

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God, Most Gracious, Most Merciful

# Submitters Perspective

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## The Science of Belief

Belief is at the foundation of being a submitter to God. That's for anybody on this planet. Not just for people who do Salat, and give Zakat on the day of harvest.

*[2:62] Surely, those who believe, those who are Jewish, the Christians, and the converts; anyone who (1) believes in GOD, and (2) believes in the Last Day, and (3) leads a righteous life, will receive their recompense from their Lord. They have nothing to fear, nor will they grieve.*

Belief – it's the common denominator. There are many different levels of belief and many tangents about what there is to believe in. But with regards to our souls and where we wind up after we physically die and leave our bodies, it's not a lot to ask: believe in God, the last day and be righteous. Yet God says most people are going to hell, so perhaps it is a lot to ask.

*[49:14] The Arabs said, "We are Mu'mens (believers)." Say; "You have not believed; what you should say is, 'We are Muslims (submitters)'; until belief is established in your hearts". If you obey GOD and His messenger, He*

*will not put any of your works to waste. GOD is Forgiver, Most Merciful.*

Let's look at the science of how believing can benefit you...as well as harm you. For centuries, even millennia, belief is all we had to go on with regard to so many aspects of life. We used to believe the earth was flat, that the sun revolved around the earth, that blood-letting would cure disease. So many incorrect beliefs have been disproven by science.

There is a scientist by the name of Dr. Bruce Lipton who studies genetics. In 2005 he wrote a book called "The Biology of Belief".

Let's start with the basics. We are made up of cells. And cells act very much like humans in the fact that they have an outer layer (skin), they have organ cells underneath the skin, miniature organs. They reproduce. In the center of every cell, there is a nucleus. What would be the complementary part? The brain? You would think so. The nucleus contains the chromosomes and the DNA, the building blocks. It's for reproduction.

What are the basic building blocks for DNA? Proteins. There are about 150,000 different proteins in our body that help perform all of its functions by God's grace. All the proteins have a unique shape. They all have what one could consider a backbone made of linked units called amino acids. There are 20 different shaped amino acids. What makes each protein different is the length of the chain and the sequence of the amino acids. And their movement/behavior in your body is caused by what is called a "signal."

Things happen in our bodies because of the movement of the turning on or off of proteins. Movement is where life comes from. When proteins change shape or move they create behavior. It could be respiratory, digestive, kidney, liver, etc. Proteins need signals to move. A signal could be chemical, hormonal or a vibrational wave.

So the proteins make up the genes. And genes are handed down to us through our parents. Through heredity. You may have heard the phrase: I was born with "bad genes;" that's why I'm afflicted with whatever it is I'm afflicted

(Continued on page 2)

*(Continued from page 1)*

ed with. Well, that's probably not true.

If one has a disease there are only two reasons why. Either the proteins are bad or the signal that controls the behavior of the protein is bad.

95% of the population are born with good genes. Only 5% have what people consider a "birth defect". If one is a healthy person with good genes and becomes unhealthy then the signal (which is what causes proteins to behave, move or not move) is being affected. There are only three things that can affect the signal. Trauma, toxins (which can affect the chemistry of the body thereby affecting the signals to the proteins), and the mind—there is nothing wrong with the body but the mind is sending either the wrong signal or at the wrong time.

There was a study done by the journal *Nature* and to paraphrase the conclusion: What are the forces that control the behavior of molecules/proteins into complex shapes? Don't look for the answer in your organic chemistry textbook. Modern medicine is based on organic chemistry. But the answers to how life works are not in the medical textbooks because they are based on organic chemistry.

These signals which affect the behavior of our proteins which run our body come in first contact with our cell walls. They are called receptors. The function of the receptor is to be aware of its environment and receive a signal. Like our senses: eyes, ears, nose, touch. When a receptor receives a signal it creates a physical sensation in the cell causing the cell to change its behavior. So the definition of the switch is awareness of the environment through a physical sensation. And that is one of the definitions of the word 'perception' So, the name of the switch that controls your biology is 'perception'.

So how you view the world controls our biology. Perception controls behavior. The signal, the switch, con-

trols the protein which controls the behavior. And your genes which contain your DNA do not turn on or off, they are simply a blueprint. They get read. For 50 years genetic research of chromosomes, which are about 50% DNA and 50% protein, only focused on the DNA. They didn't study the proteins. That's a lot of information to ignore. What they found in studying the proteins is that the DNA strands are surrounded by protein sleeves. The protein sleeves get detached and reattached to read the DNA strand and reproduce it in the form of RNA. This is a vital process in the functioning of your body. What controls the proteins? The signal. What controls the signal? Perception. You control the genes, the genes do not control you. This new science is called epigenetics. Epi meaning 'above' the gene. So, you are not the victim of your genes because through epigenetics you can change your genes. So, if you change your perception, you change the reading of your genes. If some doctor tells you you're going to have a disease and you believe that, then you can create the disease.

