August 3rd, 2021, Issue No. 11

THE 5D THINKING NEWSLETTER

A UNIQUE APPROACH TO READ THE UNIVERSE

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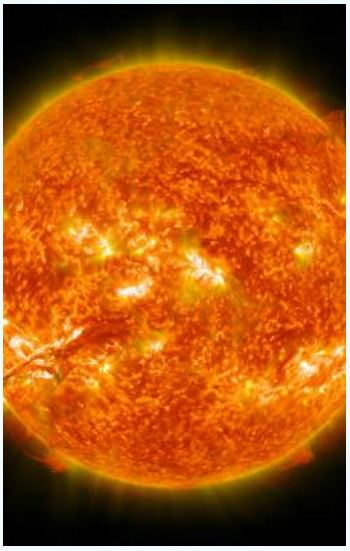
Special read: The Hanging Homes by Saba Irshad Ansari

SNEAK PEAK OF WHAT'S INSIDE:

- *5D Thinking on Multisensory Integration*
- *The Sun as a Sign*



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Book Review:

What is Life?

by Nobel Laureate Paul Nurse

Welcome to the eleventh edition of

The 5D Thinking Newsletter!

Dear Subscriber,

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

In this issue, you can explore the 5DT approach to Multi-Sensory Integration- a fascinating topic covered in more detail in the concluding chapter of our soon to be published first book "The Brain and Five Senses". In this edition, you can also read Saba Irshad Ansari's thought-provoking blog article "The Hanging Homes" and a review of Nobel Laureate Paul Nurse's book "What is Life?" by Dr Necati Aydin. For a unique reflection on the Sun, , be sure to read "The Sun as a Sign" by Aisha Al Owais and Dr Colin Turner's beautiful reflection piece "Distant, Yet So Close".

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 Thinking (5DT) Approach to education.

On behalf of the 5D Thinking Team,

Nadine Kamal

The 5DT Approach to Multi-Sensory Integration

from "The Brain and the Five Senses"

Some scientists believe that the five senses are in fact just one sense. By this, they mean that all the senses are parts of a single system. Your brain combines the stimuli from your five senses into one conscious thought, such as: 'It feels peaceful here'. Like gathering the pieces of a puzzle, it combines the input from your five senses in a process called multisensory integration. In this final chapter, we will explore the concept of multisensory integration.

Multi-sensory integration refers to how the five senses work together to achieve a certain function or outcome. This means that the various body systems such as vision, hearing, smell, taste and touch are interconnected like pieces in a puzzle. It is only when the puzzle is complete and the brain receives data from all the senses that we can see the whole picture. This concept is first developed by an eleventh century physician and philosopher known in Islamic civilization as Ibn Sina (d. 1036) and in the West as Avicenna. He argued that we have an internal sense called "common sense" (al-hiss al-mushtarak) which combines all the data received from individual external five senses. Therefore, for Ibn Sina multisensory integration is achieved by the common sense. Then, this combined data is sent to the mind where it undergoes the process of thinking.

To read more about the 5DT approach to Multi-sensory Integration , please click here.

The Sun as a Sign

Aisha Alowais

Believe it or not, we depend on a star to live. The Sun, the closest star to us, is placed at a distance where if changed by merely 1%, life on Earth would end. Due to its perfectly placed position in space and with respect to the Earth, we are able to live and thrive. For deeper understanding and appreciation, let us have a five-dimensional reflection on the sun:

Our Sun is a yellow dwarf star, a hot ball of glowing gases at the heart of our Solar System. It is made of 91% hydrogen and 8.9% helium. The Sun has six regions: The core, the radiative zone, and the convective zone in the interior; the visible surface, called the photosphere; the chromosphere; and the outermost region, the corona. The boundary between the Sun's interior and the solar atmosphere is called the photosphere. It is what we see as the visible "surface" of the Sun. Today, we seek light even in the evening, and for that we use lamps. In fact, we use them during the day also.

