

THE 5D THINKING NEWSLETTER

A UNIQUE APPROACH TO READ THE UNIVERSE



**Special read: Reading Wolfgang Smith on Science, Scientism,
and Signs of God in the Cosmos by Dr. Necati**

SNEAK PEAK OF WHAT'S INSIDE:

- *"Water and Life" by **Dr. Colin Turner***
- *"Seeking the true source of Latte" by **Saba Irshad Ansari***
- *Teacher Training Program in South Africa by **Uzma Ahmed***
- *"Your Home in the Universe" by **Aisha Alowais***



Welcome to the twenty first edition of
The 5D Thinking Newsletter!

Dear Subscriber,

Welcome to the twenty-first edition of the 5D Thinking newsletter!

In this issue, you will find a summary of our inclusive 5D Thinking documents related to Earth Science. You can also find Dr. Colin Turner's "Water and Life" where he emphasizes the essential, nourishing element of water and its manifestation as exclusive divine mercy.

In "Seeking the True Source of the Latte", Saba Irshad Ansari takes you on a trip to see where your cup of latte comes from, through the 5D thinking approach. Likewise, Aisha Alowais invites you to explore galaxies in her "Your Home in the Universe".

Also in this edition, you can find Dr. Necati's "Reading Wolfgang Smith on Science, Scientism, and Signs of God in the Cosmos".

Saba Ansari's article on the Existence and Meaning program as well as Ms. Uzma Ahmed's review on the 5D Training program in South Africa are also included in this issue.

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.

5D Thinking Approach on Earth Science

Life could not exist without water, oxygen, nitrogen, and many of the elements which we cannot see. Every atom is interlinked with another, and every particle is interconnected with the other. In the fabric of the universe, no single thing is in isolation from the other. Narrowing the view down to Earth Science, the second 5D Thinking workbook included nine chapters tackling several aspects. In each chapter, the topic was conveyed in the 5D Thinking methodology which challenges the reader to see if nature, chance, and cause can construct the planet earth along with its four known cycles to support life as we know it.

Our planet Earth is the only planet in our Solar System to have oceans of water on its surface and oxygen in the air. Its layered structure is uniquely designed to support life in all of its various forms. The first chapter explores the layered design of the Earth using the 5D thinking approach.

The second chapter covers the fascinating aspects of the atmosphere using 5D thinking approach. More importantly, it will try to interpret the meaning of the wonderful design of the atmosphere: what it means for us, for our lives, and for our destiny.

The third chapter invites readers to delve into a deep understanding and appreciation of the weather and climate system. It attempts to decode the meanings and messages in this integrated system for an enlightened and flourished life.

The fourth chapter decodes the meanings and messages embedded within this flawless recycling system. It shows how one can engage in five-dimensional thinking on the water cycle to derive meaning and moral lessons from the related existing scientific knowledge.

The fifth chapter follows a Carbon atom in its incredible journey from the atmosphere to the body of a little rabbit. In the process, we learn how the Carbon cycle has been designed to regulate Earth's temperature, provide sustenance for living beings, build oceanic infrastructure and remove waste.

The sixth chapter explores marvelous minerals through the 5D thinking approach. It reveals that without minerals, we would not have access to running water from a faucet, electricity, light, a cereal bowl, a spoon, a drinking glass, or even clothing.

The surface of our planet is known as the Earth's crust. The crust is composed of nothing but rocks, soil, and minerals. The seventh chapter explores the Earth's beautiful rocks through the 5D thinking approach.

The world's design is built around the existence of dualities. The Earth's multiple systems are no exception to this rule- they are designed to be dependent on the presence or absence of energy. The eighth chapter explores the flow of energy within the Earth's multiple systems.

Life could not exist without nitrogen. It is an essential element for the building block of living cells. The good news is that nitrogen is everywhere. Plants cannot grow with too little nitrogen and they can die with too much of it. The ninth chapter explores the nitrogen cycle to understand its importance for life

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

Water and Life

Dr. Colin Turner

Of all the verses (ayat) in the Quran and all the signs (ayat) in creation, those pertaining to water are among the most fascinating. For water, an inanimate substance gives rise to countless animate beings; imagine that, a lifeless substance giving life! Water is colourless, odourless and tasteless, and yet everything that is colourful, scented and tasty owes its existence to water. Water is one, singular and relatively simple, and yet it gives rise to amazing variety, complexity and multiplicity.

Water permeates the whole of creation and yet for the most part cannot be seen. Water corresponds to the oneness (wahidiyya) and uniqueness (ahadiyya) of the Creator, for while water touches almost everything, proving God's oneness, it touches each of those things in a unique way, proving God's uniqueness. Water that falls on a whole orchard represents God's general, inclusive mercy (rahmaniyya), but the water which acts differently in a flower to how it acts in the body of a frog represents God's unique, particularised, exclusive mercy (rahimiyya).

It is sad to see that water is been taken for granted. To eliminate such waste of crucial resources, the 2030 Agenda for Sustainable Development aims to find solutions to preserve water and better sustain it. This is seen through one of the Sustainability Development Goals (SDGs), which is to ensure the availability and sustainable management of water and sanitation for all. While this is a goal set on a bigger scale, as individuals we can take smaller actions that would eventually cause a great ripple effect, ultimately meeting the SDGs.

Looking at the water in the Holy Quran, we see that there are more than forty verses mentioning it. They deserve to be studied and discussed more widely.

"A river cuts through rock, not because of its power, but because of its persistence."

- James N. Watkins.



