

# ***Philosophy of Energy Fact or Fiction?***



***By***

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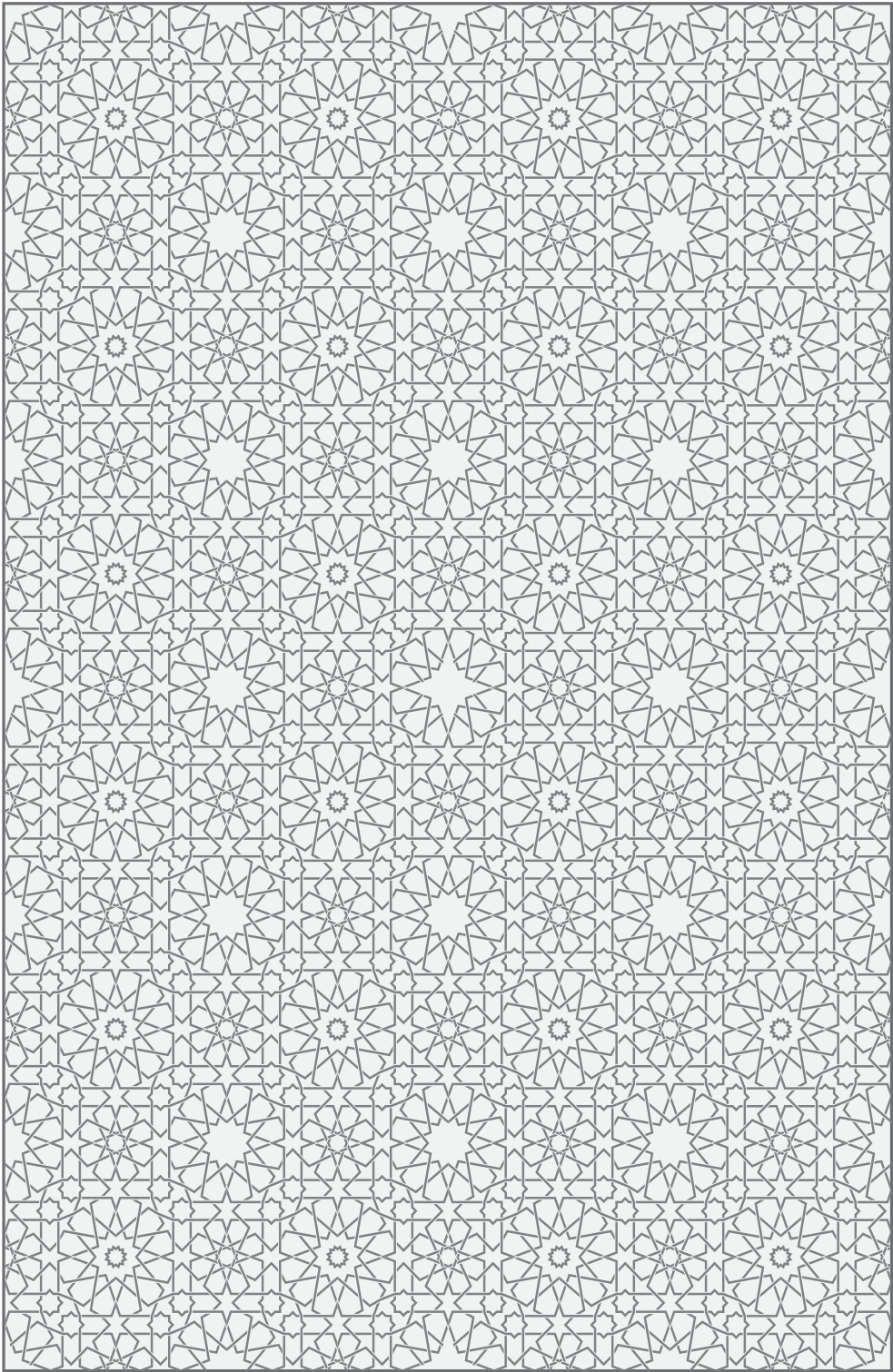
# ***Philosophy of Energy***

## **Fact or Fiction?**

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## In the name of Allah, the Most Gracious, the Most Merciful

**P**raise be to Allah, who sent His Messenger with guidance and the religion of truth to manifest it over all religions, and sufficient is Allah as a Witness. I testify that there is no god worthy of worship but Allah alone, no partner with Him, in affirmation and unification. And I testify that our Prophet Muhammad is His servant and Messenger, may Allah's blessings be upon him, his family, and his companions, and give them an abundant peace. To proceed.

The title of these papers is: A controversial question; much discussed and debated: "**Philosophy of Energy; Fact or Fiction?**".

In the following lines -with Allah's help and success- I will seek to answer it; supporting my answer by argument with clear evidence.

Since I opt for concise, clear answers, I will say at the outset: whoever understands the fundamentals of Islam, respects reason, follows the correct scientific methodology in judgment, and gets rid of whims and desires, has no choice but to admit that Philosophy of Energy and its applications are nothing more than a fantasy that appears in dreams; in reality, they are but a mixture of false dreams!

I will provide evidence for this claim -God willing- through eight topics, and Divine aid and success are sought from Allah<sup>(1)</sup>!

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(1) It should be noted that I have gathered the scientific material for this dissertation from a considerable number of printed sources - from academic papers and other

## First topic

### Why are we discussing this topic?

**T**he philosophy of energy, its sciences, and applications is a great temptation among the trials of this era; it seemed attractive to many people who were fascinated by it, thinking it was fresh water that would quench their thirst, but it is nothing more than a mirage with no drink!

It wore the cloak of knowledge, but it is nothing more than superficial knowledge!

Attractive labels: "Alternative Medicine," "Self-Development and Abilities," and "Human Development," but upon careful investigation, they are nothing more than pagan rituals and a pretext for passing poisonous thoughts.

The wise person does not hasten to reject what the scholars havenot yet scrutinized, and seeks evidence.

