

# The unexamined life is not worth living.

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Socrates



*The two most important days in  
your life are the day you were born  
and the day you find out why.*

Mark Twain

Now discover  
the meaning of life...

## Tough world? In reality it's your friend...

No doubt at times in this life it may seem the odds are set against you. But the obstacles you may face are there not to frustrate you but to bring out the best in you.

They are designed to put you on your mettle and permit the indomitable spirit you possess to reveal itself in all its glory.

You develop yourself in the course of overcoming obstacles.

Frustration will force you to reconstruct your personality. Rebuffs and set-backs strengthen you, and by facing challenges you develop a mature personality.

So even at times when the world appears to be stern and unkind, in the long run it turns out to be, not your enemy, but your friend.

Development is a journey, not a destination.

## What is the human being?

To say that man is nothing but an animal is to deny, by implication, that he has essential attributes other than those of all animals.... It is important to realise that the essence of his unique nature lies precisely in those characteristics that are not shared with any other animal. His place in nature and its supreme significance to man are not defined by his animality but his humanity. Man has certain basic diagnostic features which set him off most sharply from any other animal and which have involved other developments not only increasing this sharp distinction but also making it an absolute difference in kind and not only a relative difference of degree.

*G.G. Simpson: The Meaning of Evolution.*



*Just as the caterpillar thought that life was over, it became a butterfly.*

*Richard Fuller.*

**T**he human being consists of physical and non-physical elements. However, the body may change but our personal identity is not affected. There is something that bodily changes cannot radically alter; something that continues to endure. This is the Self, or the human personality, and is often referred to as the 'spirit' or the 'soul'.

Life is continuous.

We know that matter cannot be destroyed but changes into other matter, a different state or reverts back to energy; this too can convert into different types of energy. So why do we think that the human Self cannot develop and change into another creation after death?

It's worth looking at a common natural event to understand this process. After a caterpillar hatches it spends the next part of its life eating the leaves of the tree on which its life began. Then one day, the caterpillar stops eating, hangs upside down from a twig or a leaf and spins itself a silky cocoon

or molts into a shiny chrysalis. Within this protective casing, the caterpillar radically transforms its body, eventually emerging as a butterfly. For someone who has never seen this transformation it is difficult to imagine how this can happen, but it does.

Similarly, with a human life, when the body 'dies', the Self emerges as a new creation. The Self is the latent personality that develops or regresses subject to the activities of the individual. It grows not by the subconscious intentions but through the deliberate and premeditated thoughts and acts that the human being performs, and not so much by the social influence to which the individual is exposed, but by the way in which he or she reacts to it. How do we develop the Self? See next page.

*There is nothing in a caterpillar that tells you it's going to be a butterfly.*

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Everything is constantly evolving into a higher and more complex order and now intelligent individuals also seek to realise their full potential.

## Self-development - the meaning of life.

**T**hrough time humans have physically changed and now the development is of a different kind. Just as the body benefits from a good diet and regular exercise, now the Self too seeks to progress.

The Self is the human personality and it seeks to realise its potential. The Self does not come into being through the natural process of procreation but is activated by the spark of human action. Good (munificent) actions progress its development and bad (regressive) actions impede it. Only actions prompted by ethical choices affect it.

Individuals who live by higher standards and values accelerate their development. For example, to an athlete following a strict regime of a good diet and training each day, the benefits become obvious. The athlete who does not is unlikely to be successful. Similarly, an individual who imposes 'value-orientated' restrictions on his/her Self does it for the sole purpose

of turning things to the best account - i.e. to develop the Self. A person who is consistent and has integrity and strength of character will have no problem in this progression. However, a weak personality,

with its ever-changing attitudes, can never be a candidate for success.

The body is only an instrument that provides an environment for the Self to develop. It is the developed Self that becomes resilient and survives what we call death, progressing to the next stage of life.

The individual has the opportunity to make choices (i.e. what action to take - progressive or regressive), and it is only when the choice is made that subsequent results

become inevitable, as the laws of cause and effect take place.

Individuals can develop their Self through the Permanent Values. These are the values when applied strengthen the Self making it fit not only for this life but also for the life yet to come.

Life throws many challenges and sometimes these can be harrowing and unpleasant. However, these obstacles are not our enemies. By overcoming them, we bring out the best in ourselves in preparation for the life yet to come. But, let's not forget that heaven begins here. Even in this life, an individual becomes a better human not in solitude but in the hurly burly of life - by facing challenges and fulfilling his or her commitments.

Usually people understand personal development to be about education, skills and attitude. All these are important, but to develop the Self needs the application of Permanent Values underpinned by accountability - and the foundation for this is provided by the Quran.

**The Quran:** An indispensable blueprint for Self-development.

Every intelligent person seeks Self-development and now you can too can realise your full potential.

## **When Islam is seen through the unique prism of the Quran alone, it raises the measure of human endeavour.**

**T**he Quran says that people develop by the measure of their endeavour and that is why it puts human beings at the centre of a moral outlook that is the very fabric of society.