Seeking the True Source of the Latte

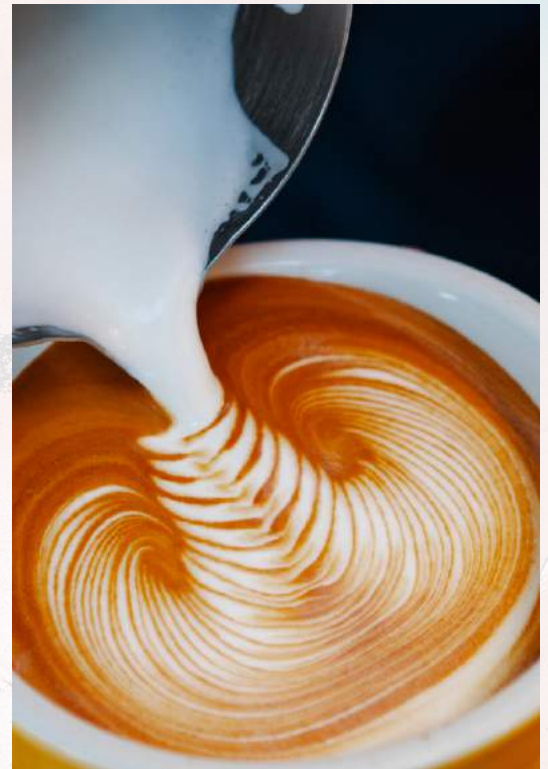
Saba Irshad Ansari

We all love sipping a caffè latte on a cold rainy day with a slice of chocolate cake by the side. But have you ever wondered about the source of the latte or milk from which the coffee beverage derives its name? Does it come from the cow? Really? Let me take you on a journey of unlearning and relearning the true source of milk.

Cows are one of the several domesticated cattle that are raised for milk, meat, and hides. They belong to the order Artiodactyls of the Bovidae family.^[i] They feed on grass and have a huge four-chambered stomach. They forage the grass fast and keep on storing it in one of the chambers without chewing it. Later, they regurgitate and chew the grass multiple times to aid the digestion of microorganisms and plant fiber.^[ii] Each chamber of their stomach works differently and is perfectly designed to break down their food and absorb nutrients.

Then these nutrients get combined with sugars from the cow's liver to become milk. Interestingly, a study suggests that cattle can produce nutritious milk even when low-nutrient grass is being fed.^[iii] Did you know that the term cow is used for females only? Males are called steer or bulls.^[iv] It is impressive that cows cannot see straight very well but can see almost 360 degrees without moving their heads.^[v] Cows don't have upper front teeth and use the bottom teeth against the hard palate of their mouth to graze.^[vi] The markings and spots on certain cows' skin are like our fingerprints. Each cow has its unique pattern of black and white spots.

With the diminishing dairy farms and increased demand for milk and its products in recent years, several companies began producing synthetic milk as an alternative to cow milk. Let us use synthetic milk as an analogy to understand what goes into its making and to appreciate cows and the milk we get from them. Synthetic milk is made by programming DNA with genetically engineered yeast, thus replicating the proteins found in cow's milk. Just like regular milk, it contains casein and whey; therefore, it is difficult to differentiate between them. In 2014, two bioengineers, Perumal Gandhi and Ryan Pandya started a synthetic dairy firm called "Muufri" (Moo-free) in California, becoming the world's first artificial cow milk inventors.^[vii] A company called Perfect Day Foods claimed that the milk tasted better than plant-based milk and is an excellent alternative to cow milk.^[viii] The technique is also called "precision fermentation."



[i] Wikipedia contributors, "Cattle," Wikipedia, The Free Encyclopedia, <https://en.wikipedia.org/w/index.php?title=Cattle&oldid=1111202714> (Accessed Sept 17, 2022).

[ii] Huffman, B., "cow." Encyclopaedia Britannica, November 26, 2019. <https://www.britannica.com/animal/cow>. (Accessed Sept 20, 2022).

[iii] Highlights Kids, <https://www.highlightskids.com/explore/science-questions/how-do-cows-produce-milk#:~:text=As%20the%20material%20moves%20through,cow's%20liver%20to%20create%20milk>. (Accessed Sept 21, 2022).

[iv] Hooperm, Fun Facts about Cows. (May 22, 2019). <https://wp.wvu.edu/wordpresstam/2019/05/22/fun-facts-about-cows/> (Accessed Sept 20, 2022).

[v] Ibid.

[vi] Matt & Jessica, 27 Amazing Facts About Cows That Will Impress Your Friends. (July 14, 2022). <https://www.clovermeadowsbeef.com/amazing-facts-about-cows/> (Accessed Sept 21, 2022)

[vii] Bec Crew, World's First Artificial Cow's Milk to Hit the Market Next Year. (Oct 29, 2014).

[viii] Cassie Slane, Fake milk is real news. (Feb 20, 2019). <https://www.nbcnews.com/business/business-news/fake-milk-real-news-synthetic-alternatives-threaten-traditional-dairy-farms-n973236> (Accessed Sept 23, 2022).

[ix] Milena Bojovic, Synthetic Milk is Coming. (Aug 29, 2022). <https://www.sciencealert.com/synthetic-milk-is-coming-and-it-could-radically-shake-up-dairy> (Accessed 23, Sept 2022).

Seeking the True Source of the Latte

Saba Irshad Ansari

Investing in a synthetic milk-making industry can be very costly because a considerable amount of capital is required for the infrastructure that includes fermentation tanks and bioreactors.[ix] Scientists and consumers have mixed feelings about this new substitute. Some believe it to be good for the planet, while others loathe the idea of genetically modified milk as it may cause health issues among consumers. Whatever the case, instead of calling it synthetic or dairy-free milk, we should call it yeast milk. Also, the fact is that synthetic milk is not entirely synthetic because we have replaced yeast with cows.

