



#

A Journey into Quranic Nutrition

##Volume III: The Successor's Map

###From the Science of the Hour to Practical Tools – The Successor's Map in the Age of Unveiling

A Condensed Conceptual Translation for the International Reader

1.1 ##I. The Global Knowledge Manifesto

Knowledge is a universal right. The author firmly believes that wisdom should not be locked behind paywalls or language barriers.

** -Global Access Policy:** All books in this library are available for free in multiple digital formats (PDF, HTML, DOCX, TXT).

** -The Digital Library:** As of early 2026, the collection hosts 68 volumes (34 in Arabic and 34 in English), fully optimized for AI-assisted research and digital archiving.

** -Official Platforms**:

- Main Website: nasserhabitat.github.io/nasser-books/
- GitHub: [nasserhabitat/nasser-books](https://github.com/nasserhabitat/nasser-books)

1.2 ### Translator's Note: The Bridge of Meaning

This English edition is a **condensed conceptual adaptation**. It is not a word-for-word translation, but rather an "extraction of essence." It presents the core philosophical framework in accessible English, omitting the exhaustive linguistic debates and classical references found in the original Arabic text.

For the academic researcher: The original Arabic version remains the primary source for comprehensive linguistic analysis, detailed exegesis (Tafsir), and the complete bibliography.

1 #Part One: Healing Through Guidance – An Engineering Reading of Surah Ash-Shu'ara

1.1 ##Chapter 1: Why These Verses?

The Quran records Prophet Abraham's words:

*** <Who created me, and He guides me. And He feeds me and gives me drink. And when I am sick, He heals me. And He makes me die, then gives me life.*** (Quran 26:78-81)

These verses appear simple – a list of divine favors. But through the lens of **systems engineering**, they describe the complete operating cycle of the human being:

- .1Creation and guidance** – system installation and calibration.
- .2Feeding and watering** – material and informational input.
- .3Sickness and healing** – error detection and system restoration.
- .4Death and resurrection** – paradigm death and renewal of vision.

This is not poetry. It is a **protocol**.

1.2 Chapter 2: Deconstructing the Central Concepts

1.2.1 Creation (*khalq*) vs. Formation (*takhliq*)

-Khalq (light verb): God's one-time creation of the human being – the hardware, the nature, the fixed laws.

-Takhliq (intensive verb): The continuous **formation of ideas** – the software that humans produce through culture, education, and habit.

The danger: Humans often mistake their own *takhliq* (their constructed ideas) for God's *khalq* (the original nature). This is how dietary dogmas are born: "God created the body to eat only meat" becomes a human invention projected onto the divine.

1.2.2 ###Guidance (*yahdin*)

Guidance is not just moral direction. It is **continuous calibration** – keeping the system aligned with its design specs. Without guidance, even pure food loses its benefit.

###Feeding (*yut'imuni*) and Watering (*yasqini*)

These are not just physical acts. The root of "feeding" (T-Y-M) implies **empowerment** – providing the energy and capability to act. The root of "watering" (S-Q-Y) implies **spreading and stabilizing knowledge** – turning information into settled conviction.

###Sickness (*maridtu*) and Healing (*yashfini*)

Sickness is not a random curse. It is **the continuation of fragmentation and breakdown** within the system. Healing is **the return of transparency and flow** – the removal of veils that blocked perception.

1.2.3 ###Death and Life

Death here is not only physical. It is the ****death of old ideas, old habits, old selves****.

Life is ****rebirth into a new mode of being.****

1.3 ##Chapter 3: The Law of *Mathani* (Paired Meanings)

The Quran describes itself as *Mathani* – "paired" or "repeated." In this methodology, every word is a ****pair of forces:****

-A force of ****movement, emergence, and push**** (usually the first or middle letter).

-A force of ****stability, containment, and purpose**** (the last or following letter).

1.3.1 ###Example: The word *Yasqini* (He gives me drink)

|Letter | Function|

|-----|-----|

|S | (س) Spreading, flowing, diffusion of information|

|Q | (ق) Strength, standing, stabilization|

|Y | (ي) Continuity, lasting effect|

****Meaning:**** True "watering" of the soul is not just receiving information. It is:

- .1Information spreads (S).
- .2Then it becomes firm conviction (Q).
- .3Then its effect continues over time (Y).

This is the ****engineering of certainty.****

1.4 ##Chapter 4: Why Does God Not Guide the Corrupt?

