

THE 5D THINKING NEWSLETTER

A UNIQUE APPROACH TO READ THE UNIVERSE



Special read: *McDonald's and the Apple Tree* by Yunus Cengel

**SNEAK PEAK
OF WHAT'S
INSIDE:**

*How does the
brain work?*



News corner:
Summer
School 2020

Welcome to the first edition of

The 5D Thinking Newsletter!



Dear Subscriber,

We are delighted to launch this newsletter which we hope will inform and inspire you with the Five Dimensional (5D) Thinking Approach to explore the universe through the lens of science.

Our first issue highlights our first certificate program, *A Holistic Approach to Sciences Through 5D Thinking*, which was hosted virtually by Uskudar University over the summer and dives into the first featured topic of the 5D Thinking series – *The Brain*. The issue also contains a summary of a thought-provoking blog article by Dr. Yunus Cengel in which he compares the Divine creation of an apple tree to the making of a hamburger, as well as a review of our featured book, *Said Nursi and Science in Islam* by Dr. Necati Aydin.

We want you to value this newsletter so please do not hesitate to share your suggestions and feedback to help us improve. You can unsubscribe at any time by clicking the link at the bottom of the newsletter. However, if you want to learn more about how to apply the 5D Thinking Approach to your own learning journey, or to the learning experience of your students or children, we believe you will find these newsletters useful.

As we approach the end of this unique year, we wish you all true happiness, pure joy, sweet bounties, and the untroubled pleasure which comes with the knowledge and love of God.

We hope you enjoy reading this newsletter.

On behalf of the 5D Thinking Team,

Nadine Kamal



5D Thinking Topic 1: **THE BRAIN**

The 5D thinking approach considers pure science as a great way to reveal the Divine signs in the book of the universe. It aims to help students, parents, and teachers to derive certain character lessons from scientific knowledge. In the first topic of the 5D Thinking series, we take a journey into our miraculous brain.

In the first dimension, *Analytical Understanding*, we explore the intricacies of the left and right hemispheres of the brain, discovering why it is 'plastic' and uncovering some fascinating scientific facts about it.

Next, in the second dimension, *Analogical Thinking*, we compare the brain to a Central Processing Unit (CPU). We highlight the similarities and differences between the brain as the control center of the body and a computer processor that sends and receives signals to a computer's various components.

Then, in the third dimension, the Critical Thinking dimension, we reflect on how a computer processor must be the product of intelligent people with access to a wide range of resources and cumulative knowledge. Similarly, we discuss why the brain could not have been created by blind causes, nature, or chance.



In the fourth dimension, Meditative Thinking, we demonstrate how the human brain, whose components are essentially made of what we eat and drink, must have been designed and maintained by a Maker who possesses will, knowledge, wisdom, and power. We discover the Hidden Hand behind the carefully interconnected and organized activities in our brain.

Finally, in the fifth dimension, the Moral Thinking dimension, we reflect on the value of the brain in our daily lives. We try to imagine how the quality of our lives would be affected should our brains be damaged in any way. We learn that the best way to show gratitude to the Most Generous Giver of this wonderful gift is to remember its Maker, reflect on the greatness of his gifts and show appreciation through good words and actions.

For a free download of "The Brain", [please click here!](#)
To test your knowledge of this unit, take a quiz by [clicking here](#).
To test your friends and/or students, take this Kahoot quiz by [clicking here](#).