Even though synthetic milk is deemed by many as a better option for a sustainable environment, the question is, can it replace organic cow milk? Just think for a moment, how much resources, effort, and energy are required to extract DNA from the cows and make specific sequences placed inside the yeast cells? The cultured yeast is then left for a few days at the precise temperature, keeping in mind the concentration of all the components, and then a couple of days later, the yeast will produce enough milk for harvesting. Nutrients such as calcium and potassium in cow milk and flavoring agents are added later. On the other hand, cows grazing a field will return to their shelter and deliver milk that is flavorful, rich in nutrients, safe from chemical adulterations, much healthier, and comparatively cheaper than synthetic milk. Can a random motion of matter create a synthetic milk industry? If not, then how can a random accident of matter create cows? So, just as synthetic milk did not occur on its own and was made by highly educated bioengineers, do you not think that cows have a Maker too? Specialization in bioengineering is required for one to have enough knowledge to produce milk artificially.

Synthetic milk is the product of accumulated knowledge that many scientists for centuries have gathered. So, do you not wonder about the amount of knowledge required to make a cow that is living and far more sophisticated than the bioreactor machinery? Do you think scientists can make milk from scratch without using yeast or DNA information from cows? No, because they don't possess enough knowledge and power.



On a lighter note, shouldn't cows file a lawsuit and sue them as scientists replicate their DNA? From where did cows learn to produce milk? If milk comes from the cows, then they must be more knowledgeable than the scientists, right? It seems that cows themselves are not even the actual makers of milk. It is all about DNA which is like a recipe for making milk, just like a dish made using a detailed recipe. Then, do you think DNA can be the real source of milk?

Seeking the True Source of the Latte

Saba Irshad Ansari

Cows depend on the grass to survive. Like all living beings, they need air, water, food, and sunlight, proving they are connected and dependent upon them. Certain bacteria inside the four-chambered stomach that break down the food are thus indirectly reliant on the grass. The tiny cells and all cow organs are also interdependent and interconnected. So, this shows that the One (Al-Wahid) capable of creating and sustaining a cow must also be responsible for creating and sustaining the tiny bacteria and other microorganisms. Furthermore, whoever is responsible for creating a cow must also be responsible for creating the grass, air, sun, water, etc. Since everything is interconnected and operates harmoniously, it shows that the Maker of a cow is the maker of the entire universe. He must be absolutely Generous (Al-Kareem), the Most Merciful (Ar-Rahman), the Most Compassionate (Ar-Raheem), and extremely Loving (Al-Wadud), for He has provided us with such an amazing animal without charging a fee.

We have learned from synthetic milk production that the cow does not actually produce cow milk; it is the DNA that contains the actual data or recipe of milk. Imagine if the chef is invisible; would it still be right to praise the recipe for an amazing dish? We would never agree if someone told us that since there is no chef visible in the kitchen, the recipe has prepared a dish for us because it is logically impossible. Similarly, it is logical to say that an Infinite Power and Mercy of the Absolute Compassionate Being is at work who creates milk through both cows and yeast. Both cow milk coming through cows and synthetic milk prepared from cultured yeast are apparent veils; therefore, the hidden Infinite Power that is making that happen should be acknowledged.

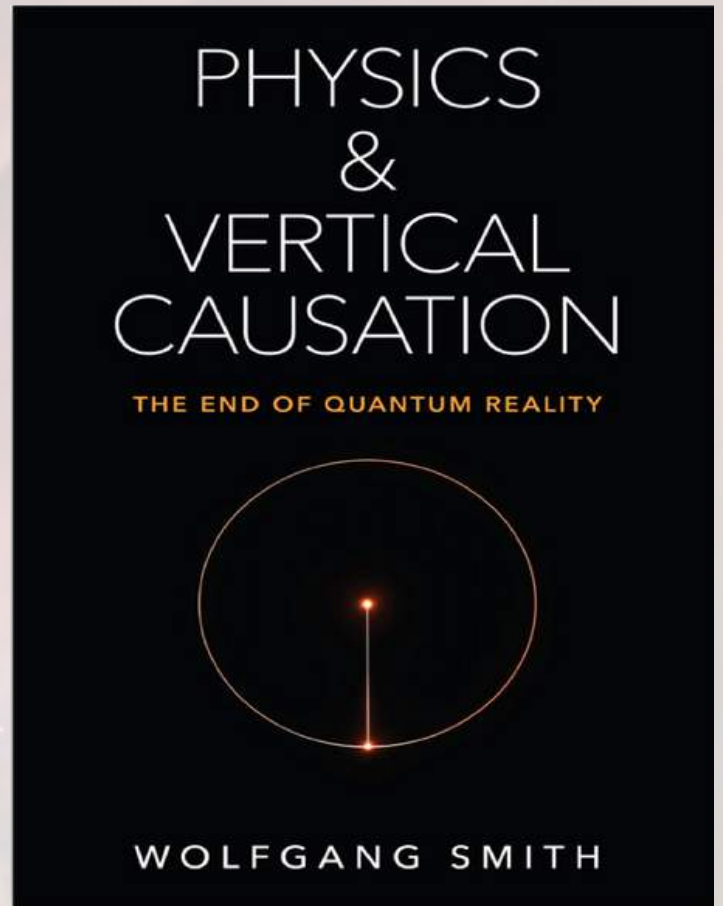
Unlike expensive machinery or gadgets that are very costly and well-maintained, we take cows for granted because they are available to us for free, as if they are valueless. Cows are indeed one of many of God's bounties that barely gets appreciated. Cows are peaceful animals and thus teach us to have patience and stay calm. Sharing is caring, as they say, is one of the lessons we can learn from them. Cows are given milk by the Most Merciful to feed their babies and human beings, as verse 66 from chapter 16 of the Quran suggests. So, the milk comes through the cow, not from the cow.