Let us compare the Sun to artificial light. The Sun is essential for every creature on Earth; plants, animals, and humans need sunlight to live. The lamp, however, has limited benefits for humans only. While sunlight is unlimited and free, artificial light is not. Moreover, sunlight is used to produce energy through solar panels for a cleaner environment, while artificial light consumes energy.

Did you ever wonder how artificial light came to be? Well, after the widespread use of candles, gas lights, oil lamps, and fire, English chemist Humphry Davy developed the first incandescent light in 1802, followed by the first practical electric arc light in 1806. Over the decades, many other scientists continued to develop electric lights. For example, in 1878, after nearly 1000 failed attempts, Thomas Edison filed his first patent application for "Improvement In Electric Lights". Do you think it would have been possible for animals to have such an invention? How about the wind? Will it be able to produce such tool through random pushing of matter?

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Just as the invention of electric light required great minds and consistent improvement to reach the level of sophistication that exists today, Sunlight too must have a Creator behind it. Nature cannot randomly create light and energy from simply placing helium and hydrogen together. Furthermore, as the sun's energy is based on a nuclear explosion, it took thousands of years for humanity to learn how to use nuclear energy. Of course, the first thing we, humans, did was to build atomic bombs and kill thousands. Contrastingly, God uses nuclear explosions in the sun to support life on the earth.

The Sun is, yet again, another beautiful sign in the miraculous book of the universe. When the Sun was created in the nebula - the area in space where stars are formed, its leftovers lead to the formation of planets later on. The Sun, as the heart of the Solar System, was given gravity to allow planets to be arranged in their respective order. It is because of the design and existence of the Sun that plants are able to grow via photosynthesis, that humans and animals get sufficient Vitamin D, and that the weather, ocean currents, seasons, and climate are derived.

Our Maker reveals His infinite knowledge, wisdom, and power to us through His signs in the universe. Indeed, He is aware of how sunlight is vital to creatures on earth and to celestial bodies in our Solar System. He connects nature, plants, animals and all human beings by keeping us in sync and in harmony with the universe's rhythms. He communicates His kindness to us through the granting of such an amazing source of life at no charge.