The Quran states that God does not guide corrupt people. This is not divine cruelty. It is ****systemic law:****

**** <Guidance is not forced. The corrupt have destroyed their own receiving apparatus**.**

1.4.1 ###The Mechanism of *Aknnah* (Coverings)

" – ****{وَجَعَلْنَا عَلَى قُلُوبِهِمْ أَكِنَّةً}**" <And We placed coverings over their hearts." (Quran 6:25)

These coverings are ****layers of informational insulation**** – accumulated through:

- Constant exposure to falsehood
- Arrogance and refusal to admit error

-Consumption of *khaba'ith* (corrupt food and ideas) that generate biological noise

The signal (guidance) remains strong. But the receiver has been ****corrupted.****

1.4.2 "###Deaf, Dumb, Blind" – Not Physical Disabilities, But Functional Blockages

|Description | Functional meaning|

|-----|-----|

|Deaf | Cannot receive the right frequencies (spiritual signals)|

|Dumb | Cannot express truth or encode it for others|

|Blind | Cannot see the obvious reality before them|

These are ****states of the soul****, not descriptions of physical bodies. A person can have working ears and eyes yet be functionally deaf, dumb, and blind to truth.

1.5 ##Chapter 5: Message to Specialists

1.5.1 ###To Doctors

Do not reduce your patient to a blood test. Ask about their life pattern, their ideas about health and sickness, their ****guidance**** in understanding good and evil.

Perhaps their "disease" is the fruit of intellectual confusion or blind following of a previous authority.

1.5.2 ###To Nutritionists

There is no single "Quranic diet" that fits everyone. Apply the ****law of mediation reduction**** for each patient. Teach them how to choose – do not impose rigid lists.

1.5.3 ###To Knowledge Engineers

Your task is to:

- .1Develop the **Mathani** tool for analyzing Quranic texts.
- .2Critically evaluate deviant systems without personal attacks.
- .3Build an open database of **tayyibat** and **khaba'ith.**
- .4Collaborate with medical professionals to translate these ideas into safe protocols.

2 #Part Two: From the Jurisprudence of Sustenance to the Engineering of Sovereignty – Crossing to the Science of the Hour

2.1 ##Chapter 6: Successorship in the Age of Unveiling

The final stage of the human journey is not just health or knowledge. It is **successorship** (**istikhlaf**) – the ability to carry divine trust on earth.

Three short chapters of the Quran form a **protection trilogy** for this age:

.1 ###Surah Al-Asr (Time) – The Engineering of the Minute

<By time, indeed humanity is in loss, except those who believe, do righteous deeds, advise each other to truth, and advise each other to patience>.

-Time is not a container; it is **attention**. The minute is the smallest unit of focused presence.

-Failure to manage one minute leads to losing the hour, the day, the life.

-Advising to truth = error correction (peer review, mutual accountability).

-Advising to patience = system resilience (support during stress).

2.1.1 .2 ###Surah An-Nasr (Divine Help) – Cognitive Sovereignty

<When the help of God comes and the victory, and you see people entering God's religion in crowds, then glorify your Lord and seek His forgiveness>.

-Victory (**fath**) is not just military conquest. It is **the unveiling of reality** – seeing through the deceptions of the global system.

**** -Glorification and forgiveness**** are data cleansing protocols – preventing arrogance when one gains power or insight.

2.1.2 .3 ###Surah Al-Kawthar (Abundance) – The Vital Supply

**** <Indeed, We have given you abundance. So pray to your Lord and sacrifice. Indeed, your enemy is the one cut off****.

**** -Abundance**** (**kawthar**) is the continuous, unbroken provision – the river of **tayyibat** that never dries.

**** -The cut-off**** (**abtar**) is the opposite – disconnected from the source, fragmented, sterile.

**** -Sacrifice**** (**nahr**) is ****filtering**** – cutting off the corrupt inputs (industrial foods, chemical medicines, false ideologies) and remaining connected to the pure source.

2.2 ##Chapter 7: The Engineering of Quranic Time

The Quranic view of time is not linear. It is ****hierarchical:****

|Unit | Function|

|-----|-----|

|Minute | Unit of focus and presence|

| Day | Cycle of work and rest |

| Friday | Weekly synchronization (congregational prayer as data injection) |

| Saturday | Weekly maintenance (cessation from normal work) |

| Month (Ramadan) | Annual deep reset (fasting as system purge) |

| The Hour (*al-sa'ah*) | Final unveiling – the moment when all hidden data becomes visible |

2.2.1 ###Why is the Hour called *Sa'ah?*

The root S-A-H means **capacity, spaciousness**. The Hour is not just a moment in time. It is the moment when **consciousness expands** to accommodate reality as it truly is. It comes "suddenly" (*baghtatan*) not because there are no signs, but because human awareness has become **too narrow** to read the signs.