And ever wondered what the Most Merciful and Loving wants in return for this precious gift? If there is anything He expects from us is remembrance (dhikr). But why would He want us to remember Him? Does He need our remembrance and praise? No. He wants us to recognize the true source of milk. He wants us to know that it is not the cows but Him creating the milk; thus, He alone is worthy of worship and praise. Remembering and praising Him also humble us and make us realize our powerlessness. By acknowledging the might of the Mightiest, we succumb our ego to Him and become kinder towards our fellow creatures. His remembrance leads us to ponder (fikir) upon His creation and use our critical mind to acknowledge the Ultimate Reality and bear testimony to His Oneness and Uniqueness. It helps us to know the true value of His infinite mercy manifested in the milk. It makes us realize that if scientists cannot produce milk from scratch, cows cannot make it either. Hence, we should be grateful (shukr) for everything He has given us.

Reading Wolfgang Smith on Science, Scientism, and Signs of God in the Cosmos

Dr. Necati Aydin

Wolfgang Smith is an unequivocally proven giant of science and philosophy. He completed his bachelor's degree in physics, mathematics, and philosophy at Cornell University at 18 and went on to do a master's in physics and a doctoral degree in math. He worked at MIT as a professor before retiring in 1992 at 62. He started to observe significant problems with most scientists who turned science into a new religion. As a scientist, he knew the shortcomings of science and decided to spoil the game. He retired early to dedicate the rest of his life to the most dire crises of humanity resulting from a misguided scientific perspective. He saw that while science develops astonishing and amazing technology, it leads us to decline to a level below animals mentally, morally, and emotionally. He was one of the few great minds attempting to save humanity from the greatest fall.



He has been fighting like a last warrior through his foundation and publications. In this article, I will discuss arguments in his following book: *Physics and Vertical Causation (PVC): The End of Quantum Reality* (2019).

In the book, Smith discusses the problem with modern science and some solutions, highlighting the problem with scientism that promotes materialist ideology as a scientific fact. He is not against real science. Rather he tries to help us understanding scientific findings.. He identifies Descartes as the source for planting the seed of materialist ideology in science. In his famous inquiry for verified knowledge, when Descartes declared that “I think therefore I am”, he essentially planted his materialist worldview into science. The cartesian view divides reality into objective and subjective. The objective one is a physical reality. It is nothing but the hard-core matter with movement under specific natural forces. Anything else besides matter is secondary and the human mind's product. This is what Smith calls Cartesian bifurcation. Thus, scientists' task since Descartes has been to explore “objective reality” through observation and experimentation. Everything else is just a subjective product of the human mind that does not have an actual existence like matter. “If only entities measured by physicists are objectively real and everything else exists only in the fantastical mind of an unversed humanity, the conclusion is unavoidable: physicists alone can know reality and distinguish it from fantasy.”(PVC) Smith thinks this is an impossible task for science.

Reading Wolfgang Smith on Science, Scientism, and Signs of God in the Cosmos

Dr. Necati Aydin

Science is a way of exploring and discovering causation in the physical world. Smith calls Cartesian philosophy of knowing the reality a bad way of spoiling scientific interpretation: “Now, it seemed to me that what was actually being “spoiled” by that “bad philosophy” was not, in fact, “good physics” itself, but the ontological interpretation of that “good physics,” which is something else entirely.” (PVC)

Smith blames Cartesian bifurcation for the crisis of ‘meaning’ in modern times. In his words, “Descartes has in effect cast out the very essence of the world in which we live, and move, and have our being. The crucial and almost universally undiscerned fact is that the Cartesian reduction of the corporeal world to “matter”—the denial, thus, of its “formal” component, its inherent morphe—has seemingly emptied the world of everything endeavor in human history.” Smith affirmingly quotes Whitehead that the universe has become the place of “a dull affair”: merely “the hurrying of material, endlessly, meaninglessly.” (PVC)

As science succeeds in unveiling the secret of the physical world, it becomes the sole authority in defining and giving meaning to reality. Technological success, in particular, offers ammunition to science to kill any other way to understand reality. “In the name of science, an uncanny deception has been imposed upon humanity, which literally stands the world on its head.” (PVC) In a way, the entire humanity has been living under the “tyranny of horizontal causation” since the onset of the Enlightenment.

Smith argues the sole authority of science was shaken if not destroyed with Quantum physics in 1926. The measurement problem seriously threatens the dominant scientific understanding of reality. The Thomistic view of reality turns out to be wrong. First, as we dig down, scientists came up with something weird instead of finding hard matter, acting like particles and a wave at the same time. They almost do not exist. They had a kind of half existence. They could be simultaneously in a state of existence and non-existence, just like Schrodinger’s famous cat example.

“Since the days of Sir Isaac Newton, it had been supposed that matter reduces ultimately to Democritean atoms and that with the refinement of experimental means, these would eventually present themselves as objects to be measured and observed. However, at the very moment when this prospect did materialize, it became apparent that these so-called atoms are not, in fact, “tiny particles” at all. In place of authentic atoms, what came to light is something that exhibits both particle and wave characteristics, which is to say that it is actually neither a particle nor a wave.” (PVC)

Smith seems to agree with David Hume denying observed causation as a true cause. However, he thinks causation does exist. It is a fundamental reality. We know causation does exist because we could cause something through our actions. Since we have agency, we know that causation requires agency.

Reading Wolfgang Smith on Science, Scientism, and Signs of God in the Cosmos

Dr. Necati Aydin

Thus, horizontal causation in the physical realm is not a real cause because matter has no agency. God, who is beyond time and space, is the real cause behind apparent causation in the physical realm. Though Smith does not explicitly invoke God by name, he seems to mean God when he talks about “vertical causation”. He thinks the measurement problem reveals that there must be God who is in a different realm causing the quantum particles/waves to act as they do.