We need to shed light on this topic due to the confusion it causesfor those who do not realize what lies behind the flashy

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specialized online sources, among other things I have come across and benefited from; whether from the pioneers of energy or its critics. However, I was not -at that time- concerned with elaboration or documentation; because the origin of this dissertation: a lecture I delivered at Quba Mosque in Medina (on 1444/5/27) then I intended to print it -perhaps Allah will benefit others by it- I have now sufficed with reviewing it after transcribing it; to be a brief summary that benefits its reader who does not seek elaboration and I hope Allah will facilitate returning to it another time; to become a detailed, documented study.

head- lines.

As the prevalence of this philosophy results in the popularity of alien doctrinal thought to Islamic creed. It is a doctrinal and philosophical invasion wearing a new garb, and we, Muslims, must be aware of and resist it.

We need to discuss this topic because monotheism is the essence of the matter and the most important issue. In addition, protecting it is the fundamental duty, and the philosophy of energy tarnishes it; in fact, it may even challenge its very foundation. We need to discuss this topic so that the oblivious knows that pagan beliefs are still fervent, but they are present under new guises; and the Prophet (ﷺ) was truthful when he said: "You would surely tread the same path as was trodden by those before you, inch by inch and step by step so much so that if they entered a lizard's hole, you would follow them. We said, O Messenger of Allah, [Do you mean] the Jews and the Christians? He said: "Who else other than these two groups?" (Agreed upon).

We need to discuss this topic to increase the degree of our certainty, as when monotheism is neglected and not repeatedly taught, it is entirely forgotten, and then, how quickly the vices infiltrate it. This topic is a truthful witness.





## Second topic

### Introductions: Essential Preliminaries

**F**irst, reason dictates that the new should not be rejected simply because it is new, just as it should not be accepted simply because it is new! The wise should not tense up before the new idea and vehemently reject it as he also should not accept it without having clear scientific evidence.

Thus, the cardinal principle here is: rejecting the new simply because it is new is following one's desires and accepting the new simply because it is new is also following one's desires. It is compulsory upon the believer to accept the truth because it is truth; and to reject falsehood because it is falsehood, regardless of our inclinations and desires. Allah says:

O you who believe, be persistently standing firm in justice, witnesses for Allah} (Al-Nisaa: 135)

**Secondly**, it should be known that not everything that wears the garment of knowledge must necessarily be sound knowledge. Therefore, it is necessary to distinguish between true and false sciences, as the absence of a clear distinction between them is a major problem! The sound reference for distinguishing between them is the reliable specialists; medicine has its own specialists, and so is physics, and Islamic jurisprudence.

Indeed, when the boundaries between the true and the false disappear: myths and deceitful illusions and falsehoods appear!

Thirdly, experiencing something once or twice and then hav-

ing a good effect is not clear-cut evidence of its validity, for sometimes it may coincide by chance and the influencing factor could be another cause that is overlooked. The validation of a certain practice has its known scientific methods; either it is known through a report of the unseen informed by the truthful and trusted Prophet (ﷺ), or through a sensory experiment verified by experts, and the positive results of credible scientific proof methods. However, "I tried and it benefited," and "So-and-so tried and he benefited!" this is not a scientific proof to rely upon.

**Fourthly:** Our discussion in these papers is about the philosophy of energy, its applications and branches, no matter what their names are: starting from therapeutic courses, energy healing, Reiki, the law of attraction, to "Unleash Your Genie Mind", and many other things related to energy and its concepts which are falsely attributed to two sources: alternative medicine and personal development.

As for the courses including time management, planning, delivering a speech and the like, they have no relation to the intended purpose of such topic. I pointed this out to avoid confusion.



### Third topic

#### What is the philosophy of energy and its fields?

**I**t is a set of beliefs and rituals derived from polytheistic - esoteric Eastern - philosophies. Its foundation is the belief in incarnation, unity of existence, and the deification of man. It claims to strive to achieve "energy balance" for the soul and unity with the universal spirit - or what they call "the absolute".

It has multiple applications related to healing, claiming to bring happiness, hopes, and others. This includes a series of practices and laws, such as Reiki, the law of attraction, the philosophy of chakras, yoga, karma, and others that may be referred to. These philosophies, as I noted earlier, originated in the East, namely China and India. Later on, they gained popularity in the West against the backdrop of dominance of materialism and spiritual dryness under which people had long suffered. They rushed headlong into these philosophies in the hope that they would revive their lifeless hearts. Nevertheless, these philosophies only augmented their suffering. Then these false sciences infiltrated into the Islamic world, and many young men and women embraced them. Although we, thanks to Allah, are self-sufficient without them, content with our faith and our Sharia, the illusion is dangerous and novelty has its allure; imitation and curiosity play their part! How can it be otherwise when it comes under dazzling banners such as human development, self-improvement, achieving happiness, obtaining healing, and having wealth! In some cases, they are accompanied by certificates, and winning honorary title: "Certified Trainer!"

## Fourth topic

### Energy Practitioners' Means for Spreading Their Philosophy

**T**he masters of this philosophy typically spread it among people through five main methods: holding courses, authoring books, delivering lectures, offering consultations, and publishing on social media.

Their approach is based on the misuse of scientific terms, falsifying scientific experiments, and raising a degree of ambiguity. They also follow a gradual approach; they do not reveal everything they have at the first moment, or in the initial levels of the courses. What they mention at the beginning is usually not significantly problematic, but the brute facts are revealed in the higher levels, and when the learner is trusted. In the stories of those who repented and fully disclosed what they saw and heard of their ambiguity, behavior, and tricks, there is a clear moral. Those who search for it will find it published on the internet.



### **Fifth topic**

#### **What are the Sharia violations in the philosophy of energy?**

**T**his paragraph is the most important one in our topic, and it is the main reason for this warning! If it were not for the violations in the energy sciences that affect the Muslim's faith, we would not need to talk about them.

