

## Two Aspects of Human Beings

In the name of Allah, the Inclusively Merciful, the Exclusively Merciful

## Two Aspects of Human Beings

Allah (sobhani wa ta'ala) has created human beings with two distinct aspects: the physical and the spirit (with its mental and sensory faculties, spirituality, and desires).

*"Who made good everything that He has created, and He began the creation of humans from dust. Then He made his progeny of an extract, of water held in light estimation. Then He made him complete and breathed into him of His spirit, and made for you the ears and the eyes and the hearts; little is it that you give thanks."* (Holy Quran, 32:7-9)

However, our relationship with our Creator does not stop there. By breathing His spirit into us and giving us ears, eyes and hearts we are given a heavy responsibility; one which requires us to show sincere appreciation for the blessings Allah has bestowed upon us. However, because of the "free will" that Allah has given us, Allah has not forced us to show our appreciation to Him, rather Allah has allowed us to choose our way, much like a test.

*"... We mean to try him, so We have made him hearing, seeing. Surely We have shown him the way: he may be thankful or unthankful."* (Holy Quran, 76:2-3)

However, this choice is not something that we can take lightly, because if we choose the wrong path then we will suffer severe consequences that may last for eternity.

*"Surely We have prepared for the unbelievers chains and shackles and a burning fire."* (Holy Quran, 76:4)

On the other hand, if we choose the right path then Allah has promised us the gardens of heaven.

*And (as for) those who believe and do good, We will make them enter into gardens beneath which rivers flow, to abide therein for ever; (it is) a promise of Allah, true (indeed), and who is truer of word than Allah? (Holy Quran, 4:122)*

So in actuality, the blessings of hearing, seeing, free will and thinking, which Allah has not bestowed upon any other of His earthly creations, comes with great responsibility. But we should not feel hopeless or lost because Allah has not created us without any direction or help as in the above mention verse says, "...*Surely We have shown him the way...*" In fact, Allah has given us Islam, which is a **holistic program** for everyone and for every aspect of life and in this program Allah has made two stipulations for us. Considering our physical aspect, we have no control over it regarding its growth and development. We cannot say that "I want to always stay a child physically" and then expect to remain small forever. Hence, our physical growth and development has a predestined path. In stark contrast, Allah has created us with "free will" and what that means for us is that we can choose to mentally and spiritually grow and develop or not as in the Quran Allah says, "...*he may be thankful or unthankful...*" Hence, it is in our hands as to whether we choose to be truthful or liars, kind or mean, chaste or unchaste, submitters or not, and so on. So our physical growth is set, while our mental and spiritual growth is in our hands.