Some conclusions here: 1. Perception controls Behavior (of proteins/biology) 2. Perception controls genes, 3. Perception can rewrite genes. So, Perception controls life. No two people perceive life in the same way; they have different perceptions. Something very important to keep in mind is that you can learn perceptions, and some perceptions can be right and some perceptions can be wrong. Since perceptions control biology, and since they can be right or wrong, it is more accurate to say that belief controls biology. What you believe creates your life. On the inside and on the outside.

We've all heard of the placebo effect. Statistics show that one-third of all medical healings including surgery are the result of the placebo effect. So the belief that you are going to be made well by some kind of medical intervention, that belief or 'positive thinking' can be enough to heal you. What about negative thinking, or the

nocebo effect? The power of negative thinking can also make you sick and even eventually kill you.

I started this discussion by stating we are made up of cells. 50 trillion cells. Each cell has about 0.07 volts of electricity. Which is very low. Multiply that by 50 trillion and you get 3.5 trillion volts of electricity in your body. Now, this is potential electricity. If one could harness this potential through say meditation and belief in God, are not the possibilities (by God's leave) profound? One could also misuse this potential. Have you heard of spontaneous combustion?

Here's a metaphor. Take an orange. What happens if I squeeze the orange? What comes out? Orange juice. Why? Because that's what's inside. That's the way God made it. Now if someone squeezes you, not in a good way, they say something you don't approve of, behave in a way towards you that you find offensive, or say something about you that is hurtful, and out of you comes anger, hatred, bitterness, tension, fear, stress, anxiety. You might say that the reason those feelings came out is because of what they said or the way that they said it or because they did this or that. But the truth is that what comes out of you is what's inside of you. And if you don't like what's inside, you can change it.

*[8:53] GOD does not change a blessing He has bestowed upon any people unless they themselves decide to change. GOD is Hearer, Omniscient.*

Another metaphor for life: Imagine you're standing on a boat. It's zooming along and you're standing on the stern of the boat and you're looking down. What do you see? The wake, and what is the wake? The trail that is left behind. Nothing more, nothing less. What's driving the boat, what's moving this boat in the direction it's heading? Answer, the present moment energy that's being generated by the engine. And nothing more. That's the only thing that's making the boat go

*(Continued on page 3)*

*(Continued from page 2)*

in that forward direction. So in life, it's the present moment thoughts that are making my life go in the direction it is going. Nothing more. Is it possible for the wake to drive the boat? Can a trail that is left behind make a boat go forward? Of course the answer is no. It's just a trail that is left behind. Every one of us has a wake and there is a whole lot of stuff in it. And as humans, one of the problems we have is that we have a tendency to look at the wake and all of the stuff that's in it and explain why it is that our lives aren't working the way we would like it to work. Not that you should ignore your past; it's ok to take note of it, learn from it. But to use it as an excuse as to why your life isn't working today will inhibit you from focusing on God and doing better. Higher awareness. If one holds onto resentments and anger, it's like poison. Mark Twain once said that forgiveness is the fragrance that the violet sheds when the heel has crushed it.

*[42:43] Resorting to patience and forgiveness reflects a true strength of character.*

One needs to let go of the bad negative energy. It's easy to bond ourselves to the wounds of our past. If I cut my hand my nature would tell me to close up the wound. I don't go around showing people hey, look at this wound. If you keep it open you'll probably get an infection, maybe lose the hand, then the arm, maybe get septic and die. Our brain says to close up the wound. Don't keep it open. Humans have a tendency to ignore the mind, the natural instinct, and God's wisdom, and hold on to things that don't matter.

May God continue to guide us to have the best thoughts, the correct beliefs, and continue to stay in His straight path so we can triumph and enter His eternal blissful paradise.

*Bob*

*[73:19] This is a reminder; whoever wills, let him choose the path to his Lord.*

## The Human and Intelligence

The Quran refers to God having blessed the human being with a brain. And that the intelligent will take heed of God's message (2:269, 38:29, 39:9). Why is God pointing out the human brain and the potential for intelligent behaviour of the human being? I feel it is because the human being rebelled twice against God and failed to take the firm stance in favour of God's absolute authority. That choice reflected our ignorance (33:72). But God wanted us to have hope and know there is a fair chance for human beings, and in His mercy, He has sent us to this planet earth fully equipped. With our God given abilities, we cannot complain about injustice. God gave us brains, the freedom to use them, the ability to reason, to reflect and to understand. God gave us guidance through His prophets, messengers, and scriptures. And even though God has blessed us with all of this, most of the human population will still fail to make it to Paradise.

*[16:78] GOD brought you out of your mothers' bellies knowing nothing, and He gave you the hearing, the eyesight, and the brains, that you may be appreciative.*

*[17:36] You shall not accept any information, unless you verify it for yourself. I have given you the hearing, the eyesight, and the brain, and you are responsible for using them.*

*[32:9] He shaped him and blew into him from His spirit. And He gave you the hearing, the eyesight, and the brains; rarely are you thankful.*

In the above verses God has mentioned the practical data of the evolution of the human being. When we are embryos in our mothers' bellies we are helpless. As we develop, God gives us hearing, eyesight, and brains so that we can hear, see and verify any information before

accepting it blindly. Yet we are not appreciative. We rarely thank God for these blessings.