And before stating them, I draw the reader's attention to two things:

First: The doctrinal risks that I will mention some of them, with the help of Allah, will become clearer if you research the origins of these sciences and their backgrounds, namely Eastern religions or what the West has derived from them - as well as if you refer to what Western energy pioneers present in their courses, writings, and lectures; they are more straightforward and clearer. Unlike those who transmit them in Muslim countries; they might practice some form of *Taqiyya* (The practice of concealing one's belief and foregoing ordinary religious duties when under threat of death or injury), and they neither declare nor confront people of everything it includes.

They may make their presentation effective with mentions of Allah or link it to a religious concept in a pretentious manner, but this doesn't make any step forward or backward. This is due to the fact that the sun of truth cannot be hidden behind a thin veil. The religion of Muhammad and these modern (ﷲ) sorcery are opposing forces that cannot coexist!

**The second point:** The purpose here is to alert about mistakes in the applications that exist in the entirety of this philosophy, regardless of the intention or knowledge of those who practice it as there, maybe, among them those who are deceived or ignorant of the truth.

**After saying this:** There are numerous and grave Sharia violations in the philosophy of energy and its applications, and I will mention some of them: maybe, among them those who are deceived or ignorant of the truth.

**Firstly, the deification of man.** Yes, the deification of man! One of the blatant violations committed by the philosophy of energy and what it refers to is laying the foundation for the deification of man, either explicitly or implicitly. The pagan beliefs from which this philosophy sprouted are based on the idea that man has a spark of the divine; therefore, he is the one who controls his destiny and can shape it as he wishes. For them, the philosophy of energy and all its applications is nothing but a means to understand the inner human being and activate supernatural powers hidden within him; as man - in their opinion - is the master of himself and his destiny.

When you look at their courses and books, you find a clear glorification of the human self; they talk about it as they talk about the creator of the universe who acts in it as he wishes, our Lord is exalted above their falsehood.

Thus you - in their opinion - are the one who brings joy or misery upon yourself, you are the one who withholds or gives, and you are the one who shapes your destiny with your own hand; the power of your determination is invincible, and your subconscious mind is a mighty genie; it is the one that responds to you and fulfills your demands! And you need nothing more than to awaken this giant inside you!

Look at one of them saying, "You have absolute power and end-

lesswisdom; and infinite intelligence... you have the capabilities and power of God to create your own world.

Another person says, "We must discover by ourselves that there is a god within us"

And a third says, "You who seek the Lord abroad: the one you seek is you!"

And a fourth says, "We are disguised gods!"

And a fifth says, "You are the system that created all the existing reality in the universe... you don't need anything"; but you are the one who makes things by your own will! You are complete; and your role is to give from your perfection to the whole universe!"

And a sixth says, "Your distance from the Lord is the reason for your sadness... so when you don't recognize the Lord as your higher self in the end... of course, you will be sad... because you have lost the way of the Lord and lost yourself!"

If I would have enough time, I would have cited the sayings of ten or twenty and more; and no, by Allah, this is not the speech of the obscure; but it is the speech of their devils and pioneers.

How ugly it is for a weak creature; its beginning is a sperm and its end is a corpse, and in its bowels are urine and feces: to boast with this ugly speech, which involves the most heinous polytheism and the greatest unbelief. And Allah spoke the truth when He said: {And whoever among them says, 'I am a god besides Him,' such a one We reward with Hell. Thus, We reward the wrongdoers} [Al-Anbiya].

As for Muslims, they say: "O Allah, You are our Lord and we are Your servants" Your rule is prevailing within us; Your judgment is fair in us". We do not own any benefit or harm for ourselves, we have no control over any matter, not even an atom's weight; we are all hungry except for those whom You

have fed; naked except for those whom You have clothed; lost except for those whom You have guided; what You will happen even if we don't will it, and what we will does not happen if You don't will it; and there is no power or strength except through You.

Secondly, this is something related to the first matter; they are two interlinked matters: the false energy sciences secrete a heretical belief, namely incarnation, unification and unity of existence; they oscillate between them and flounder in their darkness; meaning that Allah, exalted be He - inhabits or a part of Him is in His creatures; or the creator and the creature merge to become one thing, or that Allah, exalted be He, is everything in existence originally; glory be to our Lord.

And the truth, which a Muslim does not deny, is that Allah, exalted be He, is high above His creation, separate from them; and He is the Great, the Exalted, the Magnificent that nothing encompasses, glory be to Him, and whoever says anything contrary to that such as saying the Creator is incarnated in the creature or the creature unite with Him,

Glory be to Him, then he has denied the Qur'an and the Sunnah; in fact, he has fallen into the vilest hideous disbelief. This doctrine that I referred to is deeply- rooted in Eastern religions like Taoism, Hinduism, Buddhism, and Confucianism; which are undoubtedly the origins of energy philosophy as they all agree - in general - about the belief in union or the unity of existence; and that there is divinity in the essence of man or a spark of divinity.

Energy, with all its applications and methods of healing , from Reiki, Prana, Chi Kung, Tai Chi, Feng Shui and others -: is, in their claim, energy emerging from the one whole from which the universe is formed and returns to; and it has its power and influence; whether it is called energy or vital energy or life energy or



place energy or cosmic energy or spiritual energy, or it is called life force or healing power or self-power or consciousness; or the total existence or other names, I would like to say: In their view, this energy is God or a part of God; it incarnates in creatures or unites with them, and practitioners of these sorceries strive to get in touch with it; because it is the one that gives and withholds; heals and causes illness and brings happiness and misery, as well as it can be used to understand cosmic truths and unseen matters; and the treatment of every organic disease!

In their opinion, there are various methods for getting such energy, most importantly; - Raising the hands! Therefore, you may see them in some of their exercises extend their hands so that this energy enters their bodies.

Deep breathing is also one of the key methods therefore; they are keen on practicing what they call breathing exercises; so that the energy flows in the body's organs. Meditation sessions with eyes closed and repeating certain words in order to step out of their awareness and connect with consciousness - they may call it: higher awareness although it is, in reality, a belief in incarnation with the creator, May His glory be exalted and His sovereignty be great, regardless of the phrases they are repeating.