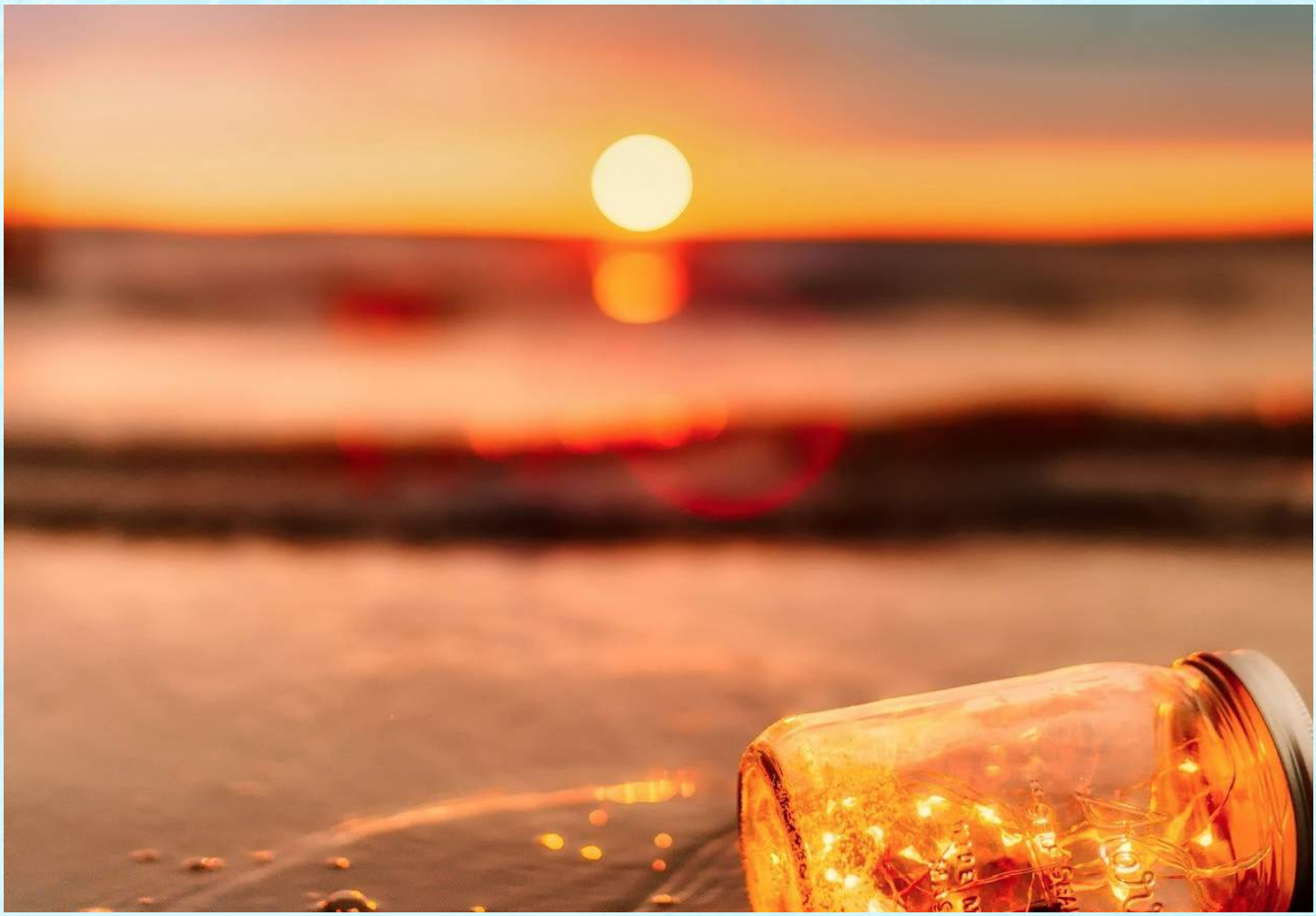
The perfect succession of day and night, the changing of the seasons, and the nutrients provided through the Sun are just a few of the many signs that point to the Maker's infinite knowledge and flawless creation. Our Creator blessed us with eyes to observe the sunrise and sunset everyday, ears to hear the humming birds at the dawn of each morning, and skin to feel the heat of the Sun especially when we seek warmth in cold times of the year. Through the Sun, flowers grow and give off pleasing scents. Shouldn't we be grateful to the Maker of the these many gifts? Should we not praise the Maker of such amazing gifts? What would you do without sensing the Sun everyday? How would you time your day? How would you grow? How would you eat and sleep? Indeed, we should show the utmost appreciation for the valuable gift of the Sun through the use of good words and fine deeds.

Distant, Yet So Close

Dr. Colin Turner

Whenever I wonder how my Creator could have the same private and personal relationship with me that He has with everything and everyone else, I remember looking at the reflection of the sun on droplets of water, on bubbles and on shards of glass. I remember seeing in each droplet, each shard and each bubble a tiny image of the sun, and I wondered whether those droplets, shards and bubbles were all wondering what I was wondering...

