

## Appendix 16

### Dietary Prohibitions

The Quran teaches that God is extremely displeased with those who prohibit anything that was not specifically prohibited in the Quran (16:112-116). The upholding of any prohibitions not specifically mentioned in the Quran is tantamount to idolatry (6:142-152). Such prohibitions represent some other god(s) besides God. If you worship God ALONE, you will uphold His teachings ALONE and honor the commandments and prohibitions instituted only by Him.

The absolute specificity of dietary prohibitions in the Quran is best illustrated in 6:145-146. We learn from these two verses that when God prohibits “meat,” He prohibits “meat” and nothing else, and when He prohibits “fat,” that is what He specifically prohibits. These two verses inform us that “the meat” of pigs is prohibited, not “the fat.” Obviously, God knew that in many countries, lard would be used in baked goods and other food products, and that such usage does not render the foods *Haram* (prohibited). The Quran specifically prohibits four meats (2:173, 5:3, 6:142-145, and 16:112):

Say, “I do not find in what was revealed to me  
 anything prohibited for any eater  
 unless it is (1) carrion, (2) running blood,  
 (3) the meat of pigs, for it is unclean, and  
 (4) meat blasphemously dedicated to other than God.”  
 If one is forced to eat these  
 without being malicious or deliberate,  
 then your Lord is Forgiver, Most Merciful.

[ 6:145 ]

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## Appendix 17

### Death

Death is a great mystery to most people. Not so for the students of the Quran. We learn that death is exactly like sleeping; complete with dreams (6:60, 40:46). The period between death and resurrection passes like one night of sleep (2:259; 6:60; 10:45; 16:21; 18:11, 19, 25; 30:55).

At the moment of death, everyone knows his or her destiny; Heaven or Hell. For the disbelievers, death is a horrible event; the angels beat them on the faces and rear ends as they snatch away their souls (8:50, 47:27, 79:1).

Consistently, the Quran talks about two deaths, the first death took place when we failed to make a stand with God’s absolute authority (Appendix 7). That first death lasted until we were born into this world. The second death terminates our life in this world (2:28, 22:66, 40:11).

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