The Quran encourages all men and women to develop their Self by facing up to the inevitable challenges of this world.

The Quran says that life is continuous and that by developing the Self, the human being makes himself fit, not only for this life but also for the life yet to come. From a modest being he or she has the potential and opportunity to become an eminent creation ready to take on greater and more rewarding challenges.

To enable this the Quran provides the means

through the Social System it terms as Deen-Islam. *This is the optimum system that offers something no religion, alternative belief or political ideology can ever give.*

Championing human rights is a duty, the Quran proclaims. Indeed all who are fit and able are not exempt from striving with their money and their lives. Promoting, flourishing and giving life to the natural and human system is an act of great virtue, the Quran stresses, time and time again.

But a good deed or any act of virtue is of no value if its worth is not realised, that is why the Quran underpins all activity with accountability. And it is this that puts the Quran's Permanent Values and Absolute Laws over and above any other.

**If the word 'Islam' conjures up a medieval image frequently projected by the media, and in no small way substantiated by many sections of the self-appointed 'guardians of faith', then prepare yourself to be enlightened.**

**When intelligent people look at the absurdities and futility of religion they often reject God, when in reality they should reject religion.**

**What is the difference between religion and Deen-Islam?**

READ MORE... [www.xeitre.org](http://www.xeitre.org)

The Quran: God's Message to Mankind.  
New Millennium Exposition - an exegesis for the 21st. century.

## Whatever your belief, the Quran is a compelling read.

**Whether you are a muslim or not, the Quran is a compelling read. Now for the first time, here is an exposition in English that really is different.**

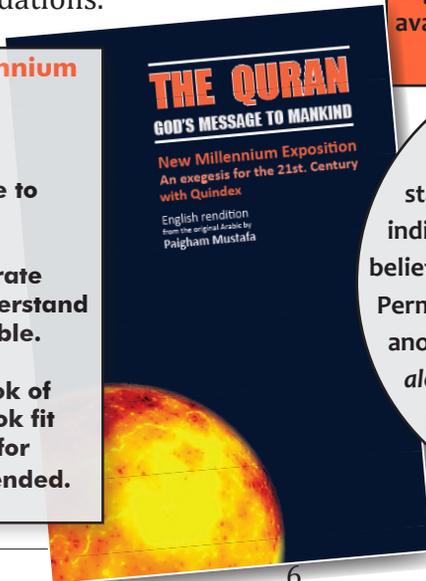
The values and concepts, however, are entirely as originally expounded when the Quran was first revealed, but now with the added clarity and accuracy of an improved translation, this exegesis is a far better rendition than any of its predecessors, or that of any edition available today.

Also the Quranic thought process that had deteriorated over time, stagnated and stunted progress has been reconstructed and strengthened on its original foundations.

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**A muslim** is recognised by the high standards of personal probity an individual maintains. Anyone whose beliefs and actions harmonise with the Permanent Values is in fact a *muslim* - another Arabic word that alongside *alcohol*, *sugar* and *algebra* is now part of the English language.

A 'muslim', describes someone whose actions exemplify the Quranic Permanent Values, and 'Muslim' is a title or a label for one who professes to follow the Quran. A person need not be called a *muslim* in order to be one.

**The Quran answers more questions than you may have the courage to ask...**



Does the Quran incite misogyny?

Why believe in God?

What exactly is the meaning of evil?

Is democracy acceptable in Islam?

Does the Quran inspire violence against non-believers?

If Islam is true, then why are Muslims in such a dismal state?

Should Muslims fear being branded apostates & face violent reprisals when they openly question their beliefs?

Why do bad things happen to good people?

Why is there no charity in the Quran?

Is stoning a punishment decreed in the Quran?

What is the self, and why do you need to develop it?

What exactly is halal food?  
... and other questions.

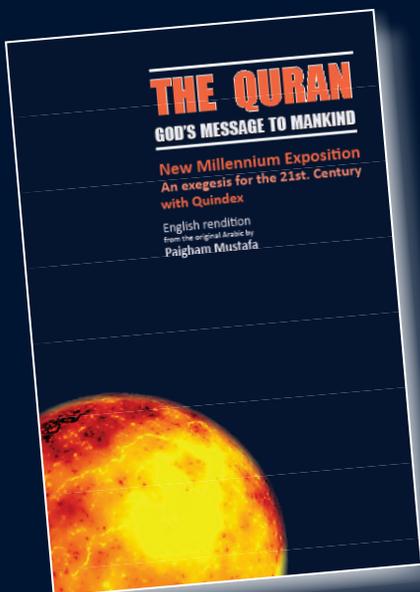
**The New Millennium Exposition of the Quran is a first in presenting Deen-Islam in a forthright, refreshing and objective manner. Issues that are usually swept under the carpet are brought to the forefront, opening up topics often considered undebatable, in a daring, challenging and thought provoking manner.**

The undeveloped Self is ready and waiting to reach its full potential -  
the potential to look back on life with pride and to look forward with hope.  
Only the developed Self prospers.

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## THE QURAN

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