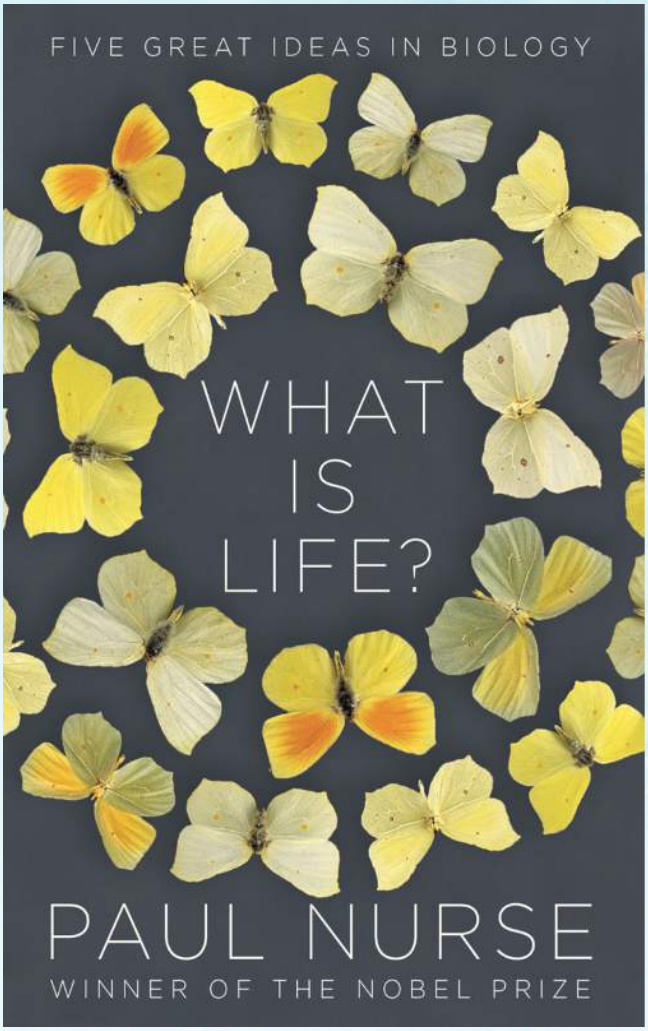
For indeed, although there is only one sun in the sky, through the mystery of unity, its image can be found in each and every mirror-like object as though it existed for that object and for that object alone. And so while the sun is distant from the things It 'touches', its image is as close to them as they are to themselves. Similarly, while our Creator is infinitely distant from all of us, through the mystery of unity He is closer to each of us than our 'jugular vein'...



Book Review:

Paul Nurse's What is Life?

by Dr.Necati Aydin



What is life? It seems like a very simple question. We see living beings all the time. We, as living beings, are fully immersed in life. In fact, we are made of trillions of tiny living beings called cells. However, we still do not know what life is. Scientists- who have dedicated their whole lives to this question- do not know either. That is why Dr. Paul Nurse, who was awarded the Nobel Prize for his work on the Cell Cycle, decided to write a book to address this age-old question. Of course, he was neither the first nor the last person who attempted to define life.

However, he is perhaps one of the most qualified given the fact that he has studied nothing but living cells in his lifetime. Does he have a definite answer? I'm not sure- even after reading his book.

The book is a perfect example of pure science mixed with a perplexing ideology. On the one hand, it provides an excellent narration of scientific discoveries about life. On the other, it injects readers with a carefully embedded ideology of materialism and naturalism. Even the very description of life is not ideology-free. The author considers evolution a necessary property of life. Why can't we have life without evolution?

The book explores the answer to the "life" question through so-called five great ideas in Biology. The book begins with the Cell Theory talking about how scientists discovered the cell as the basic unit of life.

