

HUMAN

The Secret Within



Muhammad Haider Khan Lodhi

Contents: The Journey Ahead

Author's Note	9
Key Arabic Terms: Essential Words and Meanings	11
Introduction: Opening the Pages of Reflection	15
 Foundations: Allah ﷻ, Muhammad ﷺ, and the Revelation	 17
Allah ﷻ: The Creator of All Things	18
Muhammad ﷺ: The Chosen Bearer of the Qur'an	23
The Holy Qur'an: Revelation, Mercy, and Guidance for Humanity	 29
 Humanity's Beginning: A Journey of Formation	 35
Divine Intention: "I Will Create a Khalifah on Earth"	36
Divine Command: The Creative Word of Power – "Kun fa-yakūn"	 37
Divine Moulding: Shaping the First Entrusted Human in Clay	40
Divine Infusion: The Bestowing of the Rūḥ	42
Divine Distinction: Selected from All Creation	44
Divine Blueprint: The Layers of Human Formation	47
The First Pledge: Remembering the Covenant of Alast	49
The Human Family: From Unity to Diversity	50
 Earth to Eternity: The Journey of the Children of Adam ﷺ	 53
Dust DNA: Extract of Clay	55
Lowly Fluid: Humble Beginnings	58
Chosen Drop: Seed of Destiny	61
Conception: The Origins of Being	63
Sacred Sanctuary: The Secret Refuge	65
Clinging Phase: Life Takes Hold	68

Chewed Lump: Form from Formlessness	70
Frame Appears: Scaffold of the Body	71
Divine Covering: Garment of Flesh	73
Divine Assembly: In Whatever Form He Willed	75
Windows to the World: Hearing, Sight, and Hearts	77
Designed in Balance: His Artistry Revealed	80
Way Made Easy: From Womb to World	81
Parable of Life: From Cradle to Grey Hair	84
Return: Back to the Beginning	87
Resurrection: Completing the Circle	89
 The Human Form: A Living Sign	 91

Author's Note

Appreciation and gratitude begin with awareness. When we truly recognise the blessings bestowed upon us, our hearts naturally incline toward thankfulness. Allah ﷻ has not only created us but has also explained, in the Holy Qur'an, the intricate details of our physical and metaphysical realities with remarkable precision.

The primary source for this work is the Qur'an, owing to the depth and breadth of its discourse on the stages of human creation. No other text speaks with such clarity, completeness, and authority on the journey from our origin to our return. For the English translation of Qur'anic ayahs, I have relied mostly on the Saheeh International translation and at times on the translation of Mufti Taqi Usmani, particularly where a clear distinction between rūḥ and nafs is essential.

This book is the result of a personal journey of self-exploration into the stages of creation of every entrusted human, as revealed in the Qur'an. The process of researching, reflecting, and writing has deepened my own awareness of the signs of Allah ﷻ within myself and in the world around me.

I have put these reflections into written form to share them with others, so that both I and my readers may recognise more fully the blessings of Allah ﷻ upon us, believe in Him sincerely, praise Him with devotion, and follow His guidance and commands with conviction.

This book is lovingly dedicated to my parents, my wife, my sisters, and my family for their love, support, prayers, and help in proofreading, which have been a mercy in my life; to my teachers who have guided and inspired me; to the Ummah of Muhammad ﷺ; and to the noble angels entrusted by Allah ﷻ with every hidden stage of our creation and return.

Introduction:

Opening the Pages of Reflection



Human creation is a marvel, a process of astonishing intricacy, unfolding in hidden stages. Each step is woven with precision, bringing forth life in ways that captivate both the heart and mind. Yet, in the rhythm of daily life, how often do we truly pause to wonder at this ongoing miracle?

Millions of new lives come into existence through this remarkable choreography, yet we seldom reflect on how such a delicate process unfolds so seamlessly. On the surface, it may appear as if life simply happens, guided automatically by the laws of nature. But beneath this surface, there is much more than meets the eye: a blend of the seen and the unseen that invites us to ask deeper questions.

Life and death are daily realities that lie beyond our control, making us question: where do we come from, and where do we go? One moment, a person is radiant with joy and vitality, and the next, that spark can vanish, leaving only silence behind. These moments confront us with the fragile mystery of our existence and remind us that there is more to life than what is captured by sensory perception: a greater reality we can only glimpse in fleeting moments.

Earth is teeming with life in diverse forms, from the delicate plants that carpet its surface to the animals that roam its land and swim in its oceans. The fish that inhabit the depths of the sea, the birds that soar at astonishing heights, and the myriad creatures that fill every corner of the natural world, all testify to the incredible diversity of living beings.

Among all forms of life, one creature stands apart: the entrusted human. Unlike any other, humans possess not only intelligence and creativity, but also the capacity for self-reflection, moral reasoning, and profound influence over their environment. With these gifts, humanity has become the dominant force on earth, capable of remarkable achievements in science, art, and civilisation, but also bearing the responsibility to protect or, tragically, to harm the planet and its inhabitants. How did we come to hold such a unique position? What makes humanity different from all other creatures? And what guidance does the Qur'an offer about the origins and purpose of mankind?

Science has illuminated many mysteries of human life, revealing breathtaking detail through observation and research. Still, questions remain: What set this process in motion? Is it managed or left to chance? Who maintains its delicate balance? Why are we here at all?

This book invites you to embark on a journey of discovery, exploring the origins and stages of human existence through the light of revelation. By drawing from the timeless wisdom of the Holy Qur'an and the remarkable insights offered by modern research, we seek to uncover the layers of meaning woven into our very creation. Together, let us reflect not only on the wonders that unfold within ourselves, but also on the profound mysteries that surround us: mysteries that inspire awe, invite gratitude, and prompt us to ponder our ultimate purpose. Through this exploration, may we come to appreciate the harmony between faith and reason, and find deeper understanding in the story of who we are and why we exist.