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BY

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THE CONSCIOUS BELIEVER™

Student Companion

**A Transformological Masterclass on Meaning, Purpose
and Divine Orientation**

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INTRODUCTION

Welcome to *The Conscious Believer™*.

This companion has been designed to accompany the lectures rather than replace them. It provides space to think, reflect, analyse and apply the Transformological principles discussed throughout the programme.

Rather than simply acquiring information, you are invited to examine the assumptions that shape your life, to evaluate them in the light of revelation, and to develop a more conscious orientation towards Allah.

Bring this companion to every session. Write in it, question it, revisit it and allow it to become a record of your own intellectual and spiritual development throughout this course.

MODULE 1

It All Begins with Allah

Learning Outcomes

After completing this module I should be able to

- ☐ Explain why Transformologia begins with Allah rather than the self.
 - ☐ Explain the difference between speculation and revelation.
 - ☐ Describe the Transformological concept of Orientation.
 - ☐ Reflect critically upon my own worldview.
-

Lecture Notes

Key Concepts

Orientation	Purpose	Meaning	Identity
Worldview	Speculation	Revelation	
Divine Orientation			

Key Principle

Every lasting transformation begins with orientation.

Notes

Reflection Exercise

Before Today's Lecture

Complete the sentence without overthinking.

The purpose of my life is...

How certain am I of this answer?

- ☐ Completely certain
- ☐ Fairly certain
- ☐ Unsure
- ☐ I genuinely don't know

Where has this understanding mainly come from?

- ☐ Parents
 - ☐ School
 - ☐ University
 - ☐ Society
 - ☐ Friends
 - ☐ Social Media
 - ☐ Personal Experience
 - ☐ The Qur'an
 - ☐ Other
-

Exercise

My Centre of Orientation

Complete honestly.

The thing I think about most

The thing that worries me most

The thing that gives me the greatest sense of value

The thing I fear losing most

The thing that occupies most of my time

Reflection

If somebody observed my life for one month, what would they conclude is at the centre of my life?

Case Study

Ahmad

Ahmad has achieved nearly every personal ambition he ever set himself.

He has financial security.

Professional success.

A respected reputation.

Yet he increasingly feels empty and struggles to explain why.

Questions

What assumptions about happiness has Ahmad adopted?

How would modern society explain his situation?

How would Transformologia explain it?

Classroom Discussion

Write three important ideas that emerged during today's discussion.

1. _____
2. _____
3. _____

Personal Reflection

Today's biggest insight

The idea I found most challenging

One question I still have

Weekly Challenge

For the next seven days, ask yourself every evening:
"What was truly at the centre of my decisions today?"
Write one sentence.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Module Summary

Complete the following:

Transformation begins with

Purpose comes from

Identity develops from

Behaviour reflects

Looking Ahead

Before the next session, reflect on this question.

"If Allah created me intentionally, what does that imply about the meaning of my existence?"

MODULE 2

Student Companion – Discovering Your Purpose

Learning Outcomes

After completing this module I should be able to

- ☐ Explain why every human being has a divinely intended purpose.
 - ☐ Distinguish between purpose, identity and vocation.
 - ☐ Describe how purpose gives meaning to suffering and success.
 - ☐ Reflect on my own gifts, opportunities and responsibilities.
-

Lecture Notes

Key Concepts

Purpose Identity Calling Meaning

Vocation Service Divine Wisdom Intention

Key Principle

Purpose is not something we invent. It is something we discover through our relationship with Allah.

Reflection Exercise

Looking Back

Complete the following sentence.

If someone asked me today why Allah created me, I would answer:

How confident am I in this answer?

- ☐ Very confident
 - ☐ Somewhat confident
 - ☐ Unsure
 - ☐ I have never really thought about it
-

Activity 1 – My Life So Far

Looking back over your life, identify three moments that have significantly shaped who you are today.

Moment 1

What did I learn?

Moment 2

What did I learn?

Moment 3

What did I learn?

Reflection

How might Allah have been preparing me through these experiences?

Activity 2 – My Gifts

List five strengths or qualities Allah has blessed you with.

1.

2.

3.

4.

5.

How could these strengths be used to benefit others?

Case Study

Fatimah

Fatimah constantly compares herself with other people.