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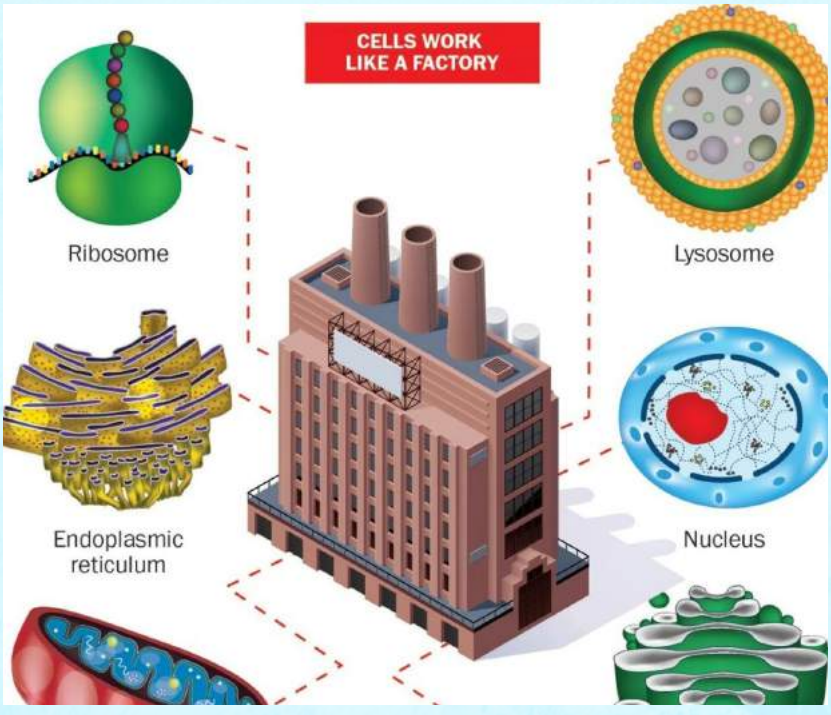
Second, it discusses the gene as the collection of information that builds, maintains, and replicates life. Third, it discusses evolution by natural selection as a way for living beings to adapt to their environment. Fourth, it travels deep into the cell as a chemical factory as a basis of everything in living beings. Finally, the book points to the necessity of collection and analysis of the information at the cellular level to maintain life.

Both the great and ugly sides of modern science are visible in the book. The part which only talks about scientific facts is amazing. In fact, it is through such science that we learn more about the inner world of cells. The discoveries of cells, DNA, and genes are indeed worthy of great praise. For that matter, scientists have done an excellent job in revealing WHAT is happening inside a tiny cell. The problem begins when they attempt to attribute this amazing work inside the cell to proteins, enzymes, or genes. In other words, scientists fail us as they try to answer the WHY question from a materialistic point of view.

The book provides a great narration in describing WHAT is happening inside cells. The story begins with the basic components of cells. Basic elements such as carbon, hydrogen, oxygen, and nitrogen come together to form amino acids. Then, 20 amino acids come together to form thousands of proteins which appear to be responsible for extremely complicated tasks that are coded in DNA. In fact, proteins are also built based on this information. It seems that what we eat ends up working as a team of amazing experts in the chemical factories of cells. As the book explains, a living cell is nothing but an amazing chemical factory. Proteins seem to work like brilliant workers building organs and tissues along with many other tasks. In fact, as we learn more about WHAT is happening inside a single cell, it is impossible not to be amazed. None of the high-tech factories today could be a match with the chemical factory running inside each cell. Let us listen together to how Dr.Nurse explains WHAT is happening inside each cell:



" Purposeful behavior is one of life's defining features, but it is only possible if living systems operate as a whole. Consider this at the level of the cell. Each cell contains a profusion of different chemical reactions and physical activities. Things would rapidly break down if all these different processes operated chaotically, or in direct competition with one another. It is only by managing information that the cell can impose order on the extreme complexity of its operations and therefore fulfil its ultimate purpose of staying alive and reproducing.

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To understand how this works, remember that the cell is a chemical and physical machine that behaves as a whole. You can understand quite a lot about a cell by studying its individual components, but to function properly, the multitude of different chemical reactions operating within the living cell must communicate with each other and work together cohesively. That way, when either its environment or its inner state changes – perhaps the cell runs low on sugar or encounters a poisonous substance – it can sense that change and adjust what it does, thereby keeping the whole system functioning as optimally as possible. Just as a butterfly gathers information about the world and uses this knowledge to modify its behavior, cells are constantly assessing the chemical and physical circumstances both within and around them, and using that information to regulate their own state."