God has given us the total freedom in this life. Either we side with God or with Satan. But the human being forgets the objective of this life and gets preoccupied with the vanities of this material world. A major part of our life span is spent in boasting, hoarding, quarrelling, envying and getting involved in many vices.

*[57:20] Know that this worldly life is no more than play and games, and boasting among you, and hoarding of money and children. It is like abundant rain that produces plants and pleases the disbelievers. But then the plants turn into useless hay, and are blown away by the wind. In the Hereafter there is either severe retribution, or forgiveness from GOD and approval. This worldly life is no more than a temporary illusion.*

*[57:22] Anything that happens on earth, or to you, has already been recorded, even before the creation. This is easy for GOD to do. [57:23] Thus, you should not grieve over anything you miss, nor be proud of anything He has bestowed upon you. GOD does not love those who are boastful, proud.*

In the above verses God is warning us to stay away from these human traits. We need to reflect upon these verses and use the intelligence given to us to save ourselves from these vices. God knows precisely what kind of decision each of us will make. Most people will not believe.

*[2:6] As for those who disbelieve, it is the same for them; whether you warn them, or not warn them, they cannot believe.*

*[2:7] GOD seals their minds and their hearing, and their eyes are veiled. They have incurred severe retribution.*

For those who decide to disbelieve in the word of God without even verifying it,

*(Continued on page 4)*

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*(Continued from page 3)*

God lets them wander in their fantasy land. Though they have a beacon in their hand, they fail to see the light of it and wander as if deaf, dumb and blind. As far as God's Omniscience is concerned, we can imagine a stamp on everyone's forehead that says "Heaven" or "Hell." Yet, as far as we are concerned, we are totally free to side with God's absolute authority, or Satan's polytheistic views. Predestination, therefore, is a fact as far as God is concerned, not as far as we are concerned. [13:39] *GOD erases whatever He wills, and fixes. With Him is the original Master Record.*

Some incidents in our life teach us a lot, if we reflect seriously over them. Here we need to apply the intelligence given by God. Recently I was seriously ill. I was in acute pain for over 18 hours. I got relief after taking medicines from the doctor, by the grace of God. But what did I learn from this experience? I learned at least two important aspects. 1) Imploring God. Believe me during that time I was constantly imploring God. Often in good health I don't remember to glorify or commemorate God so much, even though God has made me intelligent and made me aware about His message. Hence, this short time illness was an eye opener for me to become serious before

time runs out. 2) Trial feeling of retribution of hell. I felt it was a tiny demo of a punishment like the painful retribution of hell, although I feel the potency of the pain and punishment will be much higher in hell and everlasting.

[2:162] *Eternally they abide therein. The retribution is never commuted for them, nor are they reprieved.*

[4:56] *Surely, those who disbelieve in our revelations, we will condemn them to the hellfire. Whenever their skins are burnt, we will give them new skins. Thus, they will suffer continuously. GOD is Almighty, Most Wise.*

The intelligence given to us should be used to make it to Paradise, because the retribution of hell is severe beyond our imagination. If we misuse this God-given intelligence and do not follow the book of God then the result will be disaster. Let us appreciate the immense mercy of God upon us that He has guided us in the right path and given us the wisdom to use the intelligence in a proper way. [18:58] *Yet, your Lord is the Forgiver, full of mercy. If He called them to account for their deeds, He would annihilate them right there and then. Instead, He gives them a respite until a specific, predetermined time; then they can never escape.*

We must not misuse our intelligence by simply enjoying temporarily the vanities

of this world. We normally call someone a donkey for his or her ignorance as if the donkey is the benchmark of foolishness or stupidity. But ironically on the Day of Resurrection the donkey will swiftly enter Paradise in front of the "intelligent" human beings who failed to use their hearing, eyesight, and brains to make the right choice. Now you decide who is more blessed and truly intelligent!

Let us not deviate from the straight path of righteousness and always thank God and appreciate His great blessings on us.

[2:201] *"Our Lord, grant us righteousness in this world, and righteousness in the Hereafter, and spare us the retribution of Hell."*

[2:250] *"Our Lord, grant us steadfastness, strengthen our foothold, and support us against the disbelieving people."*

[3:8] *"Our Lord, let not our hearts waver, now that You have guided us. Shower us with Your mercy; You are the Grantor."*

[3:16] *"Our Lord, we have believed, so forgive us our sins, and spare us the agony of the hellfire."*

Abdul Ghani

Follow the Word of God

[39:18] *They are the ones who examine all words, then follow the best. These are the ones whom GOD has guided; these are the ones who possess intelligence.*