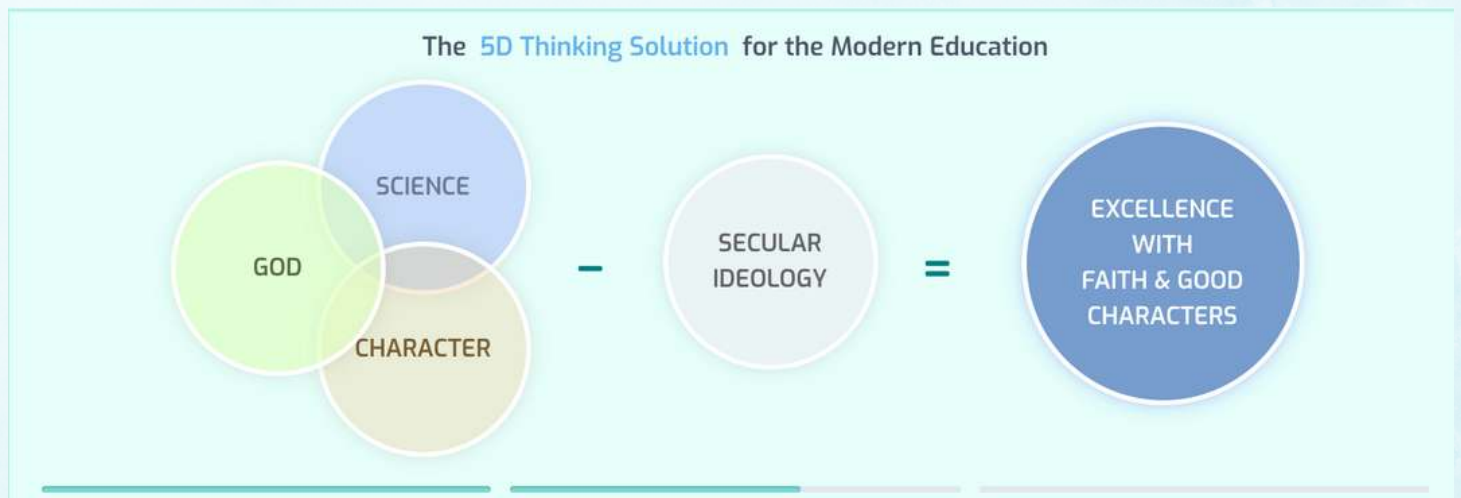


An Overview of the 5D Thinking Approach: The What and How of 5D Thinking

by Aisha Al Owais

When it comes to the Five Dimensional Thinking approach, there is so much to learn! In this issue, we will focus on what the 5D Thinking paradigm is and how it came about.

The Five-Dimensional (5D) thinking approach is unique in that it enables one to read the universe like an elegant book. This approach does not follow other eclectic approaches that simply add religious and ethical messages to scientific knowledge. Rather, it is an integrative approach that helps to derive meaning and character lessons from the scientific study of the universe. Thus, the 5D Thinking method enriches our scientific understanding of the universe by enabling us to see five different dimensions of experienced reality.



First, the Analytical Thinking dimension demonstrates how to filter embedded atheistic ideology from pure scientific knowledge, without ascribing the ultimate reality to material causes, nature, or chance. **Second**, the Analogical Thinking dimension is utilized for deeper understanding and a better appreciation of scientific phenomena by comparing amazing objects in the universe with man-made ones. **Third**, the Critical Thinking dimension leads one to reject material causes, natural laws, and random chance as the sources of amazing objects in the universe. The **fourth** dimension, the Meditative Thinking dimension, allows one to explore the metaphysical aspects of amazing beings in the universe to see how they are connected to each other and to their Maker. Lastly, the **fifth** dimension, which is the Moral Thinking dimension, requires one to reflect on the countless beneficial things in the universe as unique and precious gifts from God, and to offer sincere appreciation to Him through good words and deeds.

Book Review:

“Said Nursi and Science in Islam: Character Building through Nursi’s Mana-i-harfi”

by Nadine Kamal

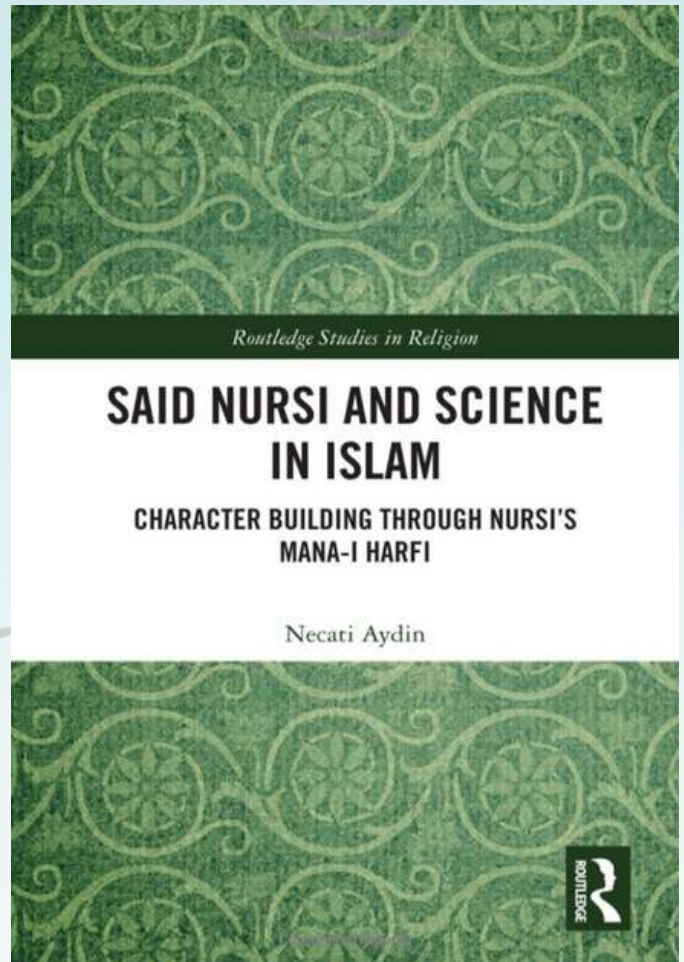
In this brilliant exploration of an alternative to the dry, positivist understanding of science adopted by modern civilization today, Dr Necati Aydin takes us on a journey into the mind and vision of the influential scholar Bediuzzaman Said Nursi.