It is impossible not to be amazed at the above-narrated activities inside each cell. HOW does it all happen? This is where the author fails readers as he attempts to explain HOW those amazing activities are happening. He gives agency to certain components of the cell such as enzymes, genes, and proteins as if they have the consciousness to know how to read the coded information and perform extremely complicated tasks. Dr. Paul Nurse is not alone in making such a mistake. There are many scientists who explicitly or implicitly believe in the consciousness of cells. For instance, Dr. Jonathan Edwards from UCL published an article in 2005 in the Journal of Consciousness Studies arguing that “every neuron has a version of our consciousness.” Dr. Paul King from UC Berkeley thinks we can consider each cell, not just the brain as conscious given their awareness and communication with each other.

Do scientists have evidence of cellular consciousness? Of course not. They conclude this from the observed behaviors of cells since cells seem to act as if they have consciousness. Why do we have to attribute those actions to the cells? Can we not think outside the box by ascribing those acts to the All-Knowing, All-Powerful, and All-Wise Creator?

No, we can’t do that because we will be ridiculed by many scientists. In reality, it is more ridiculous to believe that the proteins in the food we eat suddenly become geniuses when they enter a living body. As the book explained well, protein is nothing but a mix of certain basic elements that are unconscious, blind, and deaf. Let us think about it. Oatmeal contains a great amount of protein. Is it possible for oatmeal to learn how to work in a car factory and build cars? Of course, it is not. It is a ridiculous idea to think that way because oatmeal does not have any consciousness. A living cell is more complex than any car factory, according to science. Then, how is it that the same protein, once inside a human body, can work in cell factories like a great engineer? What is the magic of giving such amazing skills to those tiny components of food? Do food ingredients gain intelligence once they become components of living cells?

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You do not need to be a Nobel Laureate to know that the ingredients of livings cells are not capable of doing anything on their own because they do not have any consciousness, knowledge, will, or power. They are no different from pebbles of sand. Amazingly, when they come together in a particular way, they seem to do brilliant work. Science is supposed to inform us about these amazing activities but stops there. As another Nobel Laureate, Richard Feynman, says “we cannot make the mystery go away by “explaining” how it works. We will just tell you how it works.” The book is great when it talks about WHAT is happening as non-living beings mysteriously turn into living beings and do amazing work. The mistake is to answer WHY questions by assuming that the mystery comes from material causes.

The book reminds me of Said Nursi’s mana-i harfi and mana-i ismi concepts. According to Nursi, everything is like a mirror that shows itself and reflects something beyond itself. Thus, when we look at a mirror, if we see glass, that is the mana-i ismi aspect. If we see a reflection in the mirror, that is mana-i harfi aspect. Obviously, we use a mirror to see a reflection of ourselves. Therefore, when we look at a mirror, we pay attention to the reflected images, not to its glass. Similarly, Nursi argues that we should reflect on the reflected meaning of beings more than their material composition. Of course, there is nothing wrong with paying attention to the glass of mirrors as well. In fact, we need to have someone who pays attention to the production and maintenance of mirrors. Thus, if pure science focuses on the mana-i ismi aspect of beings, that is perfectly fine. However, when science ascribes the mystery to material causes instead of describing how causes appear to work, it delves into the domain of mana-i harfi aspect using a mana-i ismi perspective. That is a serious problem. It is like claiming that the reflections in a mirror come from the glass of the mirror. Just as it is ridiculous to talk about reflected images without acknowledging the reflected objects, it is also ridiculous to talk about reflected knowledge, wisdom, and power in cells without acknowledging the presence of the All-Knowing and All-Powerful Creator.

In short, we need to separate pure science from ideology. I understand the secular approach of not mentioning God in a scientific narration. Then science should address the WHAT question by only describing what scientists discover. It should not address the HOW question through material causation. As discussed by some philosophers such as David Hume, science does not go beyond apparent phenomena. It can only explain what is observed. It does not know about the true causal mechanism. Assuming matter is the only reality and explaining the observed phenomena through material causes or natural laws is not a scientific answer. It is a materialistic ideology attempting to address the HOW question. Instead, we should either limit science to the WHAT question (or mana-i ismi dimension of beings) and refer to philosophy and religion for the metaphysical questions of HOW and WHY (mana-i harfi dimension of beings).