“For as we shall see, vertical causality—unlike horizontal—is not something quantitative, not something amenable to the description in terms of differential equations. At the risk of producing more consternation than enlightenment, one could say that it is a causality that measures but cannot itself be measured.” “It is vertical causality that accounts for the ontological stratification of the cosmos—which the ancients understood so profoundly, and present-day civilization fails even to recognize.” (PVC)

Smith believes that Quantum physics allows us to observe God’s works by discovering nonlocality. Therefore, he quotes Heisenberg's wife, Elisabeth Heisenberg, about the feeling Heisenberg had when he first discovered the nonlocality:

“With smiling certainty, he once said to me: “I was lucky enough to look over the good Lord's shoulder while He was at work.” That was enough for him, more than enough! It gave him great joy and the strength to meet the hostilities and misunderstandings.” (PVC)

Smith also argues against information as being the source or cause of observed change. For instance, we could not ascribe the transformation of inanimate being to animate being through coded information such as DNA. That is because information does not have any agency to cause anything. We know through our experience that the agency is required for causation. We are causing something through our agency. Smith also refers to William Dembski’s so-called “design inference” theorem extensively to affirm “on mathematical grounds, that the production of what is termed “complex specified information” or CSI cannot be effected by way of horizontal causation alone.” (PVC)

Smith is right in his criticism that information is the cause of changes in nature. Imagine that an extremely skillful person manages to make himself invisible while performing certain amazing works. Imagine that person is well organized. Therefore, he will plan what he will do for every stage and act precisely according to the plan. However, though he does not reveal himself to anyone, if he reveals his plan to everyone, will it be easy to know Him? The answer is yes, as long as we realize that the apparent cause is not a real one. Also, if we know the written plan does not have agency. Thus, it could not cause anything. In such a case, we will understand that there must be a true cause (vertical cause) for everything in the universe. This is precisely what is happening with animate beings. Smith argues that life cannot be explained through horizontal causation. There is no way to attribute life to inanimate beings.

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Dr. Necati Aydin

Therefore, explaining life through chemistry or physics is no help in his view: “The first point to be made is that this reduction of the animate to the inanimate—of the living to the merely “complex”—so far from being based upon scientific fact, is a groundless assumption, which gains strength from the fact that it is beyond our means to grasp whatever it may be that distinguishes the two. It amounts to saying that the living organism can only be what our methods of inquiry are capable of detecting: that it must consequently reduce to a physical object, and that, at the bottom, biology is no more than physics.” (PVC)

Smith has done a great help through his books, helping us to go beyond horizontal causation and see the Divine Hand behind everything. Perhaps, that is why Smith ends *Physics and Vertical Causation* with the following joyful message for believers:

“Let Christians—and all who bow before God—rejoice: the scourge of relativism and irreligion has now been dealt a mortal blow! Following four centuries of intellectual chaos and de facto incarceration within his own distraught psyche, homo religious is now at liberty, once again, to step out into the God-given world, which proves to be—not a mechanism, nor some spooky quantum realm—but its very opposite: a theophany ultimately, in which “the invisible things of Him from the creation of the world are clearly seen, being understood by the things that are made, even His eternal power and Godhead.” (PVC)



Your Home in the Universe

Aisha Allowais

Look up! You might recognize your home. Your home and mine, in this beautiful, expanding universe, is the Milky Way Galaxy (MWG). From Earth, we see it only as a band of light stretching across the horizon. To understand why, imagine spending your entire life in a room, and never leaving it. Would you know how your house looks like? No. The same applies to the MWG. However, thanks to the abilities of the human brain which led to the advancement in astronomical technology and knowledge, we know how our galaxy looks like.

The MWG is one galaxy among billions of others. It is populated by billions of stars and planets, including our Sun, dust, and gas. Thus, every star we see whether with our eyes or telescopes resides within our galaxy. It is called the Milky Way because it appears as a milky band of light in the sky when observed from dark areas. That apparent light of course, is coming through the stars in the galaxy. Interestingly, civilizations throughout history named it similarly in their own languages. For example, the ancient Romans called it the Via Galactica, or "road made of milk". The Arabs called it Darb Al-Tabbana which translates to "haymakers' way".

The Milky Way is estimated to be around 13.6 billion years old and is enormous, at least 100,000 light-years across. So, if you were to send a beam of light from one edge of the galaxy, it will take 100,000 light-years to reach to the other edge.

Our galaxy is not alone, it is part of a group of galaxies called the Local Galactic Group (LGG) which is made up of about 50 galaxies close to ours and is 10 million light years across.



The nearest galaxy within this group is the Andromeda Galaxy, and it is the most distant celestial object that can be seen by a naked eye. Beyond this group, there are at least billions of other galaxies.

Galaxies are often classified into three categories: spiral, elliptical, and irregular. The MWG is an example of a spiral galaxy, thereby defining its structure. A spiral galaxy is made up of several parts, where some of the parts blend into each other: a nucleus, a central bulge, a disk, spiral arms, and a massive halo.

Looking at the LGG, we can see that it resembles a country comprised of cities where each galaxy represents a city. In the case of galaxies, their citizens are stars, planets, and dust particles. However, cities as we know them on planet Earth, are comprised of living creatures: humans, plants, and animals, as well as buildings, streets, and many more features.

To make a city habitable for people, several aspects need to be taken into consideration. First, accommodation such as apartments, villas, and hotels must be constructed considering safety measures along with essential infrastructure and utility. Second, societal facilities such as hospitals, pharmacies, supermarkets, banks, restaurants, and other services must be provided. Within each facility, qualified individuals must be employed.

Your Home in the Universe

Aisha Alowais

Each individual has the right to have a stable income coming from a bigger entity, often the government. Third, schools and universities, and places of worship need to be established for education, meditation, and worship purposes. Fourth, roads need to be worked, and transportation methods have to be provided. The list goes on to make a city habitable.

To consider the mentioned aspects, an administrative system as well as a legal system must be operating for life to run smoothly. More importantly, money is essential for establishing the essential pillars of a city.