This book delivers a thorough analysis of the concept of the *mana-i-harfi*, which is a framework through which a transcendental dimension of reality is observed within physical phenomena. Readers are given the opportunity to explore what happens when they choose to see beyond the surface of scientific phenomena by adopting the *mana-i-harfi*, or indicative, approach.

Dr Aydin fills a gap in the literature by offering unique solutions to the problems of addressing the boundaries between science and spiritual meaning. He blends these insights into the argument that when what is observed in science is interlaced with meaning, one is led to adopt a more purposeful, character-laden life.

This book is a must read for anyone who wishes to witness how changing the lens through which science is explored will elevate what is observed and experienced from ordinary to miraculous.

Click on the image to purchase the book!



Summary of Dr. Yunus Cengel's "McDonald's and the Apple Tree (Life)"

by Yunus Çengel

Professor Emeritus at the University of Nevada and the author of several well-known college textbooks in Engineering.



Have you ever thought about how a McDonald's burger is made? I'm sure you think it's only a matter of frying beef patties, putting them in buns, and adding some cheese and vegetables. While this is correct, the actual process is much more complicated. It begins with receiving supplies from a distributor, making an inventory of the items required, and then making the actual meals and serving them. Now, think about it- do you think the supplies received can turn into burgers on their own? Will they somehow come together and present themselves as a juicy sandwich? There must be someone behind all of this- a mastermind who's in charge of ordering the supplies, employing staff to run the restaurant, and finally maintaining the business.

Likewise, the making of an apple is a similar yet more sophisticated process. To make an apple, one would need to gather minerals from the soil, capture the sun's rays and atmospheric gases, and make them all interact. Not only that, but the DNA of the apple tree needs to be recorded in a seed-like medium and buried deep within the soil. Yet, even if we did all of that, nothing would happen! This is because the process of making an apple tree is beyond human power and intelligence. Therefore, this indicates that there is an all-knowing Maker who has the know-how behind the creation of an apple and the will to make it happen.



In Yunus Cengel's blog post on the 5D Thinking website, he presents the analogy of the McDonald's hamburger and apple tree through the *mana-l harfi* approach. From his article, we realize that there must be a mechanism within the apple tree with the purpose, knowledge, and power to do what it is being done. Whether we admit it or not, that virtual mechanism which accommodates life must be in place, unless we prefer to believe in magic. To enjoy the complete article, check it out on the 5D Thinking website in the blogpost section.

Read, Rate and Comment!

[Click here to read the full article!](#)

News Corner: Online

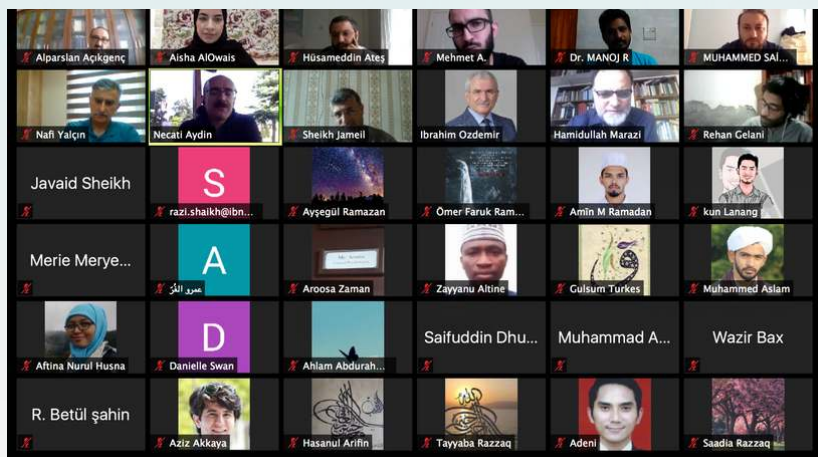
Summer School 2020 Certificate Program

by Aisha Al Owais

Although 2020 has been the year of a global pandemic, a lot of doors have opened for collaboration amongst people from different parts of the world. Last summer, Uskudar University virtually hosted a program entitled A Holistic Approach to Sciences Through 5D Thinking. The program was held from June 29th to August 7th.