She believes she has no special abilities and often feels that her life has little significance because she is "ordinary."

Discussion

What assumptions is Fatimah making?

How does comparison prevent people from discovering purpose?

How would Transformologia respond to Fatimah?

Activity 3

Purpose versus Ambition

Write an example for each.

A personal ambition

A purpose rooted in serving Allah

How are these different?

Think – Pair – Share

Discuss with another student.

Can someone be highly successful yet fail to fulfil their purpose?

Write down two important ideas from your discussion.

1.

2.

Classroom Reflection

Complete the sentence.

Today I realised that purpose is...

The most challenging idea for me was...

Weekly Challenge

Each evening this week ask yourself:

Did I use one of my abilities today in a way that pleased Allah?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Module Summary

Complete the statements.

Purpose is given by

Identity grows from

My abilities are entrusted to me for

Living purposefully requires

Looking Ahead

Before the next session, reflect on the following question.

What is currently driving most of my decisions: purpose, fear, approval, comfort, success or something else?

Write your thoughts below.

MODULE 3

Student Companion

You Were Created to Live for Eternity

Learning Outcomes

After completing this module I should be able to

- ☐ Explain why Islam understands earthly life as preparation for eternal life.
 - ☐ Describe how belief in the Hereafter changes daily priorities and decision-making.
 - ☐ Distinguish between temporary success and eternal success.
 - ☐ Evaluate my current lifestyle in light of eternity.
 - ☐ Begin making choices that reflect an eternal perspective.
-

Lecture Notes

Key Concepts

Eternity The Hereafter Temporary Life

Preparation Perspective Priorities Investment

Accountability Hope Divine Purpose

Key Principle

The purpose of this life cannot be understood without understanding the next life.

The believer does not merely prepare for tomorrow.

The believer prepares for eternity.

Reflection Exercise – My View of Life

Complete the sentence.

Life is...

How often do I consciously think about the Hereafter?

- ☐ Every day
 - ☐ Every week
 - ☐ Occasionally
 - ☐ Rarely
 - ☐ Almost never
-

Activity 1

Temporary versus Eternal

Below are different aspects of life.

Write whether you currently invest more in the temporary or the eternal.

Career Temporary ☐ Eternal ☐

Family Temporary ☐ Eternal ☐

Money Temporary ☐ Eternal ☐

Social media Temporary ☐ Eternal ☐

Learning Temporary ☐ Eternal ☐

Acts of worship Temporary ☐ Eternal ☐

Helping others Temporary ☐ Eternal ☐

Reflection Where is most of my energy currently invested?

Activity 2

My Four Thousand Weeks

The average person lives approximately four thousand weeks.

Imagine Allah granted you exactly four thousand weeks.

Approximately how many have already passed?

How many remain?

If I knew exactly how many weeks remained...

What would I stop doing?

What would I start doing?

Case Study – Yusuf

Yusuf works extremely hard.

He earns a good income.

He exercises daily.

He spends hours improving his professional skills.

However, he rarely reflects upon Allah, postpones acts of worship, and constantly tells himself that he will become more practising "once life settles down."

Discussion

What assumptions is Yusuf making?

What illusion is keeping him spiritually comfortable?

What might happen if tomorrow never comes?

How would Transformologia interpret Yusuf's priorities?

Activity 3 – My Eternal Investment Portfolio

Imagine every activity in your life is an investment.

Complete the table.

Activity	Temporary Return	Eternal Return

Reflection

Which investments will still matter one hundred years after my death?

Think – Pair – Share

Discuss with another student.

Can someone possess wealth, influence and success yet still be spiritually bankrupt, if so Why?

Write two important insights.

1.

2.

Transformologia Exercise

Viewing Life Through Allah's Perspective

Think about one current problem.

Describe it briefly.

Now answer.

How important will this problem be...

...one year from now?

...ten years from now?

...on the Day of Judgement?

How does changing perspective change your emotional response?

Self-Assessment – Where Is My Heart?

Rate yourself 1 = Never 5 = Always

I remember the Hereafter when making decisions = 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I prioritise eternal benefit over immediate pleasure. = 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I regularly reflect upon death. = 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I measure success according to Allah's standards. = 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I ask whether today's actions will benefit me after death 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Classroom Reflection

Complete the sentences.