Considering galaxies, they are astronomical cities that governed through the use of gravity, heat, matter, dark matter, beautiful elements you see in the periodic table, and much more. They are a million times more sophisticated than Earth cities. They are constantly flying in the space faster than airplanes. They are populated by billions of stars and other bodies; however, the most populated cities on Earth are in the range of a couple of millions. The MWG is 13.6 billion years old, whereas some of the oldest cities on Earth date back only thousands of years. In addition, to establish a place for living within the frame of a city, a lot of money is required, which is not the case for galaxies, for they created with power, will, and knowledge that exceeds that of a human. Cities also require tremendous amount of energy to generate electricity. Moreover, while stars in galaxies are harmonic in terms of their orbits, that is not necessarily the case for commuting on Earthly cities. Many accidents happen almost every day. In addition, while all buildings on earth need repair and maintenance, that is not the case for stars in galaxies. Even more so, unlike galaxies which shine brighter because of the huge number of stars they encompass, cities can run into severe problems if the number of populations increased significantly. A city can become prone to pollution, overcrowding, and difficult living conditions.

The oldest city throughout history differs from one source to another, but the majority agrees that Jericho, located in Palestine, and Aleppo, in Syria were among the oldest cities that are still inhabited until this day.

Ancient cities included houses, resources for food such as cultivating plants and sheep breeding, as well as water irrigation systems. However, cities today are much more sophisticated. Cities require extensive systems for housing, transportation, electricity, clean water, sanitation, production of goods, and many more. Another important factor is security, for safety is a top priority when choosing a city to live in. Here comes in the law and the legal system.

All of this requires tremendous efforts from humans with expertise in various fields. It also requires precise urban planning given a stable money supply. It requires great minds to come together to establish a sustainable, resilient cities that would be homes for millions of generations to come.

Acknowledging what it takes to build a city, do you think a strong wind could push sands around to build a house with kitchen, bathroom, and bedroom you? Do you think the unconscious nature would claim responsibility of you and provide you with a “natural hospital”? Do you think the city you live in could be established by chance? could wind blow together materials to make roads? how about schools and supermarkets? Is nature smart enough to take part in urban planning?

Your Home in the Universe

Aisha Allowais

Just like it takes people to make cities, galaxies which are much more sophisticated, must have a Creator who made them. If houses on planet earth did not appear by chance, then how come enormous galaxies appear by chance? In such a vast, expanding universe, blind, deaf, and dummy nature cannot keep up with all that is happening out there. There must be an Infinite Power and Knowledge to create galaxies and control them. If that was not the case, then we would not have been blessed with the location of Earth in the arm of the milky way galaxy. The perfect location came out of knowledge, wisdom, and mercy for humanity to thrive on planet Earth.

We are made of stardust, the elements in our bodies were all out there in the universe. In essence, we and the galaxies in the universe are interconnected. On a macro level, our eyes can see part of the galaxy we live in due to stars shining in that part. It is also because of the specific location of the Earth. Had we not have our solar system as we know it today, with its precise measurements and distances between orbits and bodies, we could not have been here. It is obvious that living beings on Earth are interconnected with the Sun, the Moon, the other planets for stabilizing the solar system, the stars and dust particles in the galaxy. On a micro level, tiny dust particles and atomic particles were instructed to come together to shape galaxies including ours. For example, the MWG was structured in a way to include a solar system which includes a habitable planet. From tiny particles to enormous galaxies in the universe, an Infinite Power is holding these bodies together. An Infinite Intelligence and Wisdom placed us at the edge of the galaxy, far away from the engulfing black hole. Thus, it is clear galaxies are connected to the entire universe and to you.

The Maker of the MWG must be the maker of the stars within it, He must be The Maker of our star, the sun, through which we depend on to live. He is the All-Wise (Al-Hakeem) who knows where to locate the planet inhabited by living beings. He is the All-Enumerating One (Al-Muhsi), He knows the count and details of things, he knows the count of stars, galaxies, black holes, and knows exactly what dark matter is. He is of course, The Best of Shapers (Al-Musawwer) who beautifully designed galaxies in astonishing colors and shapes.

If our location was in a different part of the Milky Way galaxy, life may not have existed, let alone if our galaxy was not here in the first place. Would you be able to mimic a galaxy and sustain it? We have seen that it takes a lot to make city, then how about something as sophisticated as a galaxy? Indeed, the galaxies are gifts from God that are given to us at no cost.

For such precious gifts, the Most Loving Creator wants from us three things in return: remembrance (dhikr), reflection (fikr), and gratitude (shukr).

Remembering him leads us to acknowledge the He is the true source of life. He is the one who created the MWG, the solar system, the sun, and made them apparent reasons for us to live. Reflecting upon the galaxies makes us appreciate His Uniqueness and Oneness, for like snowflakes, no two galaxies are exactly alike. It also shows us the value of His infinite wisdom that is manifested in locating the sun in the milky way galaxy. We should be grateful to Him for giving us eyes to see His beautiful creation, and minds to invent tools that aid us to have a bigger and a better picture of the hidden beauty out there.

Galaxies teach us that although each is orbiting in its own path, they are all part of one universe. Likewise, while we may live as individuals, we will always need each other to survive.

The Existence and Meaning Online Certificate Program

Saba Irshad Ansari

As we kicked off our seventh cohort, Fall 2022, on the 17th of this month, we are elated to announce the success of the last six semesters which has had over 250 participants hailing from the USA, UK, Canada, the Middle East to India, Pakistan, Bangladesh, and Japan. The Existence and Meaning Program started in the Summer of 2020. It is an online certificate program jointly organized by the Institute of Integrated Knowledge and the Risale-i Nur Research Platform of the Uskudar University. The program aims at introducing a unique method of interpreting ideology-free scientific knowledge by viewing it from five different lenses in quest of reaching the true Source of the universe. By considering the universe a book authored by an Infinitely Powerful Being, it concludes that everything in existence is a sign pointing to its Creator. Thus, it claims to have reached fairly good terms at bridging the gap between reason and revelation because if everything is reduced to One Owner only, then the knowledge that emanates from the created universe derived through reason cannot be in contradiction with the knowledge that is considered revealed. As the program title suggests, it helps us find the reason and purpose behind our existence.