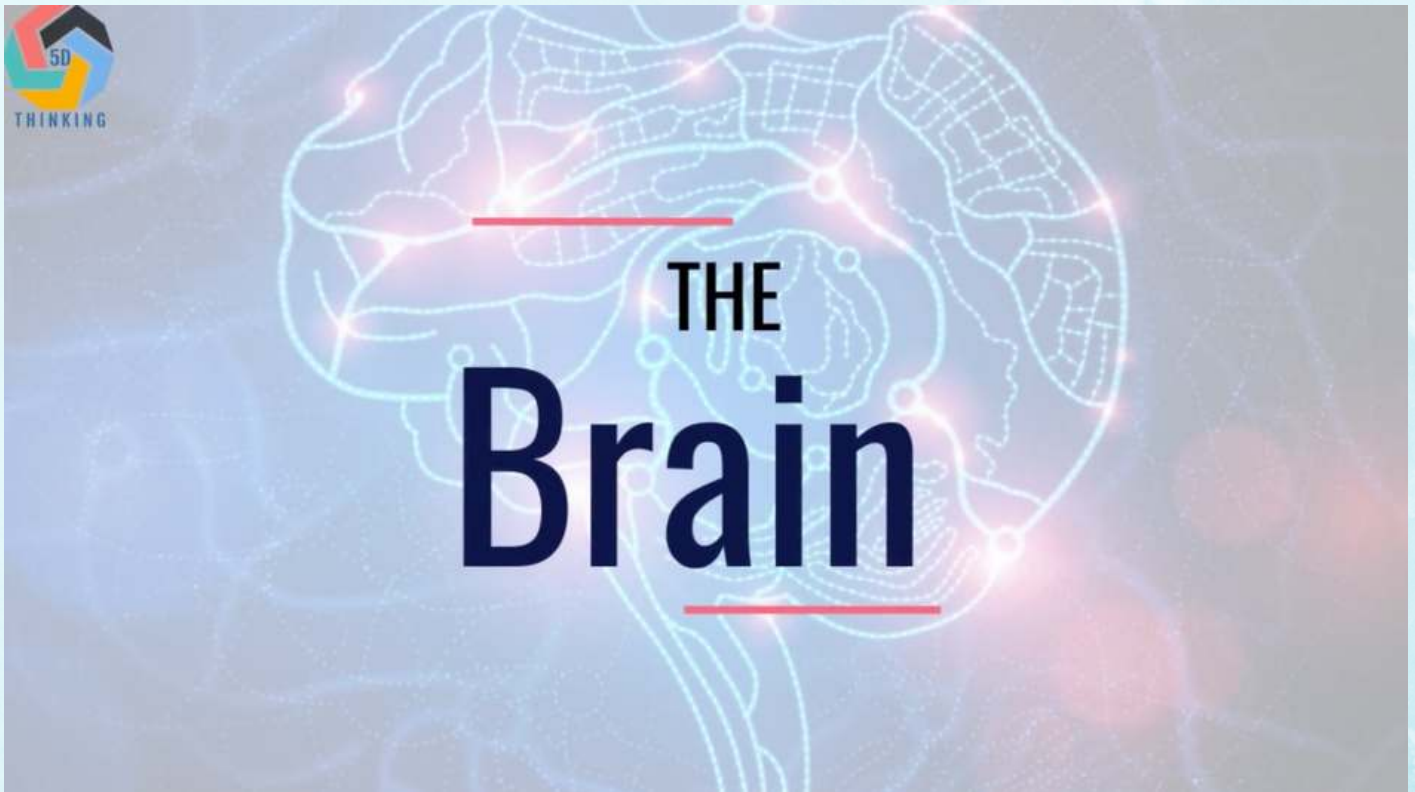
The aim of the program was to introduce a unique method that enables individuals to derive certain character lessons from scientific knowledge. The method, known as the 5D Thinking Method, is based on the premise that ideology-free science and authentic divine messages do not contradict each other.

The program offered two Master level courses: “Epistemology of Science and 5D Thinking: A Theoretical Approach”, and “A New Understanding of Science through 5D Thinking: A Practical Approach”. The courses were led by two instructors, Prof. Alparslan Acikgenc and Prof. Necati Aydin, respectively. Lectures were also presented by notable guest instructors such as Prof. Colin Turner, Prof. Yunus Cengel, Prof. Ibrahim Ozdemir, Ms. Shukran Vahide and a few others.



The program hosted 50 students from 17 different countries. 38% of the students were Master’s degree holders, 29.3% had PhDs, 19.5% were graduate students and 12.2% were Bachelor students. The students hailed from different academic backgrounds such as Psychology, Computer Science, and Islamic studies. To consolidate the knowledge gained in the program, the students presented and applied their knowledge in their term papers which reflected an excellent understanding of the key concepts of the program.

Click on the image below to view the YouTube clip on the first topic of the 5D Thinking approach.



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