shaheen" which is a part of his book Bāl-e Jibrīl (Gabriel's Wing). Iqbal has likened falcons to the youths of the country in a bid to boost up their morale. Below is a couplet from his ghazal "sitāron se āgey jahān aur bhī hain" taken from his book "Bāl- e Jibrīl:

**تو شابیں بے پرواز بے کام تیرا
تیرے سامنے آسماں اور بھی ہیں**

**You are a falcon, flight is your mission,
There are many skies laid out before you (to conquer).**



1] "Peregrine falcon". Wikipedia. Retrieved Sept 19, 2021, from https://en.m.wikipedia.org/wiki/Peregrine_falcon

[2] "The Fastest Jet Aircraft on the World". Retrieved Sept 19, 2021 from <https://artsandculture.google.com>

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



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