Three well-accomplished professors, Dr. Alparlan Açıkgenç, Dr. Colin Turner, and Dr. Necati Aydin, instructed three different courses for Summer 2020, Fall 2020, Summer 2021, and Fall 2021. From the Spring of 2022 onwards, the newly established Institute of Integrated Knowledge at Hartford, Connecticut, is hosting the program jointly with RRAP. Two excellent instructors, Dr. Hamidullah Marazi and Dr. Abdullah Ahsan taught in the Spring 22 and Summer 22 cohorts, respectively. So far, we have also had the honor of having some remarkable guest speakers delivering special lectures. They are Dr. Ibrahim Ozdemir, Dr. Yunus Cengel, Dr. Edward Moad, Dr. Mahshid Turner, Dr. Abdelaziz Berghout, Dr. Mustafa Tuna, Ms. Şukran Vahide, and Ms. Nadine Kamal.

With over ninety applications from people across the globe, we have begun our Fall 22 cohort. This time we are offering four courses for the first time:

- 1. RNK-PHIL 541: Comparative Perspectives in the History of Philosophy by Dr. Alparlan Açıkgenç**
- 2. RNK-PHIL 544: Reading Said Nursi Reading the Creation by Dr. Colin Turner**
- 3. RNK-PHIL 545: Integration of Knowledge through a Multi-dimensional Thinking Approach by Dr. Necati Aydin**
- 4. RNK-PHIL 600: Exploration of Existence and Meaning of Life through Civilizational Transformation by Dr. Abdullah Ahsan.**

The Existence and Meaning Online Certificate Program

Saba Irshad Ansari

We did the survey at the end of Summer 22 cohort and following is the feedback from a few participants:

— “

I definitely recommend this program to anyone without having any concerns because all instructors are kind and knowledgeable. Moreover, the topics covered under this program could benefit anyone and hopefully may add some meaning to their life.

— *-Aydoğın Tıraş* ”

— “

The broad spectrum of lectures was an asset to the 5D program. The content was amazing. The depth and breadth covered were very informative and exceptionally thought provoking.

— *-Anonymous* ”

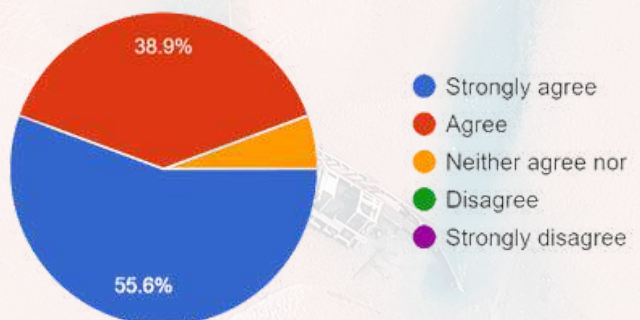
— “

·The 5D program of philosophy and thinking is immensely important in today’s secular society. The course is a must for all Muslim teachers. Islamic education needs this amazing approach to revive the methodology of character development, for instilling imān, and for making apparent the laws of our Creator.

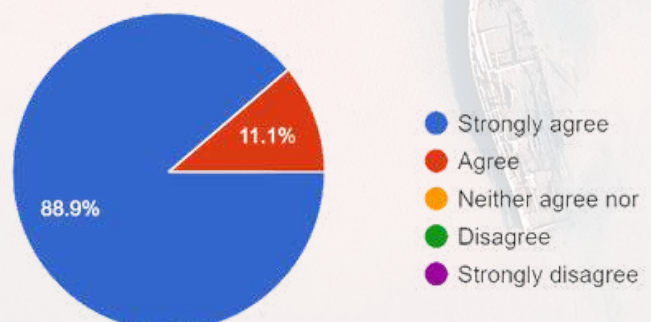
— *-Anonymous* ”

A couple of fragments from the Summer 22 feedback survey:

"I NOW think that the Existence & Meaning program offers unique approaches to problems of modern societies."



"I believe an integrative approach to knowledge has the potential to reconstruct the minds of Muslims based on Islamic worldview."



Teacher Training Program in South Africa

Uzma Ahmed

The 5D team was invited to South Africa by a collaboration between The Guardian Institute in Johannesburg and Al Falaah College in Durban.

The Guardian institute is a project initiated by Muhammad Varachia and is a nonprofit organization working on incorporating Islamic values into the South African curriculum. The Curriculum development team led by Solly Khan is an inspirational group of people working for a noble cause.



We conducted 8 sessions spanning over 3 days in which the curriculum developers engaged in the 5D approach. Their team of developers consists of experienced scholars, researchers, and teachers. They asked thought-provoking questions and came up with some innovative ideas for the 5D writing activity.

The Al-Falaah team was equally enthusiastic and hosted us for 3 days of intensive workshops with various sections of the school, preschool, middle, and senior schoolteachers, and Department Heads all participating in in-depth learning about the 5D methodology. Led by Zaffar Ahmed, Al-Falaah is an amazing place for young Muslims to develop a strong Islamic Identity. Zain Muhammad, the Principal of the Primary School, worked tirelessly and diligently to ensure the smooth running of the workshops.

There was an opportunity to address many teachers from the Association of Muslim schools, who sent their representatives. A session for mothers was held as well as part of Al Falaah's home-school partnership.

The tour was a success, with both organizations planning long-term collaboration and Al-Falaah becoming the first pilot school for the 5D thinking methodology in South Africa.