The preparation for the Hour is not predicting the date. It is **expanding the capacity of your consciousness** – through pure inputs, regular calibration, and sustained presence.

2.3 ##Chapter 8: Protection Strategies from Global Hunger and Distortion Engineering

The modern world is not passively experiencing a food crisis. It is being **engineered** toward dependency.

2.3.1 ###The *Abtar* System (The Cut-Off)

The global industrial system aims to make humanity "cut off" from:

- Natural seeds (replaced by patented GMOs)
- Natural meat (replaced by lab-grown tissue and insect protein)
- Natural medicine (replaced by patented chemicals)
- Natural water (commodified and controlled)

This is the contemporary fulfillment of Satan's promise:

" – **{وَلَا مَرْئِيَهُمْ فَلْيَغَيِّرُنَّ خَلْقَ اللَّهِ}** <And I will command them to change God's creation." (Quran 4:119)

2.3.2 ###The *Kawthar* Response

The Quranic response is:

" – **{فَصَلِّ لِرَبِّكَ وَأَنْحِرْ}** <So pray to your Lord and sacrifice".

** -Prayer** (*salah*) = reconnect to the source (the Quranic OS, the natural order, the divine guidance).

** -Sacrifice** (*nahr*) = cut off the corrupt inputs – filter, purify, refuse.

This is not ritualism. It is **engineering of sovereignty.**

2.4 **Chapter 9: The Fig and Olive – Protection Protocol for the Best of Forms**

" – **{وَالزَّيْتُونِ وَالنَّيْنِ}** <By the fig and the olive." (Quran 95:1)

These two fruits are not just foods. They are **codes:**

-Fig = complete, seedless fruit (symbol of pure output, no waste, no hidden agenda).

-Olive = oil that almost lights up without fire (symbol of self-illuminating wisdom, inner light).

God swears by them, then says:

" – **{لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ}** <We created humanity in the best of forms".

The implication: To maintain the "best of forms" (physical, mental, spiritual integrity), one must **consume the codes of the fig and olive** – both literally (as foods) and symbolically (as virtues: sincerity, self-illumination).

2.4.1 ###The Fall

" – **{ثُمَّ رَدَدْنَاهُ أَسْفَلَ سَافِلِينَ}** <Then We returned them to the lowest of the low".

This is not inevitable. It is the consequence of abandoning the fig and olive – replacing natural, pure inputs with industrial, corrupt substitutes.

2.5 ##Chapter 10: The Functional Mission of Jesus – The Revival Protocol

The Quran describes Jesus as **"a sign for the Hour" (ilmun lil-sa'ah*). Why?

Jesus' mission was characterized by:

- Healing the blind and lepers
- Reviving the dead (by God's permission)
- Creating a bird from clay (by God's permission)

These are not just miracles. They are **revival protocols** – the ability to:

- Restore sight (to the blind in perception)
- Cleanse the corrupted (lepers as symbols of systemic corruption)
- Bring dead systems back to life

-Create new forms from raw material (clay to bird)

In the age of unveiling (the approach of the Hour), humanity will need this **revival engineering** – the ability to restore what the industrial system has killed: natural food, natural medicine, natural relationships, natural consciousness.

2.5.1 Mary and Jesus – Two Stages

Mary's stage = purification and receptivity (data detox, creating a protected space for new life to grow).

Jesus' stage = active revival (bringing dead systems back to life through the "word" of God).

The believer is called to pass through both stages.

2.6 Chapter 11: The Blood in the Prophet's Ascension – From the Body's Circuit to the Field of Light

In the night journey (*Isra'*), the Prophet Muhammad's chest was opened, his heart washed with Zamzam water, and he was offered milk (which he chose over wine).

In this book's reading, **blood** represents the material circuit of the body – the life force bound to earth, conflict, and passion. **Milk** represents purified, innate

knowledge – the original firmware. **Wine** represents ecstatic experience (forbidden in this world).