In conclusion, those people claim that they practice these rituals in pursuit of restoring the energy balance in the body and its essence is harmony with the universe and hence unification with it; to give man - as mentioned before - a power that enables him to provide healing to himself and others; and with it, he can control everything that occurs from him and to him. Hence, the idea of deriving cosmic energy from the universe is nothing but a form of unity with the Creator, glory be to Him, where they claim that it is possible by acquiring large amounts of cosmic energy to connect with the divine self!

In other words: connecting with energy means uniting with the absolute; and then returning to the divine origin and advancing to the divinity of the self; in their claim, man is a forgotten god! He has separated from his divine truth; so, if he regains that lost energy, he gets closer to his truth; and then he controls reality and foresees the unseen. It is clear for every Muslim that this doctrine is a doctrine of disbelief; rather, it is more vile than the doctrines of the Jews and the Christians, Abu Jahl and Abu Lahab.

**Thirdly**, falling into major polytheism; in Lordship and Divinity; and this is true for anyone who believed that he or his subconscious mind or nature, or energy - if he believes it to be other than God - they associate partners with God in creation or management; and this is frequent in their applications and in their speech.

Indeed, if you browsed a portion of their books and got an insight into some of their courses: you would find them overflowing with the term: the subconscious mind; which is a dangerous philosophical term; because in their views, its essence is that it is implementer of desires and requests; material or spiritual; and the human's role is: to send orders and requests to it; and it is responsible for executing anything; because its limits and capacities encompass everything, and it is over all things competent! This is indeed nothing more than polytheism Allah, the Almighty, alone is the one who controls everything; He can benefit, harm, give and withhold as he is competent over all things.

Allah has spoken the truth when he said: "And they worship other than Allah that which neither benefits them from the heavens and the earth at all, nor can they [so much as] protect them." (An-Nahl: 73).

**Fourthly**, excluding the belief in destiny; and this is an inevitable result of this philosophy - the philosophy of spiritual atheism - which revolves around the unity of existence; if you are the one

who is in control of his own destiny and controls his life; then what is the need to believe in destiny! Rather, what is the very essence of its existence in the first place?!

Therefore, their speech - implicitly or explicitly - in the denial of destiny that comes with the Sharia evidence: is a lot; as they explicitly state that what happens in a person's life is a result of His belief; and what he intends will inevitably occur, so the matter is then linked to his will, not Allah's will; and they believe that according to your belief the predestined happens; not that the predestined is written before your existence!

One of their devils says: "Your destiny is the making of your hands, you make destiny yourself; you are the one who determines his destiny and fate!"

Another says: "Man, with the power of his intention, affects the universe; and what he wants comes true".

And a third says about intention: "It is one of the cosmic powers that cannot be defeated!"

And do not be deceived that some of them may end their speech with something like: "And all this is by the will of Allah"! For here it is a "deceptive" word; as it has no place or effect; because if they truly believed in it, they have contradicted their statements from beginning to end; the belief in destiny

Which includes the belief in the knowledge of Allah and the writing of everything that happens in the universe in the preserved tablet; and by the effective will of Allah and His creation of everything - and the belief that man is the maker of his destiny and the determiner of his fate: are two opposites that do not coexist! So, if one of them settles in the heart, it expels the other, and the philosophy of energy has been deeply established on the basis of the second belief, not the first!

In conclusion, according to them, the servant is all alone responsible for shaping his destiny; or a partner to his Lord in it; and they really lied and Allah spoke the truth: "Do you not know that Allah knows what is in the heaven and earth? Indeed, that is in a Record. Indeed that, for Allah, is easy". (Al-Hajj: 70) "And there is not a thing concealed within the heaven and the earth except that it is in a clear Register." (An-Naml: 75) "And you do not will except that Allah, Lord of the worlds, wills" (At-Takwir: 29).

They have not lied and the Messenger of Allah, peace be upon him, spoke the truth, saying: "And if something befalls you, do not say: if only I had done so and so but say: Allah has decreed and what He willed He has done" (Reported by Muslim 2664).

And in another hadith it was narrated that: "If you ask, ask from Allah; and if you seek help, seek help from Allah; and know that if the nation agreed on benefitting you, they will not be able to benefit you except with something that Allah has written for you. And if all of them agreed to do harm to you, they would not be able to afflict you except with something that Allah has pre-destined against you; the pens had been lifted, and the ink had dried up" (Reported by At-Tirmidhi (2516) and Ahmad 2669).

**Fifthly**, one of the disadvantages of these false sciences is that they weaken the heart's attachment to Allah and reliance on Him and His love and hope and fear from Him; and perhaps the heart gradually detaches from the realities of servitude piece by piece; until perhaps it completely detaches from it; because man under the shadow of energy sciences may have become self-sufficient for his Lord, God forbid. This - I mean self-sufficiency - many of them openly advocate and do not hesitate to express. Consider a part of what has been mentioned in their speech.

**Sixth**, among the misguidance of energy healing advocates and the law of attraction is the use of modern amulets to attract cosmic

energy such as gemstones and Hindu and Buddhist symbols; that allegedly bring happiness, health, and sustenance! There are stones that bring happiness; figurines that attract a life partner; metal disks that attract wealth; bracelets, necklaces, and earrings: they raise positive energy and repel negative one from you and those around you!

These are modern polytheistic amulets; and the Prophet, peace be upon him, says: "Amulets, talismans, and spells are shirk (polytheism)." (Reported by Ahmad 3615)

This is in addition to many other disgraceful deviations; related to belief in angels, the unseen, the Last Day, the soul, and taking means to other matters that require extensive elaboration and to which the saying of Abu Tammam applies: Equally, if they were divided among the gullible, they would not perfect them except through divorce.

In conclusion, I can summarize the description of this philosophy as: a false science; it conceals an atheistic esoteric philosophy. It is an assembly of misguidance and a deceitful sorcery. It is a pagan sorcery in modern molds; infused with Western spiritual atheism and a scientific coating on illusions that have no relation to science; but illusions that are sold and steal people's money.

