

LOOKING AT THE SECRET OF ALLAH,
HOW ALLAH HOLDS ALLAH'S SPIRIT,
WHEN HUMANS ARE SLEEPING

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Stockholm - SWEDEN
September,4 2021

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ABSTRACT

First of all, by asking forgiveness from Allah SWT here I try to reveal the signs of Allah SWT about how Allah holds Allah's spirit, when humans are sleeping, based on photons, quarks and the molecular structure of nucleic acids or deoxyribonucleic acid (DNA).

There are several verses that become Allah's secret unlocking tool about how Allah holds Allah's spirit, while humans are sleeping, namely the following verses:

"Then He perfected and breathed into it His spirit and He made for you hearing, sight and hearts; you are very little grateful. (As Sajdah: 32: 9)

"So when I have perfected the event and have breathed into it my spirit; then you should fall down prostrating to him." (Shaad: 38: 72)

"God takes hold of the soul when it dies and the soul that has not died in its sleep; then He holds the soul which He has appointed death and He releases another soul until the appointed time. Verily in that are signs of Allah's power for a people who think. (Az Zumar: 39: 42)

"And Maryam, the daughter of Imran, who kept her honor, so We breathed into her womb some of My spirit, and she confirmed the words of her Lord and His Books, and she was of the obedient. (At Tahrir: 66:12)

"(Remember), when Allah said: "O Isa, verily I will take your life and raise you to Me...(Ali Imran: 3:55)

"And verily We have created man and know what his heart whispers, and We are nearer to him than his jugular vein." (Qaf: 50:16)

Allah says: "This is a day that will benefit those who are truthful in their truth. For them is Paradise under which rivers flow; they abide in it forever; Allah is pleased with Him. That is the greatest fortune." (Al Maa'idah: 5: 119)

In an effort to open the veil of Allah's secret about how Allah holds Allah's spirit, when humans are sleeping I use the basis of deoxyribonucleic acid or deoxyribonucleic acid or the molecular structure of nucleic acids.

HYPOTHESIS

Here I propose the hypothesis that Allah holds Allah's spirit when humans are sleeping, when humans sleep, the brain and body recover, heart rate, body temperature, blood pressure and stress hormones fall from the basic point of Deoxyribonucleic acid (DNA).

DEOXYRIBONUCLEIC ACID (DNA)

DNA is a repository of genetic information that has a double structure that forms a double helix and which contains polynucleotide macromolecules that are arranged repeatedly from nucleotide polymers. This nucleotide is composed of folate, a 5 carbon sugar and one of the nitrogenous bases.

The nitrogenous bases are Guanine (G), Adenine (A), Cytocine (C) and Thymine (T).

Guanine (G) is composed of 5 carbon atoms, 5 nitrogen atoms, 1 oxygen atom and 5 hydrogen atoms. Adenine(A) has 5 carbon atoms, 5 nitrogen atoms and 5 hydrogen atoms. Cytocine (C) contains 4 carbon atoms, 3 nitrogen atoms, 1 oxygen atom and 5 hydrogen atoms. Thymine (T) contains 5 carbon atoms, 2 nitrogen atoms, 2 oxygen atoms and 6 hydrogen atoms. Folate contains 1 phosphorus atom, 4 oxygen atoms and 2 hydrogen atoms. The 5 carbon sugar has 5 carbon atoms, 2 oxygen atoms and 8 hydrogen atoms.

WHAT IS THE SOUL OR NAFSI

Now, we are still focusing our minds on uncovering the secrets that are hidden behind the verse: *"Allah holds the soul when it dies and the soul that has not died when it sleeps... (Az Zumar: 39: 42)*

It turns out that what is called *"...soul...(Az Zumar: 39: 42)* or nafsi is *"... my spirit...(Shaad: 38: 72)*

ALLAH HOLDS "MY SPIRIT" WHILE WE ARE SLEEPING

Now we explore the secret behind the verse: *"Allah holds my spirit when it dies... in its sleep... (Az Zumar: 39: 42)*

Well it turns out, because *"...He perfected and breathed into it His spirit...(As Sajdah: 32:9)* , then Allah is always watching *"...His spirit...(As Sajdah: 32:9)*

WHY ALLAH HOLDS ALLAH'S SPIRIT WHILE WE ARE SLEEPING

Now we explore the secret behind the verse: *"Allah holds my spirit when it dies and the soul that has not died when it sleeps... (Az Zumar: 39: 42)*

Apparently, when we are sleeping, the brain and body recover. Then heart rate, body temperature, blood pressure and stress hormones decrease.

So when we are sleeping, our body condition recovers.

After 30 minutes to two hours we sleep, we fall asleep soundly.

Good sleep is the most important.

Then after we sleep well, the dream begins to come.

After 2 hours we sleep well, then various dreams appear that describe our experiences that have been experienced and have happened.

Where the sleep that we dream of is when fast eye movements or rapid eye movements.

While dreaming this is *"...my spirit...(Shaad: 38:72)* plays a role.

When we dream, the brain is actively working, metabolism or body chemical reactions, for example, converting nutrients into energy, are higher than when we are sleeping soundly.

ALLAH HOLDS ALLAH'S SPIRIT WHEN WE ARE SLEEPING

Well, now we continue to explore the secret behind the verse: *"...I breathed into him my spirit..*

(Shaad: 38: 72)

It turns out, because Allah has declared "*...I breathe my spirit..(Shaad: 38:72)* into our bodies, then Allah is the one who continuously holds "*...My spirit..(Shaad: 38:72)* in our bodies. we.

Specifically, when we are sleeping, where Allah continues to witness what activities are happening in the brain, heart, body temperature, blood pressure and hormones.

ALLAH HOLDS ALLAH'S SPIRIT WHEN WE'RE SLEEPING

Well, let's explore the secret in the verse: "*Allah holds my spirit when it dies and my spirit that has not died in its sleep; then He holds my spirit that He has determined death ... (Az Zumar: 39: 42)*

Now it is illustrated by us, where "*... My spirit...(Shaad : 38: 72)* is always held by Allah when we are sleeping.

When we are dreaming, the brain is actively working, the metabolism or chemical reactions of the body become high, then Allah decides "*...He endures my spirit which He has appointed for death... (Az Zumar: 39: 42)*

This is what is called "*...I will take your life...(Ali 'Imran: 3:55)* or "*...He endures my spirit He has decreed for his death...(Az Zumar: 39: 42)*

WHEN WE WANT TO SLEEP, ASK ALLAH'S RIDHA

Now, it is revealed, because "*Allah holds my spirit when it dies and my spirit that has not died when it sleeps ... (Az Zumar: 39: 42)*, so before we go to sleep, we must ask "*... ridha...(Al Maa 'idah: 5: 119)* Allah.

CONCLUSION

Based on the description above, we can conclude that the secrets that are hidden behind the verse: "*Allah holds the soul when it dies and the soul that has not died when it sleeps... (Az Zumar: 39: 42)*

It turns out that what is called "*...soul...(Az Zumar: 39: 42)* or nafsi is "*... my spirit...(Shaad: 38: 72)*

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