Today I realised that eternity...

The biggest adjustment I need to make is...

Weekly Challenge – Every evening ask yourself

Did I make at least one decision today because I remembered the Hereafter?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Personal Commitment

This week I will intentionally reduce one activity that distracts me from Allah.

That activity is

Instead I will invest that time in

Module Summary

This worldly life is

The Hereafter is

The choices I make today shape

Living with eternity in mind changes

Looking Ahead

Before the next session reflect on the following question.

If the true purpose of life is to know, love and please Allah, what practical changes would naturally begin to appear in my daily life?

Write your reflections below.

MODULE 4

Student Companion

Seeing Life Through Allah's Perspective

Learning Outcomes

After completing this module I should be able to

- ☐ Explain why perspective shapes behaviour more than circumstances.
 - ☐ Identify the different ways people unconsciously interpret life.
 - ☐ Describe how the Qur'an teaches believers to view reality.
 - ☐ Recognise how changing perspective changes emotions and behaviour.
 - ☐ Begin replacing worldly perspectives with a divine perspective.
-

Lecture Notes

Key Concepts

Perspective Worldview Interpretation Meaning

Reality Wisdom Testing Divine Lens Reflection Transformation

Key Principle

Life does not change simply because circumstances change.

Life changes when we begin to see it through Allah's perspective rather than our own.

Reflection Exercise

My View of Life

If I had to describe life using only one sentence, I would say:

Which image best describes how I currently experience life?

- ☐ A race
 - ☐ A competition
 - ☐ A struggle
 - ☐ A journey
 - ☐ A school
 - ☐ A test
 - ☐ An opportunity
 - ☐ Something else
-

Reflection

How has this perspective influenced my daily decisions?

Activity 1

My Life Metaphor

Complete the table.

If life is...	Then success becomes...
A race	
A competition	
A holiday	
A test	
A journey	
An act of worship	

Reflection – Which metaphor is closest to the Qur'anic understanding of life? Why?

Activity 2 – Reframing My Difficulties

Think about one difficulty you are currently facing.

Describe it.

Now answer each question.

Could this be a test?

Could this be an opportunity?

Could Allah be teaching me something?

Could this difficulty be protecting me from something worse?

Reflection

How does viewing my situation through Allah's wisdom change the way I feel?

Case Study – Maryam

Maryam recently lost her job. She immediately concluded that Allah had abandoned her. She stopped making du'a, became angry with herself, and began comparing her life with everyone else's.

Discussion

- Which assumptions is Maryam making?
 - How is she interpreting her situation?
 - What alternative perspective does the Qur'an offer?
 - How would Transformologia reinterpret her experience?
-

Activity 3 – Events versus Interpretations

Complete the table.

Event	My first interpretation	A possible divine interpretation
Someone criticised me		
I failed an exam		
A relationship ended		
I became ill		
My plans changed		

Reflection

Which interpretation brings me closer to Allah?

Think – Pair – Share

Discuss with another student.

Do circumstances determine happiness?

Or does interpretation determine happiness?

Write two insights from your discussion.

1.

2.

Transformologia Exercise – The Divine Lens

Think about one important event from your past.

Describe the event.

At the time I believed...

Today I believe...

How might Allah have been guiding me through this event?

Self-Assessment – How Do I Usually Interpret Life?

Rate yourself. 1 = Never to 5 = Always

I try to understand events through the Qur'an 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I believe difficult moments may contain hidden wisdom 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I pause before judging whether something is good or bad. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I regularly ask what Allah wants to teach me. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I consciously replace negative interpretations with faith. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Classroom Reflection

Complete the sentences.

Today I discovered that perspective...

The biggest change I need to make is..

Weekly Challenge

Every evening ask yourself which event today did I consciously reinterpret through faith?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Personal Commitment

One situation in my life that I will begin viewing differently is

From now on I will remind myself that

Module Summary – Complete the statements.

My interpretation of life shapes

Allah invites me to see life as

A believer responds to difficulties by

Changing my perspective changes

Looking Ahead

Before the next session reflect on the following question.

If every event in my life contains an opportunity to know Allah better, what would change about the way I respond to both ease and hardship?

Write your reflections below.