They have deceived the naive by presenting it as magical keys to life and success, and it is nothing but erroneous beliefs; it is feared that those who are enticed by their scent will lose their worldly and hereafter life; and Allah is the Guide.



### Sixth topic

**Is energy, according to their concept, real? Is it possible to attract positive energy and repel negative one?**

**T**his is what they mention. The claims are easy; but the consideration is: whether what they mention is true or not!

In physics, there is no such thing as positive energy and negative one! This thing, which they have repeated day and night, is an illusion not fact! Energy is a single entity; and is defined as: the ability to accomplish specific work; or: the ability to perform work. And when these people talk about energy, they are not talking about the known energy that exists and can be measured; like thermal, electrical, or kinetic energy; instead, they are talking about something that exists only in their heads!

They say: Your body attracts vibrations or charges! From where did they get this idea? The body is physically charge-neutral and does not have an attractive energy; and vibrations are positive frequencies that explain the elasticity in bodies; they do not have an attractive property.

These people have linked the concentration of energy with healing or attraction; this is scientific fraud! They have bombarded the world with the law of attraction: saying, a person attracts what they want by thinking about it; because when they focus on what they think, they generate energy; and this energy attracts what they want to happen; that is, the particles of the universe are affected

by human thought due to energy! Thought makes reality; your focus and contemplation can change the universe around you! That is, if you think something moves to the right, it will move to the right; and if you think it moves to the left, it will move to the left! Even surgical procedures can be performed through thoughts alone! Even one of their proponents said: If you eat food in a restaurant and find its taste nasty, you can, through the law of attraction, affect your energy on the chef; He will improve his cooking afterwards! If humans thought that their bodies could fly and realized, they would certainly fly, but only after years of this thinking!

This is not a joke or humor! This is something written in widely circulated books; and said in lectures and courses for which money is paid; you see how illusion is sold! What a pity for the minds that believe in it!

In summary: Energy does not attract; frequencies do not attract; what is mentioned by the proponents of the law of attraction and energy science is false and even ridiculous to specialists. Unfortunately, they deceive; they, for instance, say:

There is an energy that surrounds the human body; its size and color change according to the person's mental and physical health; it can also be used to predict the likelihood of a person catching diseases in the future! They said: And this is something proven and photographed! But in reality, as physicists have shown, the alleged energy halo they claim to photograph is nothing but an electrical discharge of the medium surrounding the photographed body; and that the shape and color are the result of purely physical factors related to the body's environment; and deliberate manipulation and full control can be maintained. So, these people are deeply immersed in an elaborate deception and a great lie!

The energy they keep humming on is -as previously mentioned what the followers of Eastern religions believe to be the

cause and the essence of everything; and that by drawing from it and uniting with it, happiness, wisdom, and health are achieved. It is what they call: spiritual energy or life force or healing power or cosmic energy or human energy; that is, the Master Lord deity! Exalted is our Lord by great sublimity.

You are well aware that the use of the term 'energy' by these people gives them a degree of credibility among the ignorant, and facilitates the passage of the belief that lies beneath it; and anyone who speaks the language of science will be able to convince someone with a weak scientific knowledge of his

viewpoint, even if it is false or deceptive; energy is a term equivalent to the known scientific term in the natural sciences; and this is what makes the trainees believe that it is objective science; but they accuse those who clarify its false reality of rejecting modern science!

Noting that these people may also use The original terms in Eastern languages such as "Reiki", "Qigong", "Feng Shui", "Tai Chi", "Yoga", "Pranic Healing", and others to attract those who are fascinated by such foreign terms thinking that there is profound knowledge beneath them... and it is easy to remain satisfied with ignorance!





## Seventh Topic

### Misconceptions and Responses

**S**omeone might say: But there remains a possibility, perhaps their claims are true! And it is a matter of diligence!

**The answer is:** We are facing an integrated system of assertion that is not based on any proof; rather, it collides with a deeply-established science; so where does the possibility come from? And there is no place for diligence in what contradicts the religion of Allah; rather, it contradicts it?! And you have read part of the legal violations in this philosophy.

**Then I would like to say:** How did you know, O speaker, that there is positive and negative energy here; and vibrations and attraction? Have you seen this by yourself? Have you conducted a scientific experiment that fulfills the scientific conditions? The answer is, of course: No; so, what remains is that this trainer told you this; or he wrote it in his book; and you believed him! Well, the existence of energy and its interactions in the form that is mentioned is either a metaphysical matter or a sensory matter; as for it being metaphysical: Then you are a Muslim; and you know that the unseen is for Allah, He said: "So say, "The unseen is only for Allah" (Yunus: 20). There is no way to know it except through revelation; and there is nothing in the revelation of such Hocus-pocus! Thus, what remains is that it is physical matters; and they are either observed or measured and their existence is known by the known scientific measures; and there is no way to measure their

energy; so, what remains is superficial knowledge!

Add to this another matter: Have you ever asked yourself: Why isn't there a single scientific university with a prestigious status that recognizes this type of energy science? You, for sure, know the names of physicists and physics departments; and doctors and medical departments at well-known universities in our country and abroad: Ask them: Is there any truth to the terms they mention: energy, attraction, and vibrations? Have you ever seen any of trusted doctors who said they can treat through positive energy; and replace surgical operations with it? Isn't this a clear indicator that there is no use of such energy as it is like planting in water! Or longing for a drink from a mirage!

Then also contemplate: people say that you can attract anything to you; and by focusing the intention, you achieve everything that you aspire to; and with your subconscious mind, you can attain anything! Have you ever asked those who propose these fallacies to you: Why do you take huge amounts of money for the courses and the books that you print? Why don't you make them free; and achieve with your intention and expected gains with your energy! You will find them shortly -just after deep concentrated thinking- in your bank accounts! Isn't this what you assume?! "And the first to be content with a path is the one who treads it"!

Why do you profit from the pockets of the youth when you can profit from attraction, intention, and energy?!