The Hanging Homes

by *Saba Irshad Ansari*

One rainy day, after the storm calmed down and the sky was clear, I went on the terrace to enjoy the weather. An exquisite nest hanging on the branch of a tree in our neighborhood caught my eye. On another branch of the tree were its owners perching and chirping as if they were making their presence known, guarding their valuable home from predators. The nest was tear-shaped with an entrance at the bottom carefully weaved with twigs and grass strands. To my surprise the nest was so beautifully crafted that no strong wind, heavy rain, or extreme heat of the sun could damage it. My curiosity to know more about the nest and its weavers led me to a Google search. I learned that the nest in question belonged to the Baya Weaver (Ploceus philippinus) which is most commonly found in India.

Weavers or weaverbirds are small birds from the Ploceidae family and derive their name from the nests they weave. People around me have witnessed Baya Weavers pinching out fine grass strands from the bottom of gahnia grandis and flying them to their nests. They tuck the strands around, tie, and weave them to give the nests their signature bulbous look. Their nests are often found hanging near water bodies at a height on trees and sometimes on high rise electric wires. Sometimes, they use blobs of mud perhaps to add extra comfort inside them. Their nests often have more than one chamber and entrance.

Fascinated with these intelligent creatures I pondered on how the houses we live in are designed by architects and built by construction workers. Only trained human beings can design or build a house. They are assisted by machinery such as concrete mixers and rely on the availability of construction materials. From simple caves, thatched roofs, and mud walls, to the tallest buildings which are resistant to earthquakes, human beings have learned over the ages to customize the construction of houses and apartments according to the needs of different climates and population growth. There are proper degree courses -offered by universities around the globe- to master the civil engineering techniques required to construct buildings .