MODULE 5

Student Companion – Living as Allah's Representative

Learning Outcomes

After completing this module I should be able to

- ☐ Explain what it means to glorify Allah through everyday life.
- ☐ Distinguish between living for personal glory and living for Allah's glory.
- ☐ Identify my gifts, talents and responsibilities.
- ☐ Describe how worship extends beyond rituals.
- ☐ Develop a personal plan for serving Allah through my abilities.

Lecture Notes

Key Concepts Glorification Khalifah Service Worship Character
Stewardship Calling Excellence Contribution Divine Pleasure

Key Principle

Every human being glorifies something. The believer chooses to glorify Allah through every aspect of life.

Reflection Exercise

What Am I Really Living For?

Complete the sentence.

The thing I currently invest most of my time and energy in is

Why?

If someone observed my daily life, they would probably conclude that I live for

- ☐ Success
- ☐ Family
- ☐ Wealth
- ☐ Recognition
- ☐ Comfort
- ☐ Allah
- ☐ Something else

Reflection

Does my daily life reflect my deepest beliefs?

Activity 1

The Purpose of My Gift

List five abilities Allah has entrusted to you, How can I use it to glorify Allah?

Gift 1

Gift 2

Gift 3

Gift 4

Gift 5

Reflection

Which gift am I currently neglecting?

Activity 2

Worship Beyond Rituals

Which of the following activities can become worship when performed sincerely for Allah?

- ☐ Working
- ☐ Parenting
- ☐ Studying
- ☐ Exercising
- ☐ Serving people
- ☐ Listening
- ☐ Teaching
- ☐ Running a business
- ☐ Caring for parents
- ☐ Volunteering

Reflection Choose three. How could you transform these into acts of worship this week?

Case Study

Ibrahim performs his prayers regularly and attends the mosque. However, at work he is dishonest, often speaks harshly to colleagues, and shows little concern for serving others. He believes worship is limited to religious rituals.

Discussion

- What misunderstanding has Ibrahim developed?
- How does Islam define worship differently?
- How would Transformologia respond?
- What changes would naturally follow from a correct understanding of worship?

Activity 3 – Personal Glory or Allah's Glory?

Read each statement. Tick the column that best reflects the motivation.

Statement	Myself	For Allah
I help others		
I work hard		
I study		
I exercise		
I give charity		
I seek knowledge		
I lead others		
Reflection		

Which activities could be purified through a better intention?

Think – Pair – Share

Discuss

Can two people perform exactly the same action while receiving completely different rewards from Allah? Why?

Write two important insights.

Transformologia Exercise – Discovering My Sphere of Influence

Draw three circles

Circle One – Things I can control

Circle Two – People I can positively influence

Circle Three – Areas where Allah may be calling me to serve

Reflection– How could these become means of glorifying Allah?

Self-Assessment – Living for Allah

Rate yourself. 1 = Never to 5 = Always

I consciously dedicate my daily work to Allah 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I think about serving others. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I regularly renew my intention. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I try to reflect Allah's beautiful qualities through my behaviour. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I see worship as a way of life rather than isolated rituals. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Classroom Reflection

Complete the sentences.

Today I realised that worship...

The greatest opportunity Allah has entrusted to me is

Weekly Challenge

Every evening ask yourself – How did I glorify Allah through my actions today?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Personal Commitment

One ability I will intentionally use to benefit others this week is

The first practical step I will take is

Module Summary

Complete the statements.

My gifts belong to

Worship is

Glorifying Allah means

Serving others becomes worship when

Looking Ahead

Before the next session reflect on the following question.

If every talent, opportunity and relationship in my life has been entrusted to me by Allah, how should that change the way I live, work and serve others?

Write your reflections below.

MODULE 6

Student Companion

Becoming a Friend of Allah

Learning Outcomes

After completing this module I should be able to

- ☐ Explain that the ultimate goal of life is friendship and closeness to Allah.
 - ☐ Describe the characteristics of a growing relationship with Allah.
 - ☐ Identify habits that strengthen my connection with Allah.
 - ☐ Develop a personal plan for continuing spiritual growth after this course.
 - ☐ Commit myself to living consciously for Allah every day.
-

Lecture Notes

Key Concepts

Friendship Love Presence Nearness Dhikr Reflection Trust
Relationship Companionship Consistency

Key Principle

The purpose of life is not merely to know about Allah. It is to know Allah. Knowledge becomes transformation when it develops into friendship, love and conscious companionship with Him.