And another more important issue: If it is possible to attract anything and achieve every goal with: "the power of determination", the power of self, "attraction", and "the genie residing between the ribs", we would like to draw your attention to the fact that there are poor people, famines, wars, and earthquakes in the world; there is inflation, and many economic, political, and social problems; there are epidemics and diseases from which many poor countries are

suffering; and you are the people most capable of controlling the energy and directing the vibrations towards the negatives to eliminate them - you are the trainers and practitioners - so where are you from providing Helping and solving problems?! Are you preoccupied with conducting courses and authoring books and leaving the world suffer from these dilemmas; even though you have the magical solution - as you say?!

Or people obtain nothing but deception and selling illusions! You are nothing but empty noise-makers, your philosophy is nothing more than a trick; and a mirage in a barren desert!

"And he who sees a mirage thinks it's near, but then it fades away."

The reality is that these people have skillfully struck the sensitive chord - as they say -; they fully understand that people are looking for direct and quick solutions to their problems and the removal of obstacles facing them; and because of their deceptive presentation, and the illusion that solutions and happiness are now closer to a person than his fingertips: the idea of attracting solutions through energy becomes attractive; the poor person becomes deluded into thinking that he doesn't need to exert considerable efforts to get what he aspires, but: "Think, make your intention clear, and meditate, and you will attract what you wish"!

Have you ever seen anything deserving to be called selling illusions like this?!

It's something like a mirage that increases the heart's longing and thirst, and fills the eyes with a scene.

The obvious truth is that there is only one type of 'realistic' attraction in all their theses; which is the attraction of what's in the pockets of the simple people!"<sup>(2)</sup>

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(2) It's amusing that one of their seniors wrote in the conclusion of a famous book

**And someone might say:** These courses are presented by specialized doctors and holders of higher degrees in their specialties!

**The answer is:** How easy it is to buy a doctorate today? The Internet is full of sellers of this illusion. But what is the scientific value of unaccredited higher degrees?

This is one of the greatest examples: One of the biggest promoters of energy nonsense in the Arab world introduces himself as Dr. So-and-so; and he has a doctorate from So-and-so University in the United States! When I browsed the website of this university, I discovered that it is a mere institute that adopts these false sciences; and grants master's and doctoral degrees together by correspondence within about a year and a few months; but this alleged university is not recognized by any official body in America, and they, themselves, declared this on their website! Then comes whoever comes and deceives the naive by being a doctor! What kind of nonsense is this?

Then, even if we assumed that one of those who present this nonsense is a holder of a higher degree from a recognized university, you would find his degree in another specialty, not in energy; because there is no recognized university that grants a higher degree in these false sciences.

**And someone might say:** Some people have tried some of the experiments put forward by energy practitioners and benefited!

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about the law of attraction: "If you did not buy this edition and got it in an illegitimate way, from the internet, from stolen copies, or the like, then the law of attraction does not work with you"! And we have the right to ask: Why is there an exception here? Isn't the energy and its attraction, according to you, the predominant that cannot be defeated and the conqueror that cannot be vanquished?! So why has it become paralyzed in this case?! It seems the answer is: it doesn't work unless it passes through their pockets first!

The answer to this is: This is as far as they can deduce as evidence of the correctness of their principles; and the fact that so-and-so has tried and another person has tried: this is not a correct scientific inference; what is the evidence that the benefit was not due to another reason he did not notice So-and-so or another person; and why wouldn't it be just a delusion because of what he heard from them; why couldn't it be a coincidence without a reason?

The truth is that this person has fallen into a logical fallacy called: A false cause fallacy. This fallacy occurs when there is confusion between co-occurrence and causality. Due to ignorance and lack of scrutiny, a causal link may be established between two things, although it does not exist.

Proving the existence of a causal relationship between two events requires more than just their occurrence together once or several times.

Similar to this fallacy is the fallacy of post hoc ergo propter hoc, which means "something happened after another; therefore, because of this"! There is no correlation between the two matters; just as if dawn comes up after the rooster crows, then its crowing is not the cause of the dawn, as is clear. Causality requires more than just succession; it needs proof of the real, proper impact of the cause; and this is what really requires evidence.

**In conclusion,** there are many phenomena where the hasty observer may establish a link and assume causality; but in reality, the connection between them is non-existent.

Let me give you an example mentioned by some researchers: It was reported that in a certain region, smallpox spread among the inhabitants after they saw a camel for the first time. So, they concluded that seeing a camel is the cause of the disease! Also, it was mentioned that a man died shortly after the inhabitants began to practice pottery. Everyone abandoned this craft because they

thought it caused man's death!

These examples bring us closer to understanding what you hear from some people: that they practiced some energy rituals and felt at ease! Or one wore an energy bracelet and found activity afterwards, or changed the furniture in the house and achieved domestic harmony with her spouse; she thought that negative energy was repelled from the house and positive energy took its place! This is not true, and these things are not the causes of what happened; there is no evidence for this. Instead, it may have been a coincidence without any prior cause, or it may have real causes other than what the deluded people thought.

**Moreover, I would like to say something:** There are few things that they mention which can cause mental relaxation or other benefits; such as sitting in a quiet place and contemplating the beauty of God's creation; and many other things that could be the real reason for mental relaxation. But be careful! These practices they cling to and its effect have been mixed with a lot of misguidance and abundant erroneous causes; is it sensible to cling to a lot of falsehoods that harm our religion for the sake of just one benefit?!

The situation of these people is similar to that of a priest who mixes one truth with a hundred or more lies! This truth was the key reason that the ignorant clings to. 'Ā'ishah reported (may Allah be pleased with her) that people asked the Messenger of Allah (ﷺ) about fortune tellers. He said to them: "They are nothing." They said: "O Messenger of Allah, sometimes they tell the truth." The Messenger of Allah (ﷺ) said: "That word is what the jinn snatches and whispers into the ear of his friend, and it is mixed with more than a hundred lies" [Al-Bukhari and Muslim]. How similar the two situations are!



### **Eighth topic**

**Is there a profound difference between the philosophy of energy proposed in the West and that in Muslim countries?**

**Someone might say:** What you mention about the disadvantages of the philosophy of energy is true, but this is what the West has; what is proposed in Muslim countries is different!