The washing of the heart with Zamzam water is the **transformation of blood into light** – the material energy of the self becomes capable of ascension. The Prophet's body could rise because his blood was no longer just blood; it had become a carrier of divine information.

For the ordinary believer: The goal of purification (*tazkiyah*) is to transform the raw, conflict-ridden energy of the self into a light that can rise toward God.

3 #Part Three: Operating Maps for the Successor

3.1 ##Chapter 12: The Triple Connection Map

To achieve sovereign existence, the successor must balance three flows:

.1Quality of nutrition (*tayibat*) – raw material for the body.

.2Control of time (*al-Asr*) – rhythm and focus.

.3Divine remembrance (*dhikr*) – guidance data that directs material and energy toward purpose.

These three are not sequential. They are ****simultaneous.****

3.2 ##Chapter 13: Comparison Table – Quranic System vs. Global System

Aspect Quranic System (Successor) Global System (Abtar)
----- ----- -----
Food *Kawthar* (abundance, natural, blessed) Cut-off (patented seeds, lab-grown, insect protein)
Time management *Al-Asr* (minute focus, synchronization with creation) Distraction (constant consumption of meaningless data)
Medicine Healing through the word + natural remedies Chronic medication for profit
Outcome Ease, blessing, sovereignty, spacious consciousness Hardship, depletion, anxiety, fall to lowest of low
Psychological state Secure, certain, informed peace Manufactured fear, panic, confusion

3.3 ##Chapter 14: Workshop – Activating the Jesus Program

3.3.1 ###Stage 1: Mary's Stage (Preparation and Detox)

****Goal:**** Purify the receiving apparatus from noisy inputs.

****Exercise 1: Create a sanctuary**** – 15 minutes daily in a quiet space, disconnected from all devices. Allow the pure data of revelation to grow without external interference.

****Exercise 2: Detach from inherited ideas**** – Identify one inherited belief about food or health. Examine it through the lens of **Fiqh al-Lisan**. Is it from **tayyibat** or **khaba'ith?**

3.3.2 ###Stage 2: Jesus' Stage (Scanning and Revival)

****Goal:**** Turn purified consciousness into active restoration.

****Exercise 3: Diagnostic scan**** – Review your kitchen and medicine cabinet. Identify "dead land" (processed foods, cut-off products, preserved dead matter). Remove them.

****Exercise 4: The call of revival**** – Choose one dead habit (e.g., drinking dead water, sleeping late). Revive it with a conscious decision. Replace dead water with living water (add lemon, use clay vessels). Adjust sleep to the rhythm of "the ends of the day".

3.3.3 ###Stage 3: Maintaining the Word – Connection and Sacrifice

****Exercise 5: Weekly calibration**** – At the end of each week, compare your inputs (food, reading, company) with your outputs (clarity, physical energy, presence in prayer). If you find dysfunction, activate the **istighfar** protocol (path cleansing) and **nahr** (cut off the pollution source).

3.4 ##Chapter 15: The Successor's Manifesto

****We, the people of "Read" with our structural tongue, the successors on God's earth by the science of the Hour, declare our complete exit from systems of dependency and our entry into the original system of **tayyibat**, according to the following sovereign principles****:

3.4.1 ###First: Liberation of the Receiver (Consciousness)

-Consciousness is the central processor (CPU) of the human being. We will no longer allow corrupt data or inherited distortions to be injected into it.

-Every word entering our consciousness will be measured by the balance of **Fiqh al-Lisan** – to distinguish between truth that builds and falsehood that creates noise.

3.4.2 ###Second: Biological Sovereignty (Kitchen and Pharmacy)

-The kitchen is our sanctuary for producing strength. The pharmacy is our emergency room for restoring nature. We will not accept any "cut-off" product disconnected from God's nomological supply.

-We are sovereign over our bite and our medicine. We choose *tayyibat* to expand our consciousness. We sacrifice *khaba'ith* to cut off the hand of interference in God's creation.

3.4.3 ###Third: The Mechanics of Time (Managing *Al-Asr*)

-Time is not a passing number. It is a container for unveiling. We commit to the **philosophy of the minute** as the basis of focus, and to the **ends of the day** as appointments for cosmic synchronization.

-The Hour will not take us suddenly, because we live in the spaciousness of remembrance, calibrating ourselves every Friday and Saturday to prevent the accumulation of loss.

3.4.4 ###Fourth: The Functional Mission (The Jesus Program)

-We carry the "word of God" as a tool for revival. Our mission is to restore what the engineering of hunger and disease has corrupted.