Reflection Exercise – My Relationship with Allah

If someone asked me today how I would describe my relationship with Allah, I would answer:

Which statement best describes me today?

- ☐ I feel close to Allah.
- ☐ I sometimes feel close.
- ☐ I believe in Allah but struggle to feel connected.
- ☐ I often feel spiritually distant.
- ☐ I honestly do not know.

Reflection

What strengthens my relationship with Allah?

What weakens it?

Activity 1

Signs of Friendship

Read each statement.

Tick those that are already present in your life.

- ☐ I regularly speak to Allah through du'a.
- ☐ I enjoy reading the Qur'an.
- ☐ I remember Allah throughout the day.
- ☐ I trust Allah during difficulties.
- ☐ I thank Allah during blessings.
- ☐ I seek forgiveness regularly.
- ☐ I enjoy serving others.
- ☐ I feel that Allah is present in my daily life.

Reflection

Which area needs the greatest attention?

Activity 2

Daily Moments with Allah

Complete the table.

Moment	How could I become more conscious of Allah?
Waking up	
Travelling	
Working	
Eating	
Meeting people	
Before sleeping	

Reflection

Which of these moments could become a daily meeting with Allah?

Case Study – Amina

Amina performs many acts of worship.
She studies Islam regularly.
Yet she constantly feels spiritually empty.
She admits that most of her worship has become routine and mechanical.
She rarely pauses to think about Allah Himself.

Discussion

What is missing from Amina's spiritual life?
How is information different from relationship?

How would Transformologia respond?

What practical changes could help Amina rediscover closeness to Allah?

Activity 3

My Rule of Life

Design a simple daily rhythm that helps you remain conscious of Allah.

Morning

Afternoon

Evening

Weekly

Monthly

Reflection

Which habit will have the greatest long-term impact?

Think – Pair – Share

Can someone know a great deal about Allah without truly knowing Him?

Why?

Write two important insights.

1.

2.

Transformologia Exercise

My Personal Covenant

Complete the following statements.

From today onwards...

I choose to live for

I want my life to reflect

The person I want to become before Allah is

The legacy I hope to leave is

Self-Assessment – Living Consciously

Rate yourself. 1 = Never 5 = Always

I consciously remember Allah throughout the day. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I speak to Allah regularly. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I seek Allah before making important decisions. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I desire closeness to Allah more than worldly success. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

I intentionally nurture my relationship with Allah. 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Classroom Reflection

Complete the sentences.

The greatest lesson I have learned during this course is

The biggest change Allah is inviting me to make is

Final Integration Exercise

My Conscious Believer Blueprint

Complete the table.

What I now believe	How I will live differently
Allah created me for a purpose	
Life prepares me for eternity	
Every event has meaning	
Worship is a way of life	
My goal is friendship with Allah	

Weekly Challenge

For the next seven days ask yourself every evening

Did I consciously walk with Allah today?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Personal Commitment

Write your own covenant with Allah.

Beginning today...

Sign

Date

Final Course Reflection

Looking back over all six modules...

The most important discovery I made about Allah was

The most important discovery I made about myself was

The biggest obstacle I still need to overcome is

The first change I will make after leaving this course is

The person I hope to become, by Allah's permission, is

Course Summary

Complete the statements.

Life begins with

Purpose is discovered through

Eternity changes

True success is

My greatest honour is

The purpose of my life is

Graduation Reflection

Read this statement silently.

"I choose to live consciously before Allah. I recognise that my life is a trust, my abilities are a gift, my trials are opportunities, my worship is a way of life, and my ultimate goal is to know, love and please Allah. By His grace, I commit myself to walking this path with sincerity, gratitude and steadfastness."

Then take a few moments to thank Allah for bringing you to this point and ask Him to make what you have learned a lasting source of guidance, transformation and benefit for yourself and others.

This concluding module follows the final chapters of your manuscript, where friendship with Allah, continual remembrance, worship as a way of life, and lifelong conscious living are presented as the culmination of the journey. It is designed to integrate the entire six-module course into a coherent conclusion and personal commitment.