The Hanging Homes

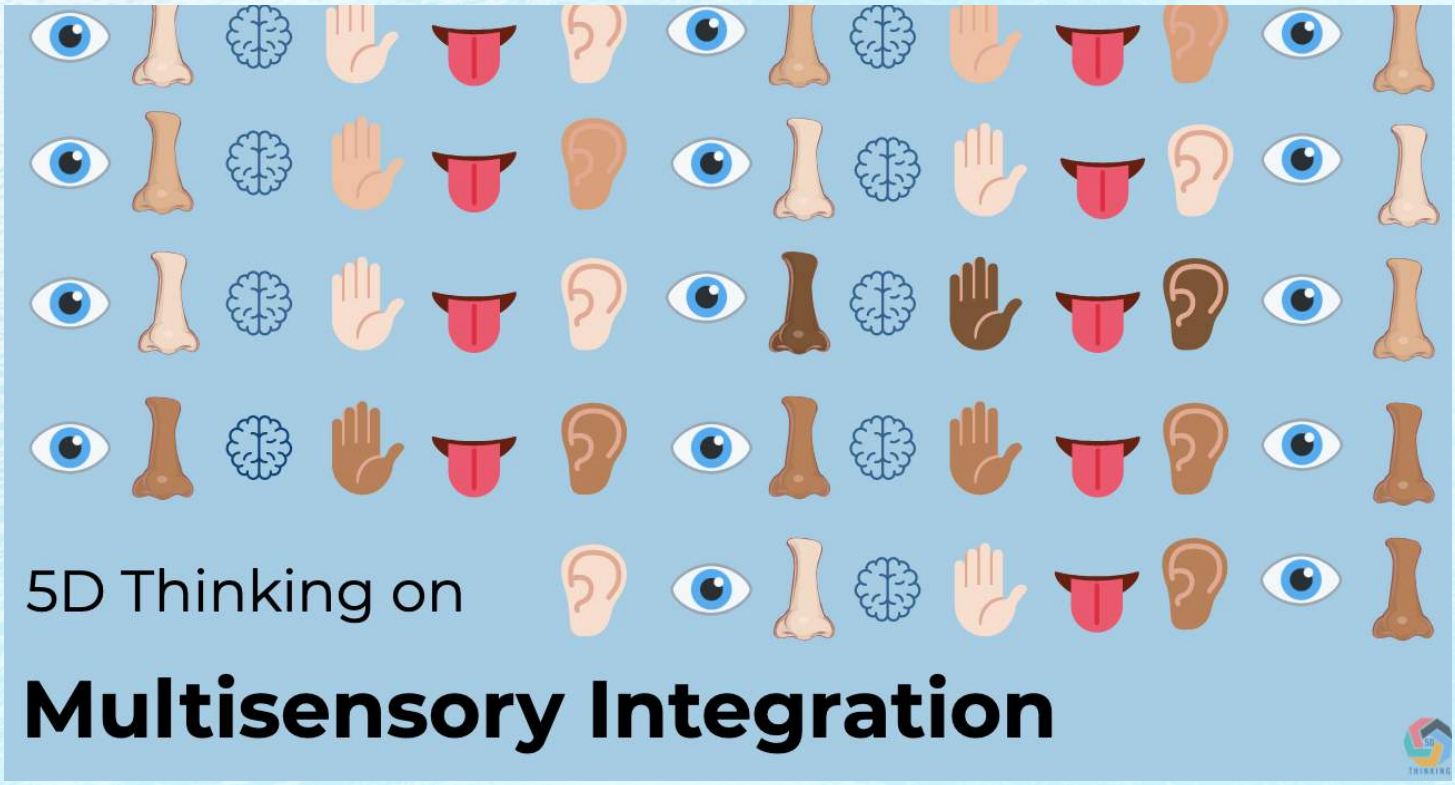
by *Saba Irshad Ansari*

The fact that the human being is the most intelligent creature on earth justifies the development of the construction industry but how do tiny weaverbirds learn to build their hanging nests? Who could possibly have taught them to smartly construct their nests away from the reach of predators? How did they master the art of building a nest that is wind, rain, and heat-proof? As soon as the chicks grow, they leave the nest to have a life of their own. They don't learn from their parents the art of nest building; so how do they build their own nests? Who is their teacher? Just as architects and engineers require a professional degree in the field to design tall buildings and the construction workers require a lot of work experience before they are able to erect a straight wall, is it not necessary that the weaverbirds must have a degree or work experience too? As a matter of fact, weaverbirds do not have any professional degree or work experience.

They have been bestowed with the necessary knowledge to design the nest but who is this bestower? How knowledgeable and prudent can the bestower be who has created the weaverbirds with such amazing skills to build beautiful nests? Does it not indicate that their creator must be extremely wise?
There are several species of the weaverbirds found across the globe. Each species has a different set of unique features and birds from the same species have strikingly similar features. For instance, every baya weaver builds a similar nest. This fact indicates that the creator of all weaverbirds is One. The weaverbirds are being inspired by the same Source – their Creator, the One who is All- Knowledgeable and All-Wise because only one who has perfect knowledge and wisdom can create such wonderful living creatures. The suspended nests indicate that the creator of all weaverbirds must be the Best of Fashioners for He has inspired them to tailor such amazing nests. He must be the sole Sustainer since He provides sustenance to all the weaverbirds just as He does to all other living creatures without any delay. By guarding their nests from the predators, they manifest the reflection of the Ever-Watchful Guardian and Protector.

While skylines are the highlight of metropolitan cities, the hanging homes of the weaverbirds depict the beauty of nature. The sight of a suspended nest being built by a bird should make us appreciate their Maker who has inspired them to build such delicate yet strong homes. The observation of nest building by a small bird should compel us to reflect on the esoteric meaning behind their existence, a meaning which is pointing to something else other than its own; and that is the presence of the Almighty who has designed the universe so beautifully that every phenomenon is a manifestation of His signs. As we learn the esoteric meanings of these revealed signs in our everyday life, we become humbler and kinder by submitting ourselves to none but Him alone.

Click on the image below to view the YouTube clip on the COVID-19 topic through the 5D Thinking approach.



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