**The answer to this** is from three aspects, which I will present briefly:

**Firstly:** From where did you get what you mentioned? Many pioneers of the energy philosophy in Muslim countries tread the same path as was trodden by the West step by step. The most distinctive thing Muslim countries strive to do is to put a religious overtone on the nonsense of energy, which is more like sweet flavors intended to cover up a bitter taste. This is achieved either by using legitimate terms that have no relation to religion, such as intention and blessing.

Or by drawing inference with evidence that is not valid, such as the hadith: "Be optimistic about good, you will find it," which is falsely attributed to the Prophet (ﷺ).

Or through objectionable interpretations, twisting the texts, or misusing evidence, as they did in their argument with the agreed-upon Ḥadīth Qudsī (Sacred tradition), which says: "I am just as My slave thinks I am."

They claimed this Ḥadīth to be evidence of the law of attraction, that by your assumption, you attract your destiny! This, by Allah, is one of the most peculiar, strangest, and farthest of arguments. The Hadith is an argument against them, and it points to the opposite of what they claim. It completely encourages achieving monotheism by thinking well of Allah and hoping and desiring His favor alone without any partner. If you repent sincerely and hope for Him to accept your repentance, you will find your Lord forgiving and merciful. If you do well in your obedience and hope for its acceptance, He will accept it from you. If you call upon Him and hope for His answer, He will answer you. If you trust in Him and hope for His sufficiency, He will suffice you. But if you think ill of your Lord, then you and what you will be rewarded.

So where is thinking well of Allah from believing in energy and attaching the heart to attraction and having good thoughts about an energy bracelet or earrings and stones that drive away negative energy in your claim?!

Do you make thinking well of Allah, which is comparable to good action, equivalent to having good thoughts about your charms and talismans? Where is the light from the darkness? Where is monotheism from polytheism? Where is the truth from the falsehood? What is [wrong] with you? How do you make judgement?!

**Secondly:** We did not find among those who propose this philosophy and applications in Muslim countries an explicit denial of its misguidances - even though the station is one of faith and disbelief - On the contrary: We find nothing from them but glorification of Western energy pioneers, encouragement to read their books, and taking pride in being their students. In fact, the matter of these people became popular among Muslims only because they boasted of having been students under the hands of major international trainers from Hindus, spiritual atheists and others, and what they obtained from certificates and accreditations.



**Thirdly:** If you want to judge an idea, look at its roots. For you will not reap grapes from thorns, and what is promoted in Muslim countries from these falsehoods is only a branch of what is broadcast there. "If the root is corrupted, the branch is corrupted". Cosmetic operations and the alleged "Islamization" will not succeed, and that which is bad - nothing emerges except sparsely, with difficulty.

I would like to say that, speaking of the favor and bounty of Allah, it is among the favors of Allah, the Almighty, that he guided the authorities in our country, the Kingdom of Saudi Arabia, to prevent these hocus-pocus and undermine such heinous acts. A royal order was issued in the year 1438 AH prohibiting the practice of energy healing or its training in the Kingdom, and prohibiting the import, export, clearance, publication, or display of books and audiovisual materials related to the activity of energy healing or practicing it.

This was preceded by a decision from the competent authorities to ban the practice of neuro-linguistic programming, and this is worth mentioning. However, the Internet remains an open space that is difficult to control; hence, extra care and warning must be taken.



## Ninth Topic

### What is the alternative to these sciences?

**T**he answer: The alternative practice for these rituals is: stressing monotheism—monotheism of Allah in His Lordship, Divinity, and His Names and Attributes.

By being content with His saying: Say, "Who is the Lord of the heavens and earth?" Say, "Allah." Say, "Have you then taken besides Him allies not possessing [even] for themselves any benefit or any harm?" Say, "Is the blind equivalent to the seeing? Or is darkness equivalent to light? Or have they attributed to Allah partners who created like His creation so that the creation [of each] seemed similar to them?" Say, "Allah is the Creator of all things, and He is the One, the Prevailing." (Al-Ra'd 16).

**The alternative is:** glorifying Allah and stressing servitude to Allah and sincerity in following His Prophet (ﷺ).

**The alternative is:** that Allah and His Messenger are more beloved to you than anyone else.

To sincerely put your full trust in Allah and to detach yourself from relying on your power and your stature, and to have a good hope in Allah and fear Him.

**The alternative is:** acting upon His saying (ﷺ) that is narrated in Sahih Muslim: "The strong believer is better and more beloved to Allah than the weak believer, and there is good in everyone. Strive for that which will benefit you, seek the help of Allah,

and do not feel helpless. If anything befalls you, do not say, 'If only I had done such and such,' but rather say, 'Allah has decreed and what He wills, He does.' For indeed saying 'if only' opens the door for the work of Satan." Ponder it thoroughly and make it your constitution; for every sentence of it demolishes a cornerstone of the so-called energy science.

**The alternative is:** making efforts, being serious and working, and abandoning laziness and reliance on mere wishes.

**The alternative is:** stressing faith in the divine decree; in Allah's knowledge and His scriptures; His will and creation.

**The alternative is:** legitimate spiritual healing (Ruqyah) and treating oneself medically with all permissible treatments.

**The alternative is:** to be wary of promoters of evil and sellers of illusion; even if you claim confidence in yourself and your knowledge.

"Did not the one who drank poison die, despite his claims of having an antidote?"

**The alternative is:** gaining sound knowledge from the well-known scholars.

The alternative is: awareness, discernment, and not being a people without a will of their own

**The alternative is:** taking pride in our religion, our legacy, and our values.

**The alternative is:** sincere repentance and striving in supplicating to Allah, praying to Him, and worshipping Him; and in asking Him for steadfastness until death.



## **Tenth and Last Topic**

### **Heartfelt Advice, and I Hope It Reaches the Heart**

**I**n this age, we live in a unique state; its characteristic is an astonishing flow of information. This has led to a great universalcultural overlap, and man, in this reality, has become under tremendous pressure; that this has led many to a cultural trial, anideological imbalance, and moral laxity.