-Reviving "dead land" begins with our bodies, then our minds, then our environment – to be witnesses to people of the "best of forms".

4 #Part Four: Appendices (Condensed)

4.1 ##Appendix 1: Quick Reference – How to Deal with Any Dietary System

**** .1The book, not the person**** – Do not sanctify the system's author. Measure every system by fixed standards: **tayyibat** (purity), no excess (**israf**), no hardship (**haraj**).

**** .2Do not suddenly stop your medication**** – Dietary changes are complementary, not alternative, in acute and chronic conditions. Gradual reduction only under medical supervision.

**** .3Extract what is right, critique what is wrong**** – Even a deviant system may contain benefits. Take the good, leave the bad. Do not throw out the whole system.

**** .4Do not turn a successful tool into absolute truth**** – What works for one person may not work for another. Good systems accommodate diversity.

**** .5Warning signs – flee from any system that**:**

- Claims miraculous, absolute healing for all diseases.
- Forbids what God has clearly made lawful (vegetables, fruits, legumes) without definitive evidence.
- Promotes a specific commercial product as part of the "holy diet".
- Lies about scientific credentials.
- Transforms followers into a cult that responds to criticism with abuse.
- Forbids water or promotes dehydration.
- Legalizes what God has forbidden (white sugar as honey, defending smoking).

**** .6Do not judge from short experience**** – Some systems show quick improvement (weight loss, energy) but cause long-term damage (stones, hair loss, bone density loss). Monitor for 3-6 months before judging.

**** .7Consult specialists – not just YouTube**** – Take information from experts, discuss with your personal physician, then decide.

**** .8Learn from the storm, but do not gloat**** – Intellectual storms are stress tests. Use them to correct your concepts. Do not gloat over the system's author. If deceased, pray for mercy. If alive, pray for guidance.

**** .9Remember always: food is a means, healing is from God**** – Do not worship any system or its proponents. That is intellectual idolatry.

4.2 ##Appendix 2: Quick Diagnosis Card – Is This System *Tayyibat* or *Khaba'ith?*

|Rule | Action|

|-----|-----|

- .1 |Do not react | Pause, consider the storm as a test, not a disaster|
- .2 |Separate idea from person | Critique objectively; pray for mercy for the deceased|
- .3 |The triple balance | Filter through: *tayyib* + no excess + no hardship|
- .4 |Maintain treatment | Do not stop medication suddenly|
- .5 |Delay judgment | Monitor health markers for months, not days|
- .6 |Consult specialists | Do not rely only on content creators|

- .7 | No sanctification | Every saying can be accepted or rejected except the Prophet's|
- .8 | Learn methodologically | Extract lessons from others' mistakes|
- .9 | Keep a clean heart | Do not gloat or curse; pray for guidance and mercy|
- .10 | Certainty in the Ultimate Cause | Food and systems are means; healing is from God alone|

4.3 ##Appendix 3: The Hoax of "The *Tayyibat* System" – How Religion Is Turned into a Dietary Manual

A critical dialogue summarizing the book's critique of reducing the Quran to a food guide:

4.3.1 ###The Central Problem

The Quran is not a technical manual. It is a **book of guidance, consciousness-building, and balance**. But contemporary religious consciousness has transformed it into a source of ready-made recipes: what to eat, what not to eat, what is "sacred food," what is "cursed food".

4.3.2 ###The Misreading of "Cucumbers, Garlic, Lentils, Onions"

These foods are not denounced as "bad" or "unhealthy." The Quran criticizes the **psychological state** of a people who, after being given heavenly provision, longed for the familiar, heavy, earth-bound foods of their past. This is a critique of **attachment**, not a nutritional judgment.

4.3.3 The Difference Between **Halal** (Lawful) and **Healthy**

Halal is a legal/moral category.

Healthy is a scientific/functional category.

The two circles overlap but are not identical. One can be lawful yet harmful in excess. One can be unlawful by text yet potentially beneficial in extreme necessity (transformed through **tadhkiyah**).

4.3.4 The Psychic Root

People are drawn to "sacred diets" not just for health, but for **existential security**. The promise of a pure, simple, guaranteed system gives a feeling of control over a complex world. This turns dietary choices into identity markers, even into **idolatry of the system**.