It was an enjoyable experience for us, and we really felt the concept of Ummah, brotherhood, as the hosts left no stone unturned to make our stay comfortable and memorable.

The 5D methodology is derived from the teaching of Said Nursi, who said that he had just learned 4 words in 30 years. One of those four words is Niyah. Only an action done with the correct Niyah will be accepted by Allah. We witnessed the sincere intentions of the organizers of both amazing institutions. We hope that the work of the integration of knowledge will be carried out by both institutions for the future of our Ummah.

Teacher Training Program in South Africa

Uzma Ahmed

Participants comments

-- “-----

An absolutely brilliant program. From topics like the Self to the 5D Thinking approach to teaching each and every bit of information was like pearls of wisdom. Well thought out and beautifully put together. Can definitely be applied to all subjects. May Allah reward you for your time and efforts in abundance. I definitely learnt a lot and it was a weekend well spent.

-----”--

-- “-----

All my life, I have been exposed to secularism. The subliminal messaging, without me knowing it has shaped my thinking and worldview. Alhamdulillah, my involvement with The Guardian Institute has allowed me to re-examine my understanding of secularism. The 5D program has now helped to identify secular ideology, how to eliminate this “poison”.

-----”--

-- “-----

I was "blind" and this program has given me my sight. I now consciously read and teach content realising that without Allah, there's nothing so now I include Allah in everything.

-----”--

-- “-----

I am in love with the 5d thinking model which enables one to read the universe like a book whilst using the Book Of Allah as the map to do this. I always understood that we can know and seek Allah through His creation but this workshop was a revival of this beautiful concept. The program reminded me that there is still so much treasure to seek, we have only just scraped at the surface. Enabling our students to develop such deep thought processes will lead to the progression and revival of our Ummah inshaAllah.

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5D Piloting Schools

Uzma Ahmed

During 2022, the 5D thinking team reached many school leaders and teachers from all around the world in our various online and on-site training sessions. The 5D Model of integration of Islamic knowledge was well received by all. There is a significant demand for a 5D curriculum. However, that is an enormous project that needs considerable time.

The next stage in our 5D journey is to implement the 5D integrative Model in schools. Five schools from various countries (India, Pakistan, South Africa, and Britain) have collaborated with us to pilot the model in their schools in order to test its feasibility and viability within a school curriculum.

The piloting will be conducted in two areas.

Study 1 is for Nursery/Kindergarten/Reception age children who will be doing the 'Animals in Qur'an course'.

Study 2 is for Primary schools, grades 1 – 5 for science, covering topics such as the growth of plants, shadows, seasons, the weather, forces, and ecosystem, amongst others.

The Institute of Integrated knowledge will provide teachers with materials related to their topics as well as assessment tools to gather data.

The research design involves collaboration between the Institute of Integrated Knowledge (IIK) and a core team from each school who will coach the teachers. IIK will provide training, and the schools will ensure that the study is transparent and efficient. We hope to use the results of the pilot study to enhance our model and enable us to provide schools with a practical and workable model.



5D Thinking for Teachers

4-Day Weekend Program



ONLINE PROGRAM

After many successful training programs, we now offer regular online weekend 5D thinking training for teachers. This course is valuable for those who are short on time. Each session has an activity for the participants to reflect on and share their experiences to provide a rich learning environment. Reading material is provided, and ample opportunity to discuss the application of ideas in the classroom. The program will be conducted in two consecutive weekends.

TESTIMONIALS

ONE WEEK ONLINE TRAINING PROGRAM IN AUGUST 2022

"A well-structured program which enables educators to help students in BEING HUMAN, understand the CREATOR, appreciate HIS blessings, be grateful and payback the society in best possible manner. I am sure passionate educators would definitely benefit from this holistic approach to science in particular & education in general." (Dr.Shafeeq)

"I am full of immense gratitude to be part of this 5D journey. It's been eye-opening. We think about what secular ideology is doing to our children. There is a lot of discussion on Islamic integration, but I have never seen anything like this. 5D is not just about integration, it's about changing the ideology, it's Tawhidi in nature, and it's about the Islamic worldview." Asad Choudhary

"It is an eye opener and a life changing experience for me. It truly captures the idea that to educate a person is to change the BEING of that person completely by bringing him/her out of darkness to light. This is what 5d is about to me." MUSA YUSUF

"There were many things to reflect upon. A lot of paradigm shifts for me. I will be linking this idea to the NGO in which I am involved. I am grateful that I took the course." Aziza Atta

"Alhamdulillah, this program provides a very strong base which can easily be used in modern day teaching. I am grateful that I was guided to it." Lubna Moazzam

"The perspective I have learned seems very practical. Muslim school want to achieve academic targets holistically but failed due an unclear teaching map. This course seems to have a precise teaching map." Dr. Fareeha Khalid

SCHEDULE

	Program	Instructors
Day 1 (4 hours)	Session 1: Science, Secularism, and God Session 2: Reading the universe in two languages: ismi vs harfi languages	Dr.Necati Aydin Dr.Abdulhaq Hamza Uzma Ahmed
Day 2 (4 hours)	Session 1: Epistemology, Educational Philosophy and Worldview Formation Session 2: The Universe as a Gallery of Divine Art	Dr.Alparslan Acikgenc Dr.Colin Turner
Day 3 (4 hours)	Session 1: Learning the Language of God used in the universe Session 2: 5D Thinking Methodology & 5D Thinking on the human brain and human eyes	Dr.Necati Aydin Saba Irshad Uzma Ahmed
Day 4 (4 hours)	Session 1: Practical Application of 5D in the classroom Session 2: Lesson planning of 5D thinking approach: Early years, Primary, Secondary	Dr.Necati Aydin Uzma Ahmed

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Click on the image below to view the YouTube clips various Earth Science topics through the 5D Thinking approach.



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