The enemies of Allah have skillfully used this reality to launch a focused ideological invasion targeting Muslims' children everywhere, and they have two goals:

The first: to drive Muslims out of their religion and turn them back, after their belief, [to being] unbelievers.

The second: to change the legitimate concepts in the minds of Muslims, and present alien concepts to our Prophet Muhammad (ﷺ). Our Prophet (ﷺ) said: "Be prompt in doing good deeds (before you are overtaken)by turbulence which would be like a part of the dark night. A man would be a believer in the morning and turn to disbelief in the evening. He would be a believer in the evening and turn to disbelief in the morning; he would sell his religion for a worldlygain." (Narrated by Muslim)

Indeed, it is a major problem that deserves all efforts to beexpended in treating it and confronting its repercussions.

There is a torrent of ideological and intellectual trends that invade us in our own home and address all segments of society

- particularly the youth, both males and females. It is something like a deadly, widespread virus descending from space, hunting through the network, or infiltrate through the pages of books. It differs from any previous ideological threat in both its nature and method, and for those who are not immune to it, how close is their vulnerability!

They are great horrors and stormy trials; and it is right for the alarmbell to ring its tolls, and for the wise to be alert. The youth, boys and girls, the old and the young, are all in the line of fire of the advocates of evil and corruption, the masters of grave innovation, and the deviant or extreme intellectual ideologies.

This intense ideological invasion is accompanied by the absence of authority for many young men and women. Some do not know where to turn if they are drowned in doubt or faced with a complex issue.

Many of them cannot distinguish between a reliable source of reference and an unreliable one. Today, everyone speaks, everyone establishes principles, and there are those who listen!

Therefore, be wary of misconceptions, as they are falsehoods that resemble the truth. If you wish, say: they are falsehoods in the guise of truth. Misconceptions - their exteriors seem merciful, but their interiors are tormenting. The arguments of the proponents of the "energy philosophy", which I have been exposed to, are nothing but examples of this.

Indeed, misconceptions are the delirium of temptation, the harbinger of deviation, and the pathway to all misguidance. Truly, they pose the greatest danger. If they enter the heart and take hold there, they cause destruction!

Truly, they are the deadly epidemic of this era, causing widespread confusion and disturbance, and unraveling the threads of certainty. Misconception is the deceptive marketer of misguidance.

Otherwise, if misguidance reared with its ugly face, not decorated with anything from the truth, souls would not accept it. This indicates its danger. This disguise performed by the people of misguidance is their greatest weapon which devastates people's beliefs and religions. Many people judge only by words and they are dazzled by its decorations without diving into the realities and meanings. And Allah, glorified is He, says: "And do not dress up the truth with falsehood" (Al-Baqarah: 42). Dressing up the truth with falsehood is the reality of presenting misconceptions.

Therefore, beware of it and beware of its people. Our Prophet (ﷺ) says, as in the "Sahihayn" (Bukhari and Muslim): "When you see those who follow what is ambiguous from it, then they are those whom Allah has named, so beware of them." Beware, male and female, servant of Allah.

Indeed, faith and certainty are the greatest blessings. Preserving these blessings is a duty. Among the ways to preserve these blessings is not to listen to misconceptions and to stay away from them; for they are captivating, and hearts are weak. No matter what you play with, do not play with your religion!

Misconception is an epidemic, and it is not appropriate to expose oneself to epidemics. Nothing equals safety.

And there is no way out -after the success of Allah- except fortification, rooting, and correct doctrinal stability. This is something that has become an utmost necessity today, no laxity is accepted in it.

Indeed, the fortunate ones are those who know the truth in detail and are guided to adhere to it; they are also those who know falsehood in detail and are guided to avoid it.

As for the one who is prevalent in this life, who does not distinguish between good and evil, faith and disbelief, light and

darkness: how quickly he falls into ruin.

Of course, we have a goal that we must strive for ourselves and those around us to reach; namely: to experience the savor of faith. It is the guarantee - with the success of Allah - from deviation. If anyone tasted the flavor of faith and felt its sweetness, he would not exchange it for anything, even if it was the treasures of the earth combined.

But... How do we get there? "He who is well-pleased with God as Lord, with Islam as religion, and with Muhammad as messenger Our Prophet explained this in his statement reported in Sahih Muslim: "He who is well-pleased with Allah as Lord, with Islam as religion, and with Muhammad as a Messenger would experience the savor of faith" and the goal and utmost objective of the doctrine of Ahl al-Sunnah is to achieve this goal.

So, learn about faith in Allah Almighty as this is the central principle and the end. This includes: knowing the proofs of His existence, His lordship, His divinity, and the opposite of that.

Glorify Him by knowing His names and attributes. There is a need to understand this topic by knowing the attributes of majesty, beauty, and perfection of Allah Almighty, and the meanings of His names, Glory be to Him. Learn the merits of Islam; for whoever is certain of the beauty, goodness, and refinement of Islam

Know the correct belief concerning destiny, wisdom, and the rationale behind Allah's actions, Glory be to Him. Indeed, ignorance and confusion in this matter are among the widest doors through which the devils of mankind enter.

Learn about the correct approach in dealing with misconceptions; either by distancing from them or striving to unveil them. Accustom yourself to respect the evidence of the Quran and Sunnah, to submit to them, to prioritize them over anything else, and fill your heart with this!

Make sure that there is no slight contradiction between reason and Shari'a (Islamic law); and know the position and the role of reason; and that its desirable end is to follow Shari'a, not to be followed.

**Finally**, learn about the sources oral transmission according to Ahl al-Sunnah wal Jama'ah, and the correct methods of inference.

O Allah, make us firm with the firm word in this life and the hereafter, and protect us from trials, what appears of them and what is hidden, and guard us from the reprehensible of desires and diseases; Indeed, You are the Hearer of supplication; and may Allah's prayers and peace be upon His servant and Messenger, our Prophet Muhammad, and upon his family and companions altogether.





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