4.3.5 The Real Danger

The danger is not in lentils or onions or fats. The danger is in **confused understanding, unmethodological reading, and turning the text into a tool of**

justification** – because a person might survive bad food, but may not survive a confused mind or a corrupted reading of revelation.

4.4 ##Appendix 4: The Visual Guide – Explaining the Book's Cover Diagram

The cover is not just an image. It is a ****master blueprint:****

**** -Roots**** = **Fiqh al-Lisan** (the jurisprudence of the Quranic tongue) – the foundational methodology.

**** -Trunk**** = The **Tayyibat** system – the flow of pure inputs through the human being.

**** -Crown**** = The **Sa'ah** (Hour) – the gear of time, with its hands as the "ends of the day" (dawn and late afternoon), the moments of spiritual synchronization.

****Background:**** Engineering blue (blueprint blue) with grid lines – suggesting that all of existence is subject to precise measurement and divine order.

5 #Conclusion: From the Bite to Insight – The Completion of the System in the Age of Unveiling

We began this journey asking: ****How do we move from understanding the Quran as a book of "healthy recipes" to understanding it as an operating system for consciousness, body, and civilization**?**

The answer unfolded across three volumes:

**** -Volume I**** built the balance – the conceptual and methodological foundation.

**** -Volume II**** operated the system – the practical application of **tayyibat** in the body and consciousness.

**** -Volume III**** draws the map – the horizon of successorship, protection, and sovereignty in the age of unveiling.

5.1.1 ###What the Journey Revealed

**** -Guidance is the first food.**** Misguidance is a form of cognitive poisoning. Healing begins with the restoration of insight, not just the repair of cells.

**** -Disease**** is not always organic failure. It may be deviation from nature, disruption of rhythm, or separation between knowledge and action.

**** -Healing**** is the return to calibration – to the balance, the **Fitrah**, the best of forms.

**** -The battle of food**** is not just a kitchen battle. It is a battle for sovereignty, for nature, for independent perception, for human survival.

**** -Every food word in the Quran**** – fig, olive, pomegranate, date palm, honey, even onion and lentil – carries a hidden symbolic meaning that addresses the depths of the human soul.

5.1.2 ###From the Bite to Insight

<This book attempts to move the reader:

<From the jurisprudence of sustenance to the engineering of sovereignty.

<From consumption to operation.

<From dependency to sovereignty.

**** <From the bite to insight**.**

5.1.3 ###The Final Verse

***** <Who created me, and He guides me. And He feeds me and gives me drink. And when I am sick, He heals me. And He makes me die, then gives me life.***** (Quran 26:78-81)

This is not just a prayer. It is the ****complete system map:****

Creation → guidance → provision → stabilization → sickness → recalibration → death of the old → resurrection into a new, living, witnessing existence.

5.1.4 ###To the Reader

You are no longer carrying a "diet." You are carrying a **compass** – a tool for discernment, filtration, and restoration of *Fitrah*.

Do not search for "the *Tayyibat* system" in the menus of others. Search for it in the truth of your reflection, the purity of your nature, and your alignment with the divine balance.

And always remember: the healing is from God. The food is from God. The life and death are from God. Our role is to choose wisely – and then to trust.

5.1.5 **End of Volume III: The Successor's Map**

Thus completes the trilogy:

-Volume I: Building the Balance

-Volume II: Operating the System

-Volume III: The Successor's Map

5.2 **Final Glossary**

| Arabic Term | Simplified Meaning |

|-----|-----|

- * |Tayyib / Tayyibat* | Pure, wholesome, compatible with human nature |
- * |Khabith / Khaba'ith* | Corrupt, toxic, incompatible |
- * |Fitrah* | Innate human nature; original design |
- * |Tadhkiyah* | Purification protocol (ritual slaughter as model) |
- * |Tazkiyah* | Purification of the self |
- * |Basirah* | Insight; capacity to see beyond surfaces |
- * |Sultan al-Basirah* | The sovereignty of insight |
- * |Istikhlaf* | Human role as vicegerent/successor on earth |
- * |Inkishaf* | Unveiling of hidden realities |
- * |Al-Sa'ah* | The Hour; also "spaciousness" – expanded consciousness |
- * |Kawthar* | Abundance; the unbroken divine supply |
- * |Abtar* | Cut off; disconnected from the source |

This condensed adaptation was prepared for international readers seeking the essence of the original Arabic work. For full academic treatment, including detailed linguistic analysis and complete references, please refer to the original Arabic edition.